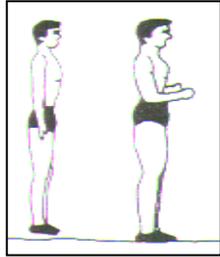
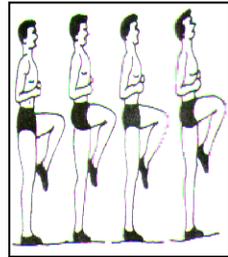


GIMASIA DE MANOS LIBRES

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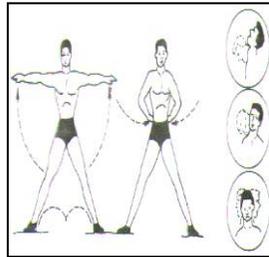


POSICION INICIAL



EJECUCION

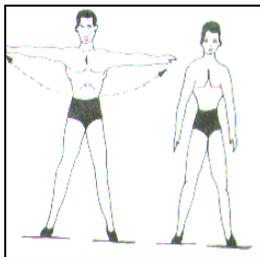
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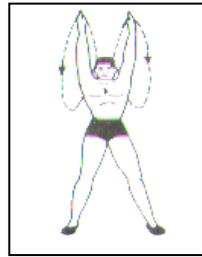
POSICION INICIAL

EJECUCION

EJERCICIO N° 3 ROTACION DE LOS BRAZOS Y HOMBROS

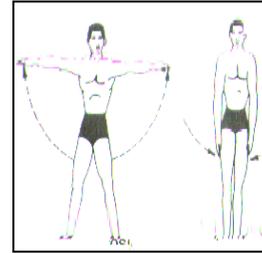


POSICION INICIAL

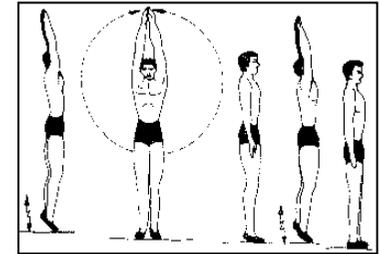


EJECUCION

EJERCICIO N° 4 ESPALDA

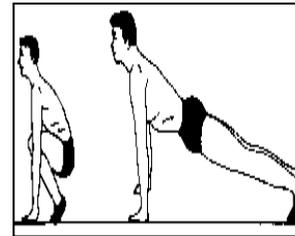


POSICION INICIAL

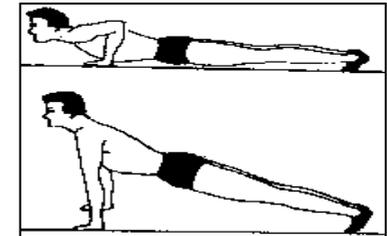


EJECUCION

EJERCICIO N° 5 "BRAZOS" FLEXIONES DE PECHO

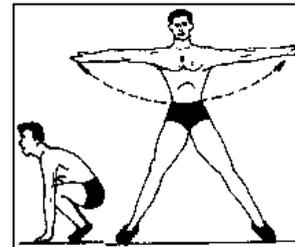


POSICION INICIAL

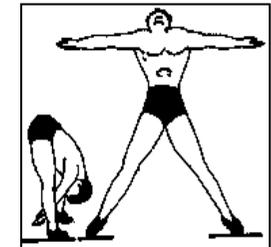


EJECUCION

EJERCICIO N° 6 "TRONCO" FLEXION Y EXTENSION



POSICION INICIAL

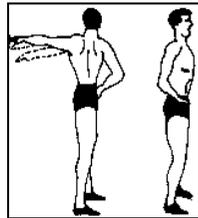


EJECUCION

EJERCICIO N° 7
"TRONCO ROTACION"

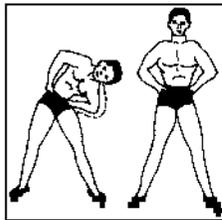


POSICION INICIAL



EJECUCION

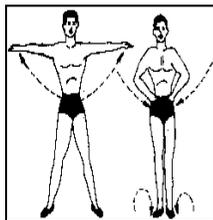
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"TRONCO" INCLINACIÓN LATERAL



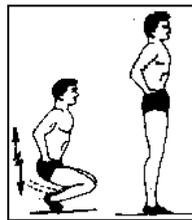
POSICION INICIAL

EJECUCION

EJERCICIO N° 9
"PIERNAS"

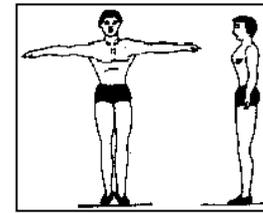


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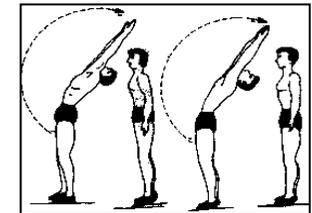


EJECUCION

EJERCICIO N° 10
"DORSO LUMBAR"

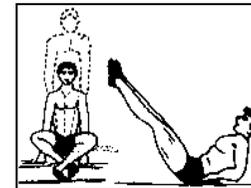


POSICION INICIAL

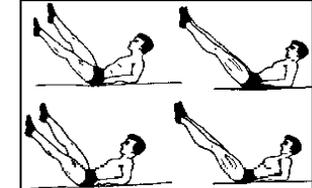


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"ABDOMINALES"

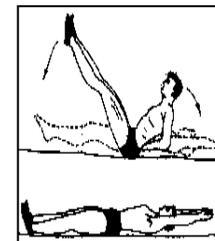


POSICION INICIAL

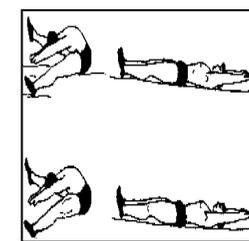


EJECUCION

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"ABDOMINAL" REZO ARABE

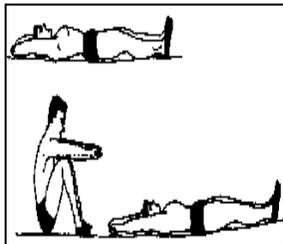


POSICION INICIAL



EJECUCION

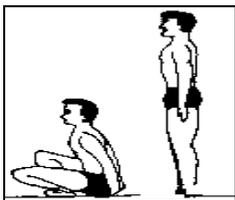
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"ABDOMINAL" REMO



