

EJEMPLO PRÁCTICO 1:

HIIT (HIGH INTENSITY INTERVAL TRAINING)



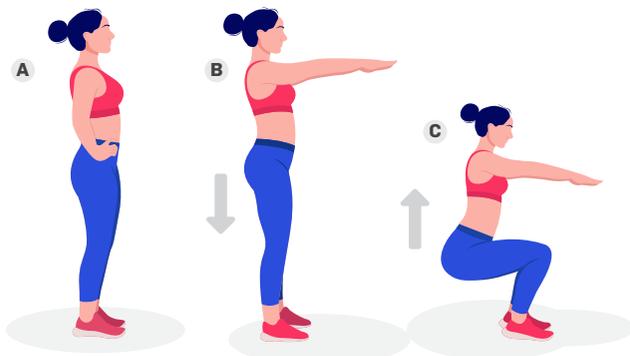
30x10x3

30 segundos de trabajo por
10 segundos de descanso de los siguientes ejercicios
3 series

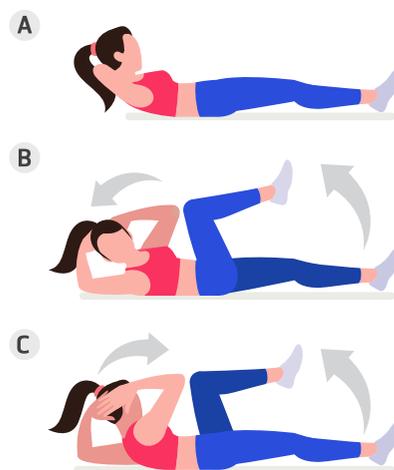
1 MOUNTAIN CLIMBERS



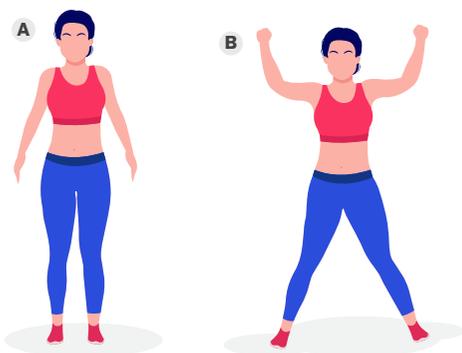
2 SENTADILLAS



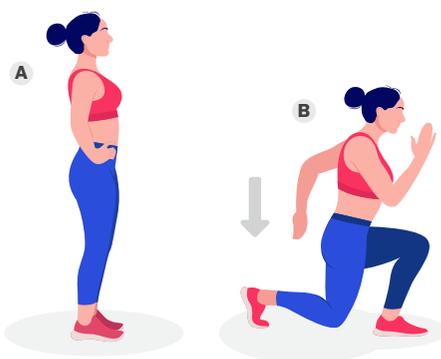
3 ABDOMINALES OBLICUOS (codo-rodilla)



4 JUMPING JACKS



5 ESTOCADAS



6 SKIPPING



Para un diagnóstico correcto de la hipercolesterolemia, consulte a su médico.



#ElColesterolNoAvisa



Unirme a
ALERTA COLESTEROL

