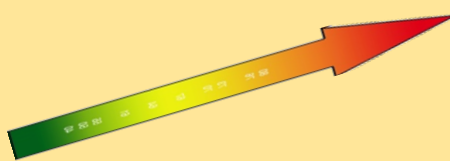
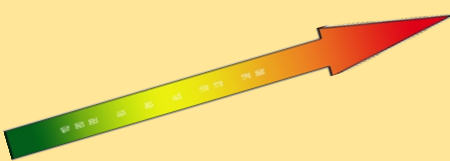
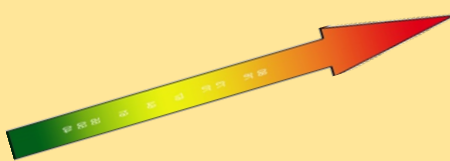


## En casa

|                 |                           | Nº | Ejercicios         | Número de repeticiones o tiempo por serie                                           |     |     | Número de bloques                                                                   |   |   | Tiempo de recuperación entre cada bloque                                            |    |      |       |
|-----------------|---------------------------|----|--------------------|-------------------------------------------------------------------------------------|-----|-----|-------------------------------------------------------------------------------------|---|---|-------------------------------------------------------------------------------------|----|------|-------|
|                 |                           |    |                    |  |     |     |  |   |   |  |    |      |       |
| Pérdida de peso | Entrenamiento en circuito | 1  | Burpees            | 20"                                                                                 | 30" | 45" | 3                                                                                   | 4 | 5 | 2'30                                                                                | 2' | 1'30 | Video |
|                 |                           | 2  | Sentadilla Jack    | 20"                                                                                 | 30" | 45" |                                                                                     |   |   |                                                                                     |    |      | Video |
|                 |                           | 3  | Wide grip Push-ups | 6                                                                                   | 8   | 10  |                                                                                     |   |   |                                                                                     |    |      | Video |
|                 |                           | 4  | Push-ups inclinado | 6                                                                                   | 8   | 10  |                                                                                     |   |   |                                                                                     |    |      | Video |
|                 |                           | 5  | Crunches           | 20"                                                                                 | 30" | 45" |                                                                                     |   |   |                                                                                     |    |      | Video |
|                 |                           | 6  | Kettlebell swing   | 20"                                                                                 | 30" | 45" |                                                                                     |   |   |                                                                                     |    |      | Video |
|                 |                           | 7  | Plank de codos     | 20"                                                                                 | 30" | 45" |                                                                                     |   |   |                                                                                     |    |      | Video |

Descansa de 1'30 a 2'30 entre cada circuito - Haz el circuito de 3 a 5 veces - 1, 2, 3 veces a la semana dependiendo de tu condición física y de la intensidad deseada.