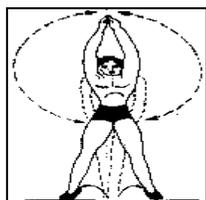
POSICION INICIAL

EJECUCION

EJERCICIO N° 14
POLICHILENOS

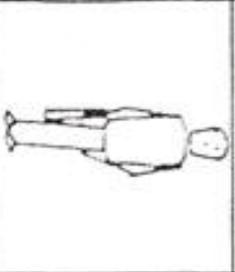
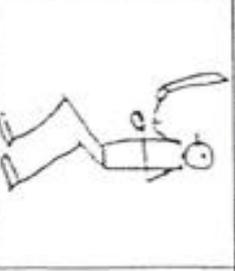
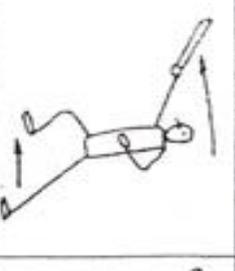
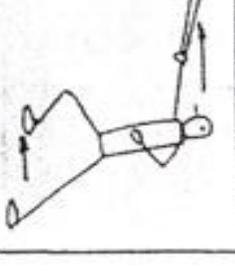
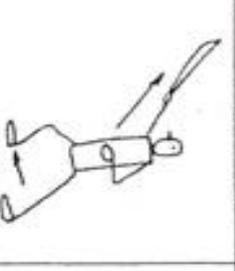
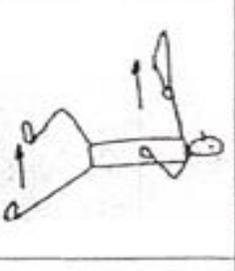
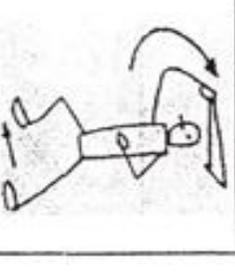
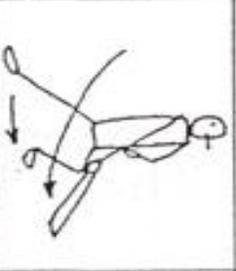
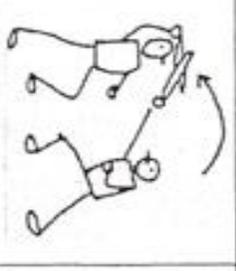
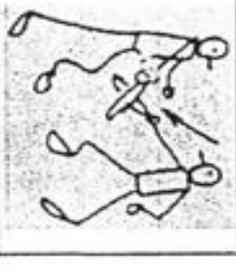
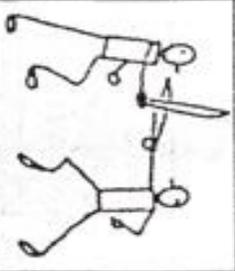
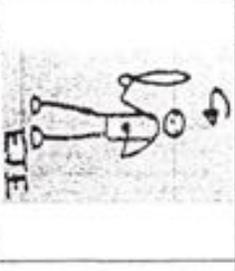
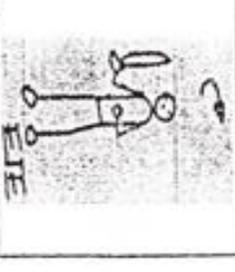


POSICION INICIAL



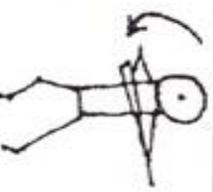
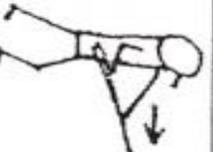
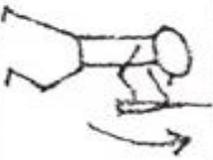
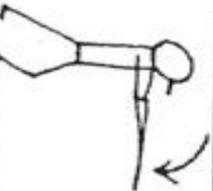
EJECUCION

ESGRIMA DE MACHETE

POSICION FIRMES	POSICION EN GUARDIA	CORTE A LA CABEZA	CORTE AL CUELLO	CORTE AL BRAZO
				
Atención Fir...	En guardia...	Corte a la cabeza... corte	Corte al cuello D/I... corte	Corte al brazo D/I... corte
CORTE AL MUSLO	CORTE A LA PIERNA	ESCOTADA ALTA	ESCOTADA MEDIA	PARADA ALTA
				
Corte al muslo D/I... corte	Corte pierna D/I... corte	Estocada alta... estocada	Estocada media... estocada	Parada alta... parada
PARADA MEDIA	PARADA BAJA	APLICACIONES	APLICACIONES	APLICACIONES
				
Parada media... parada	Parada baja... parada	Parada alta/Corte cabeza	Parada media/Corte brazo	Parada baja/Corte muslo
APLICACIONES	APLICACIONES	GIROS	GIROS	GIROS
				
Estoc Alta/Para media	Estoc. Media/Par. Media	Media... vuel	A la iz... quier	A la de... re

NOTA: En todos los casos, los cortes se realizan a la derecha o a la izquierda, con relación a quien ejecuta el movimiento, no con relación al contrincante.

ESGRIMA DE FUSILES

POSICION FIRMES	TERCIADO ALTO	EN GUARDIA	PARADA DERECHA	PARADA IZQUIERDA
				
Atención Fir...	Terciar... al	En...guardia	Parada der...parada	Parada izq...parada
GOLPE HORIZONTAL DE CUARTA	GOLPE CORTO	GOLPE A FONDO		
				
3	4			
Ippe horz. De culat. golpe	Golpe corto...golpe	Golpe a fondo...golpe	SECUENCIA DE CINCO MOVIMIENTOS QUE SE EJECUTAN SEGUIDOS	
				
Golpe vertical de culata	De revés	Tajo	Cuchillada	Retirada
Golpe vertical de culata, de revés, tajo, cuchillada y retirada...golpe				

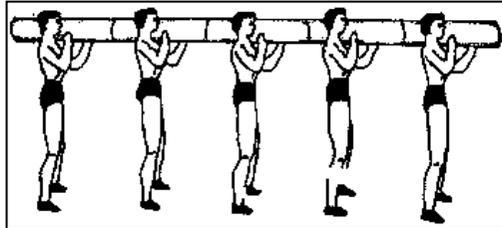
NOTA: Luego de cada movimiento se recupera la posición en guardia con un grito.

Cada movimiento del 1 al 5, se ejecuta dos veces.

