

Rutina GAP X 3 Series (Descanso entre series de 1 minuto)

Glúteos + Abdomen + Piernas

10 reps. Patadas



15 reps. Puente



10 reps. Fire hydrant



12 reps. Zancadas



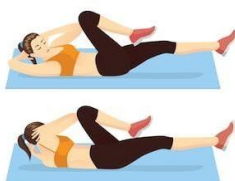
10 reps. Sumo squats



12 reps. Mountain climbers



10 reps. Abs bicicleta



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15 reps. Crunch



20 segundos Plancha