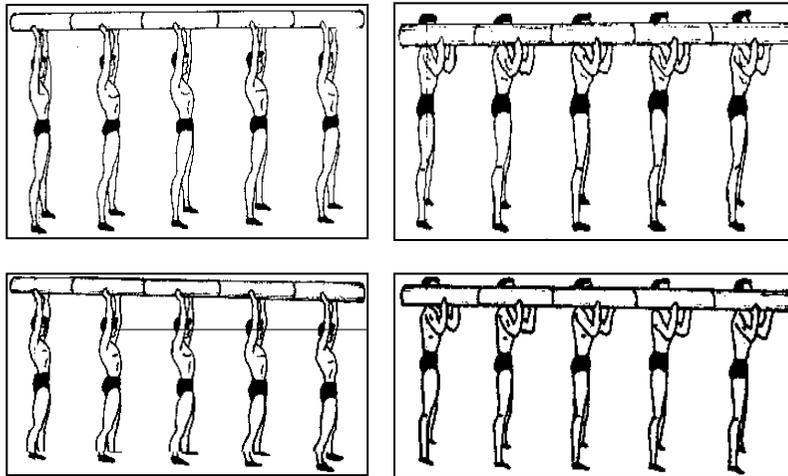
Durante la esgrima se hacen giros desde la posición en guardia, haciendo eje en el pie izquierdo, pero en forma directa, sin juntar los talones.

GIMNASIA DE MADEROS

EJERCICIO N° 1
"HOMBROS"

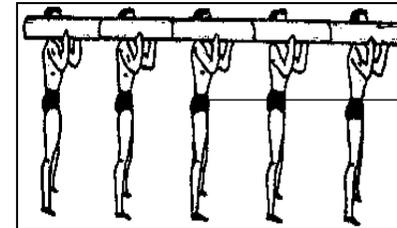


POSICIÓN INICIAL

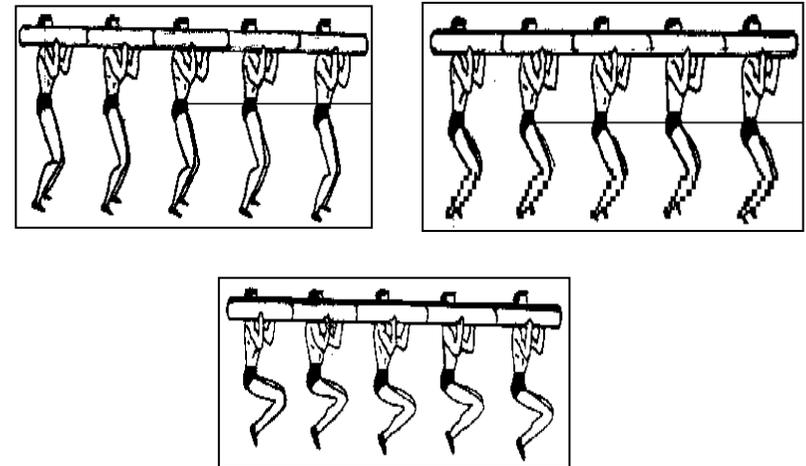


EJECUCIÓN

EJERCICIO N° 2
"TRIPLE FLEXIÓN DE RODILLAS"

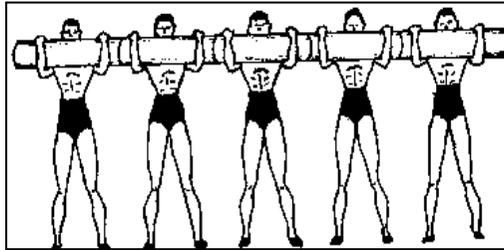


POSICIÓN INICIAL

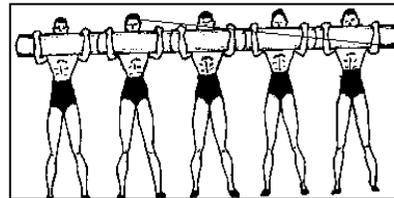
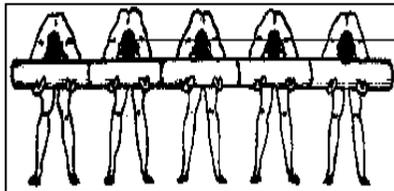
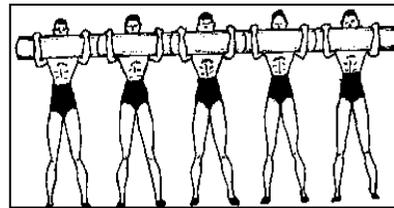
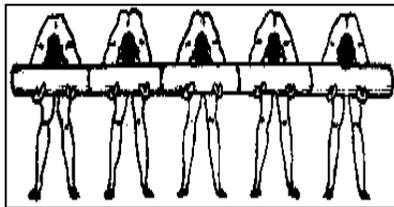


EJECUCIÓN

EJERCICIO N° 3
"FLEXIÓN Y EXTENSIÓN DEL TRONCO"

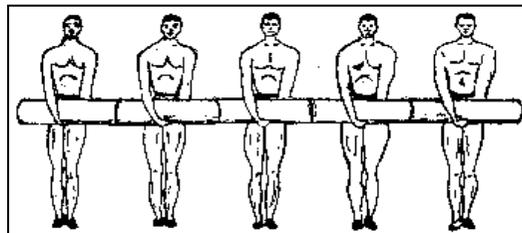


POSICIÓN INICIAL



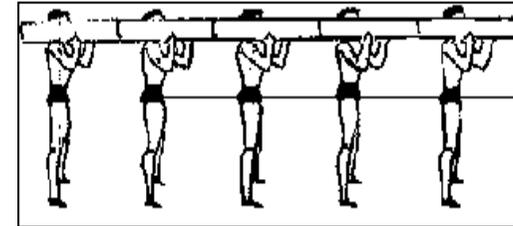
EJECUCIÓN

EJERCICIO N° 4
FLEXIÓN DE PIERNAS

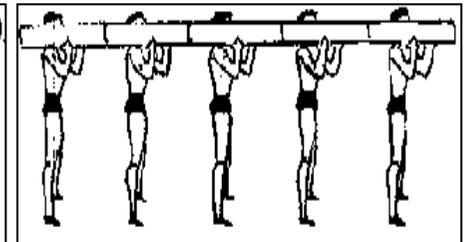
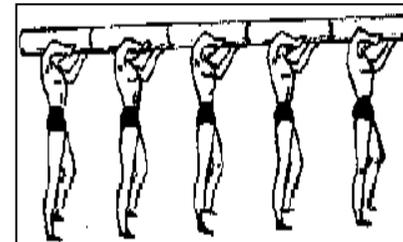
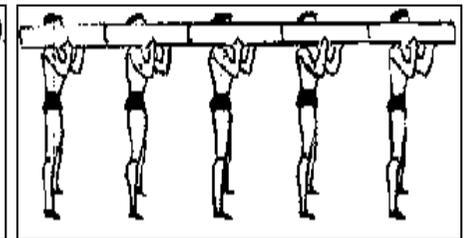
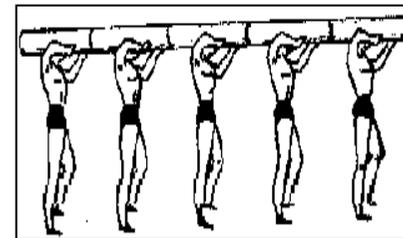


POSICIÓN INICIAL

EJERCICIO N° 5
INCLINACIÓN LATERAL DEL TRONCO



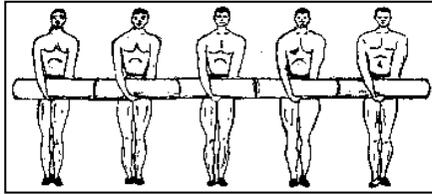
POSICIÓN INICIAL



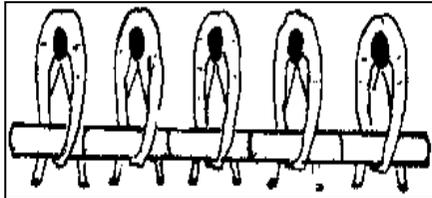
EJECUCION

EJERCICIO N° 6

“FLEXIÓN Y EXTENSIÓN DE CODOS CON LA COLUMNA FLEXIONADA”

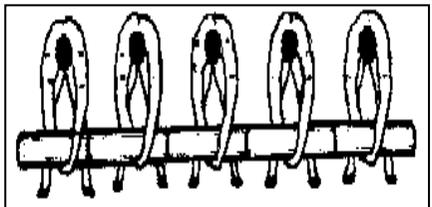
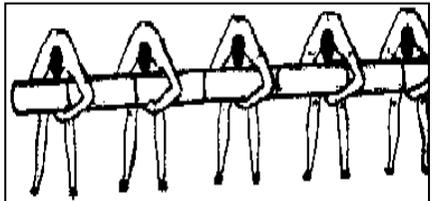


TIEMPO 1

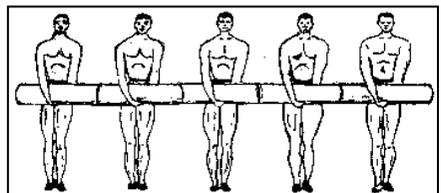


TIEMPO 2

POSICION INICIAL



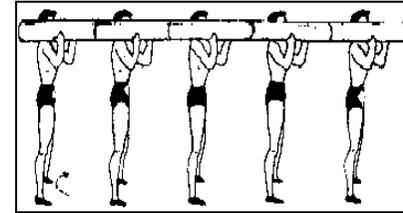
EJECUCION



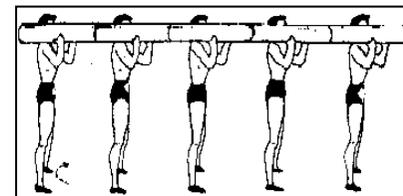
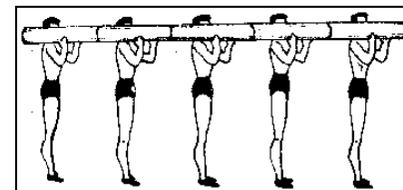
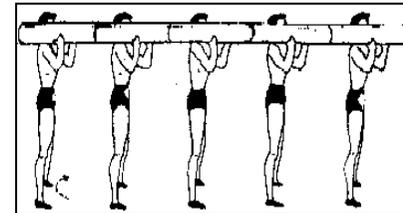
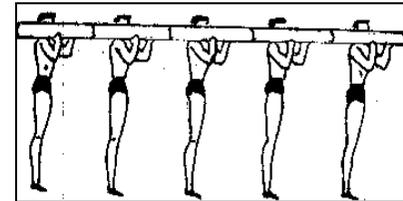
POSICION FINAL DEL EJERCICIO

EJERCICIO N° 7

“SALTOS ABRIENDO Y CERRANDO LAS PIERNAS”

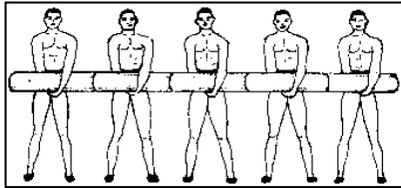


POSICION INICIAL

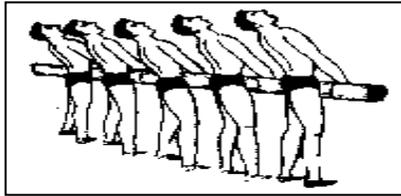


EJECUCION

EJERCICIO N° 8
"HIPEREXTENSIÓN DEL TRONCO"

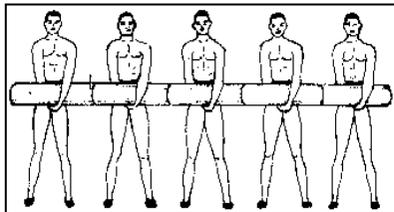


POSICION INICIAL

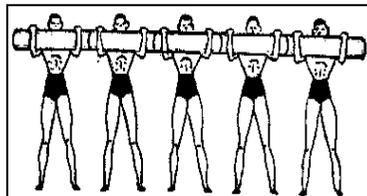
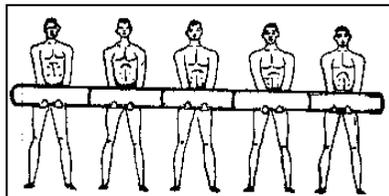
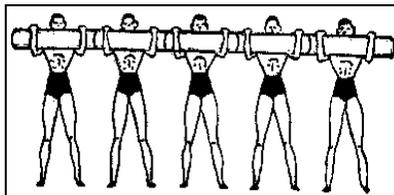


EJECUCION

EJERCICIO N° 9
"FLEXIÓN Y EXTENSIÓN DE LOS BRAZOS (ROSCA DIRECTA)"

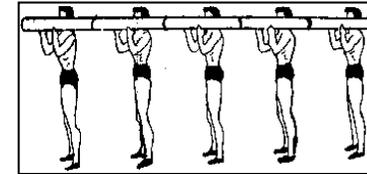


POSICION INICIAL

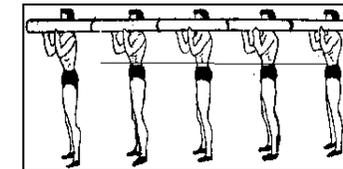
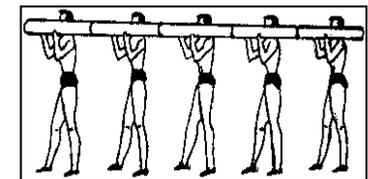
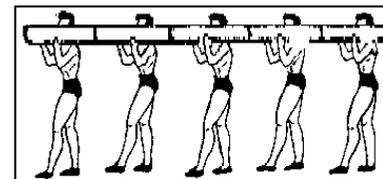
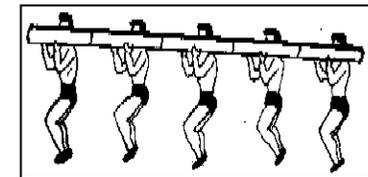
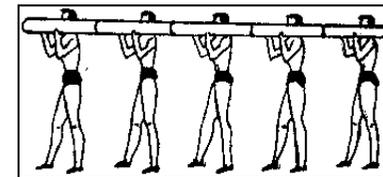
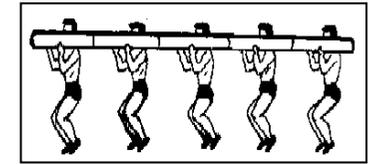
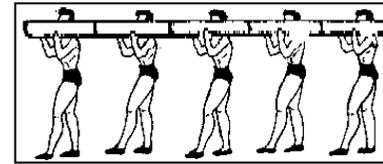


EJECUCION

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"FLEXIÓN Y EXTENSIÓN ALTERNADA DE RODILLAS"

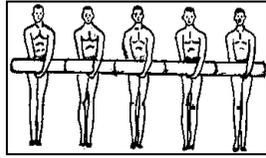


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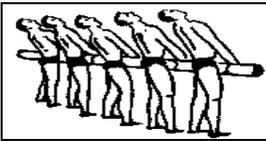
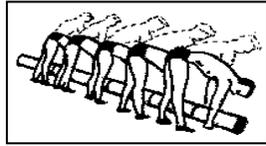


EJECUCION

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"FLEXIÓN E HIPEREXTENSIÓN DE LA COLUMNA"

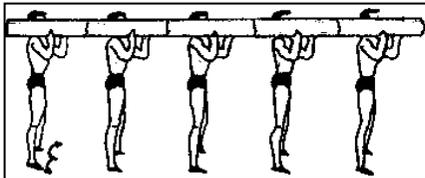


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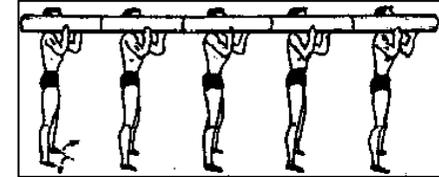
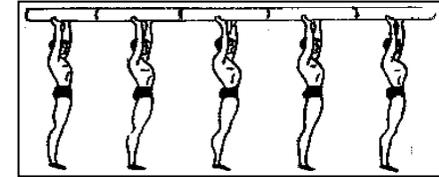
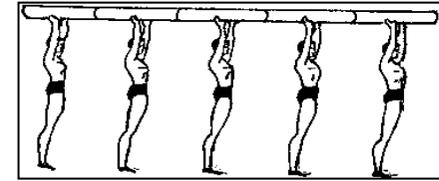


EJECUCION

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"POLICHINELOS"

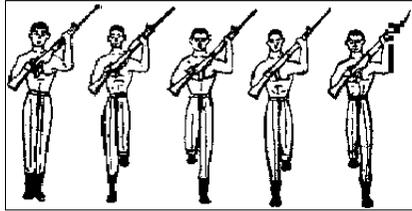


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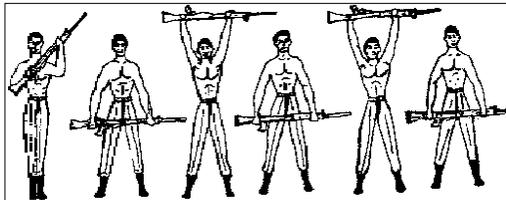


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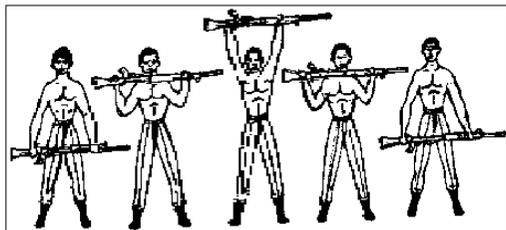
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"TROTE EN EL PROPIO TERRENO"



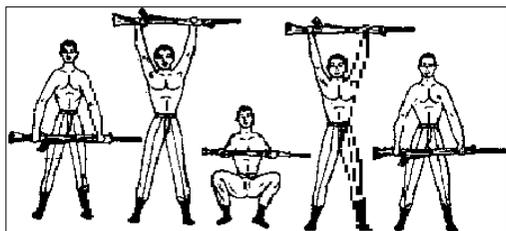
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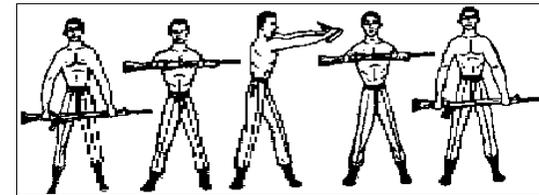
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"BRAZOS"



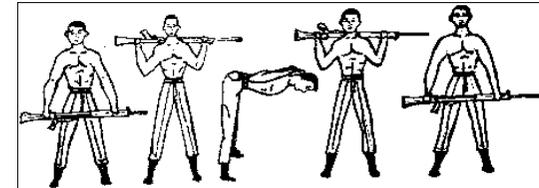
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"BRAZOS"



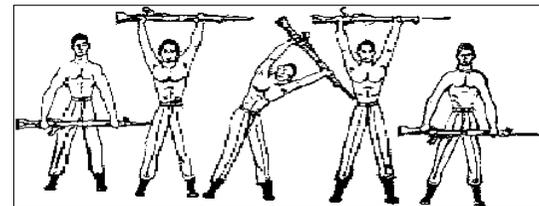
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"ROTACION DEL TRONCO"



EJERCICIO N° 6
"TRONCO, FLEXION Y EXTENSION"



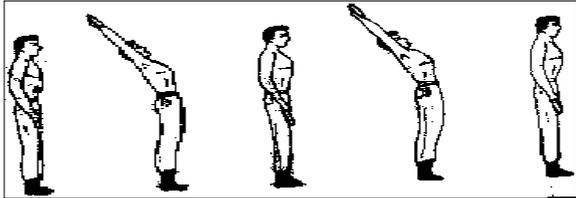
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"INCLINACION LATERAL DEL TRONCO"



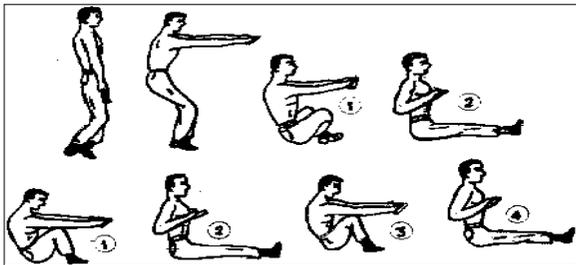
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"ROTACION Y FLEXION DE TRONCO"



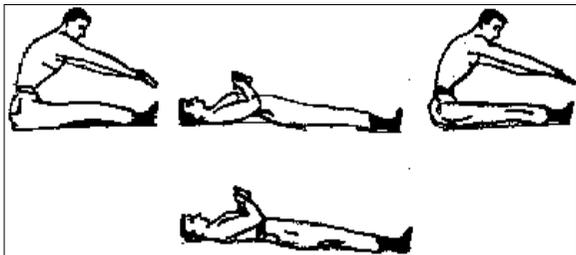
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"HIPEREXTENSION DE TRONCO"



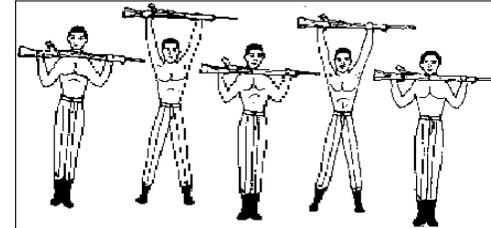
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"ABDOMINAL REMO"



EJERCICIO N° 11
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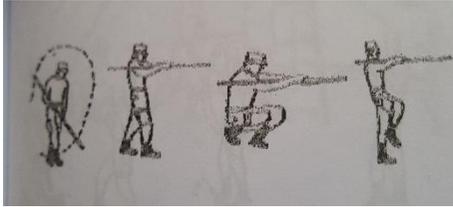


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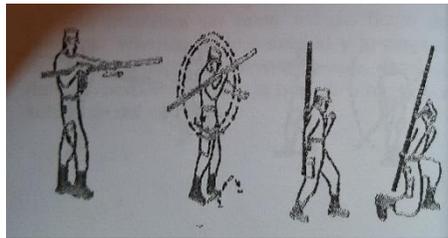


GIMNACIA DE KEMPOS

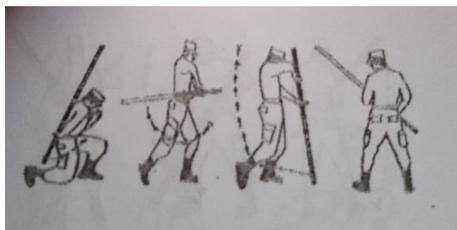
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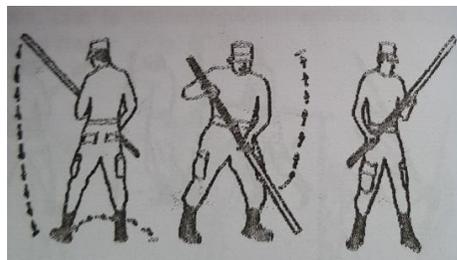
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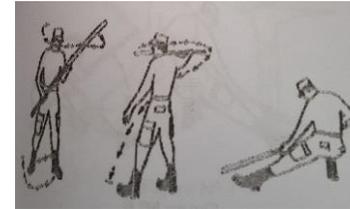
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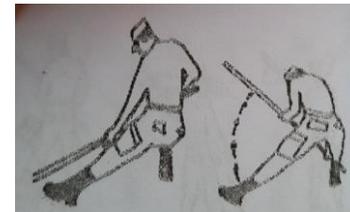
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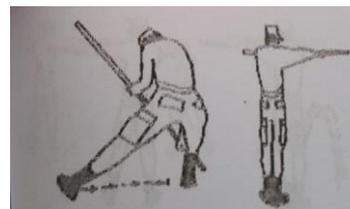
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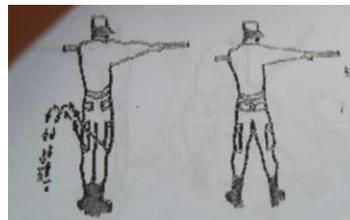
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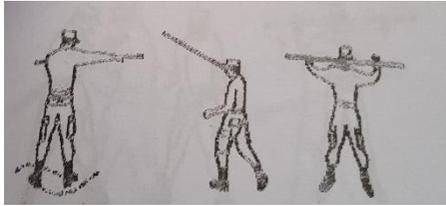
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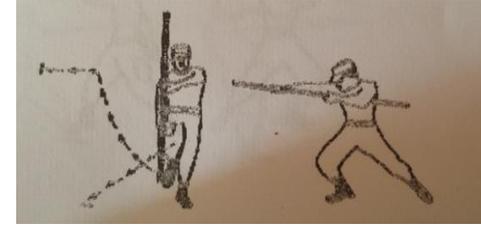
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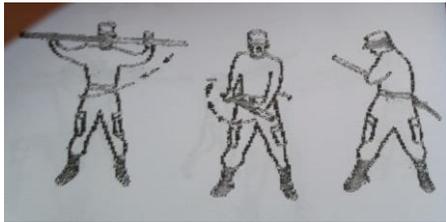
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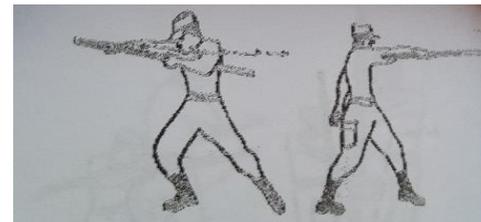
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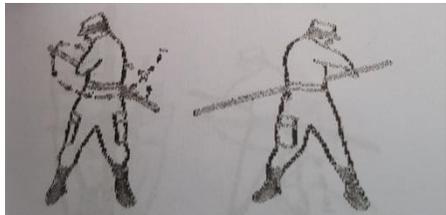
TIEMPO 10



TIEMPO 14



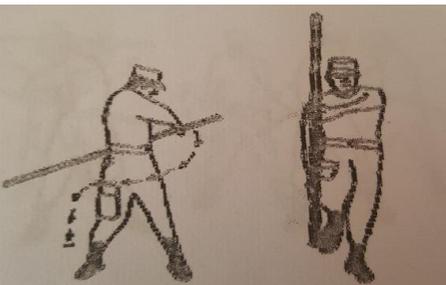
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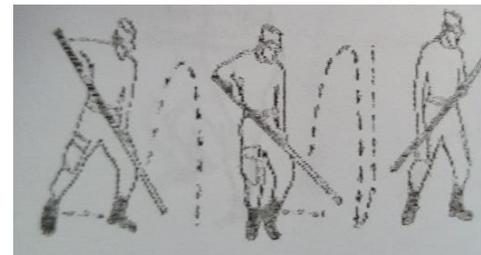
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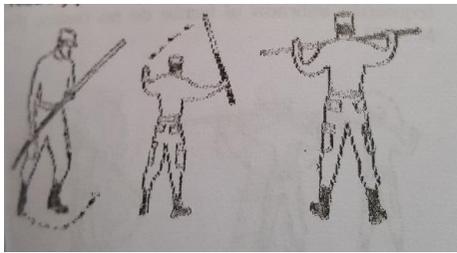
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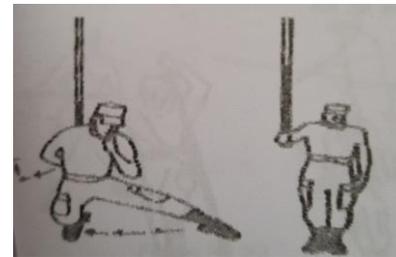
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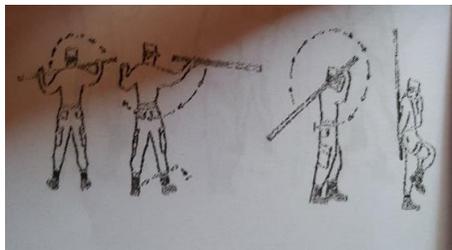
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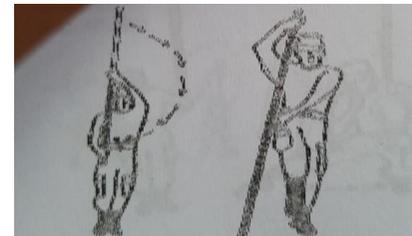
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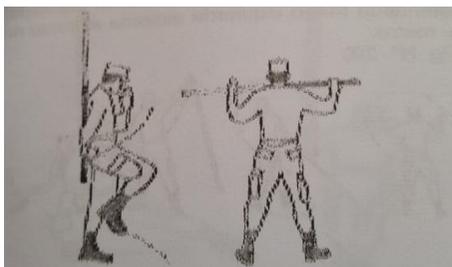
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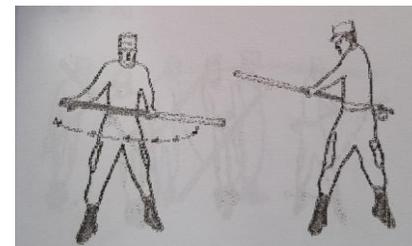
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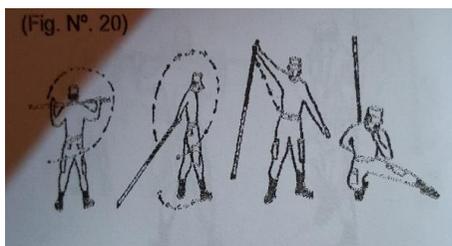
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TIEMPO 23



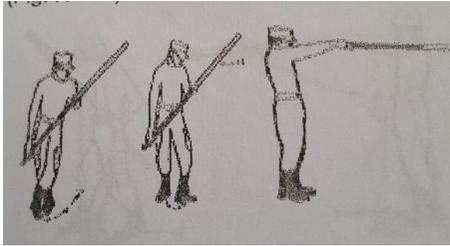
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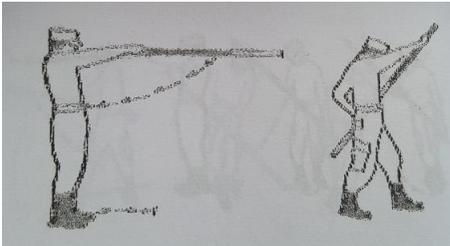
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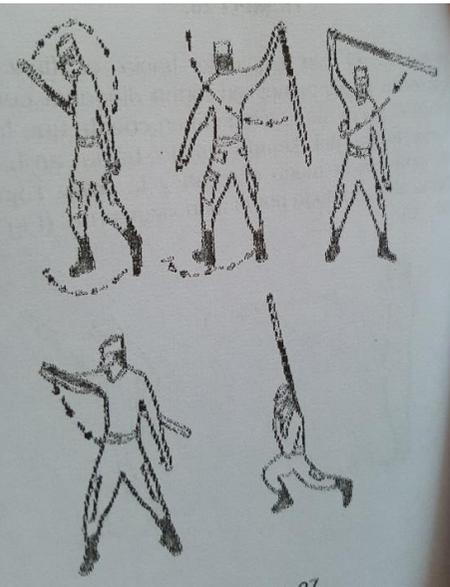
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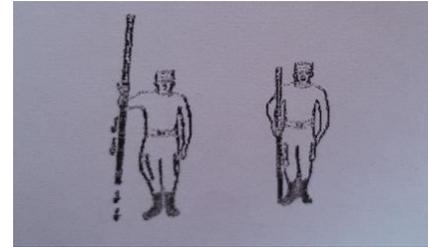
TIEMPO 26



TIEMPO 27

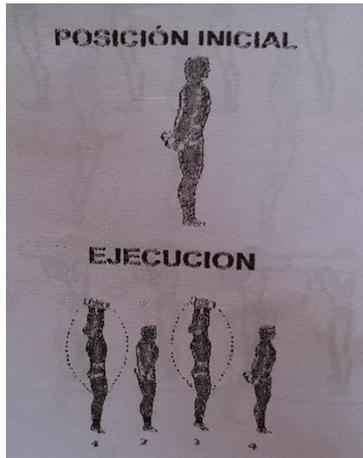


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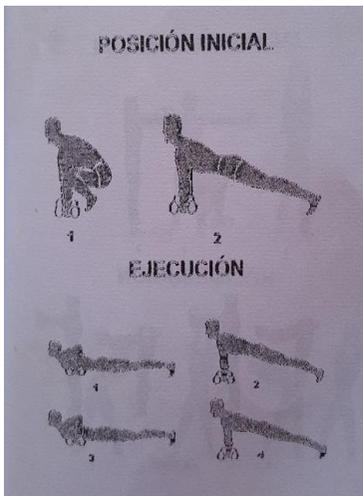


GIMNACIA DE ALTERES

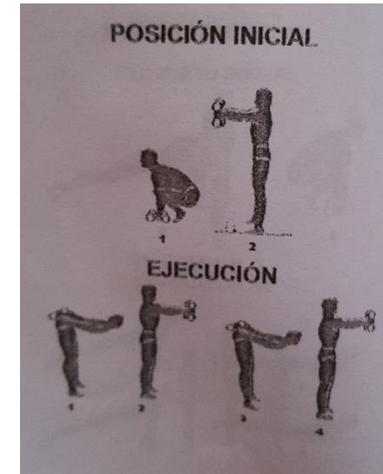
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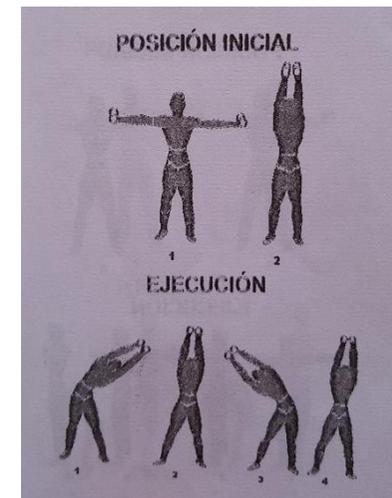
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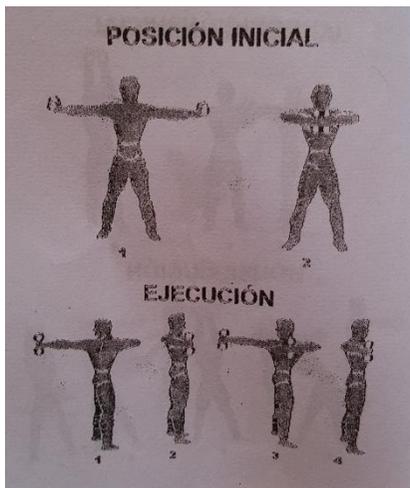
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“TRONCO ESPALDA RECTA”



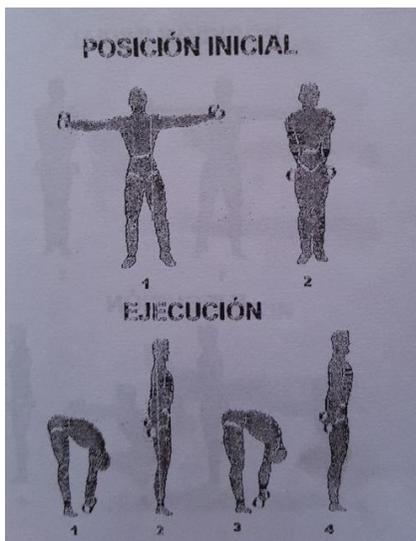
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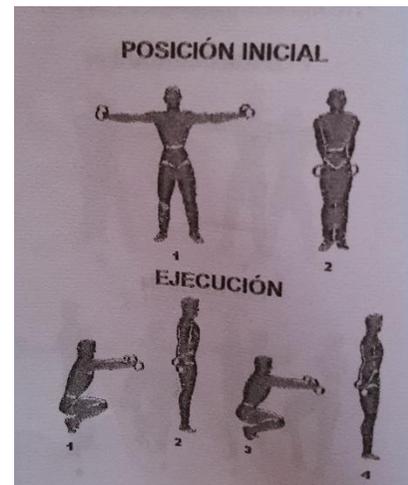
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"TRONCO ROTACION"**



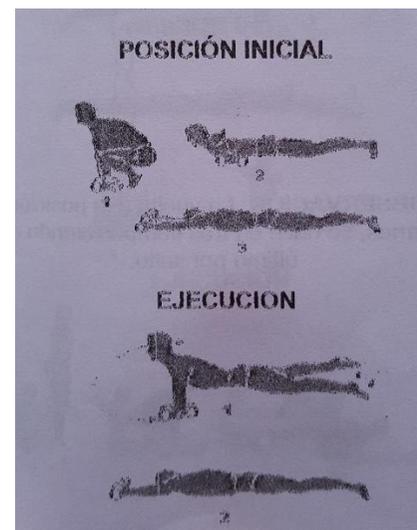
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"TRONCO ESPALDAS CURVAS"**



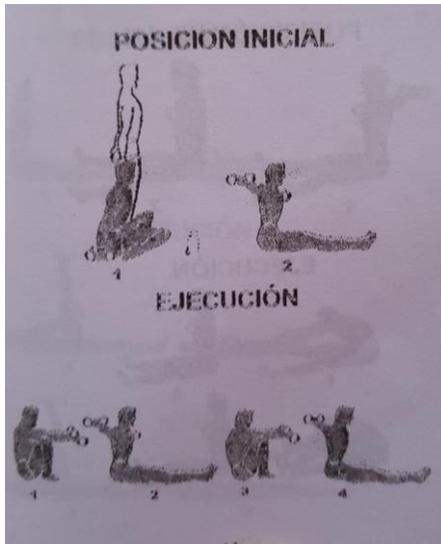
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"PIERNAS"**



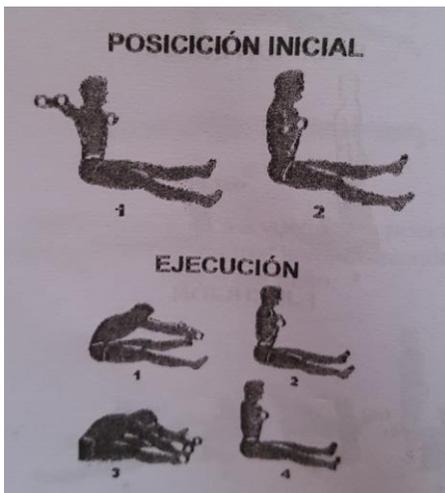
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"DORSO LUMBAR"**



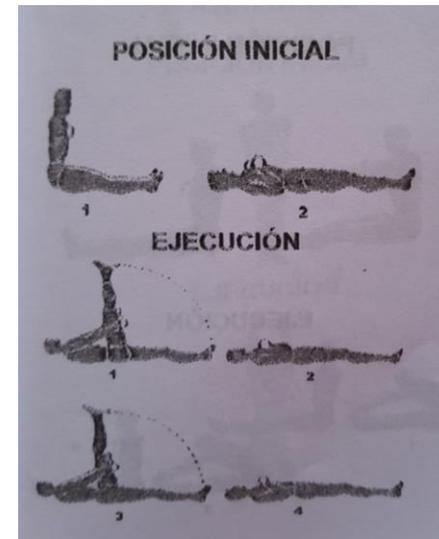
**EJERCICIO N° 9
"ABDOMINAL"**



**EJERCICIO N° 10
"ABDOMINAL"**



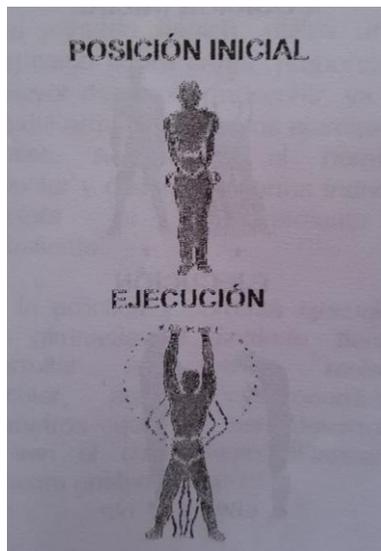
**EJERCICIO N° 11
"ABDOMINAL"**



**EJERCICIO N° 12
"ABDOMINAL"**



EJERCICIO N° 13
“POLICHINELOS”



EJERCICIOS RESPIRATORIOS

