

Muscle-Up

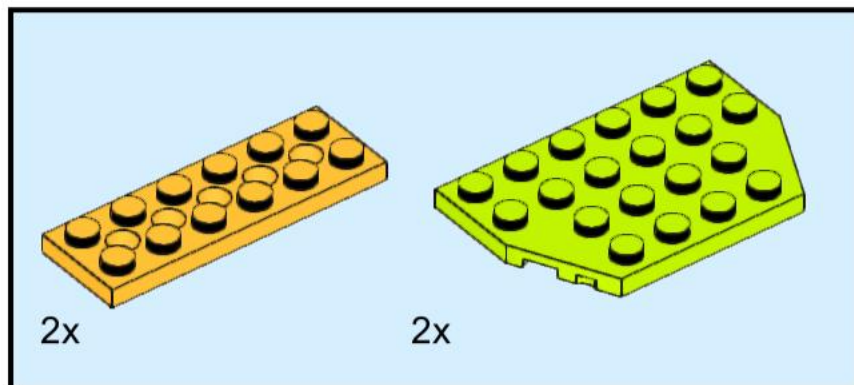
Max. per minute



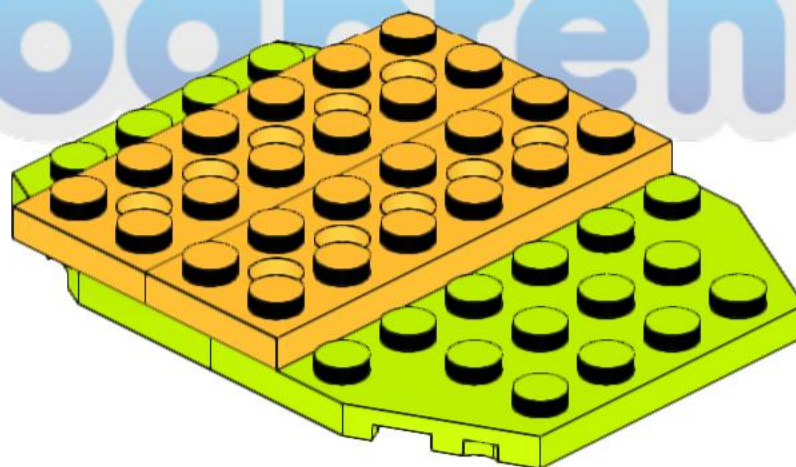
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Tecnoaprendo

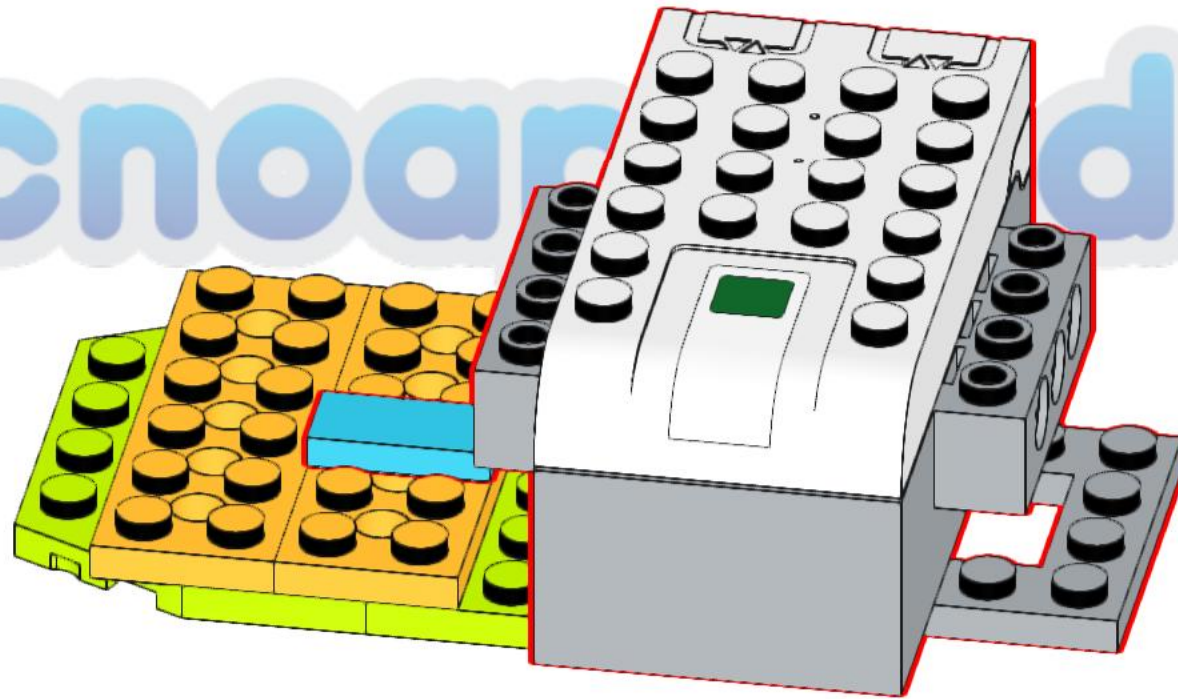
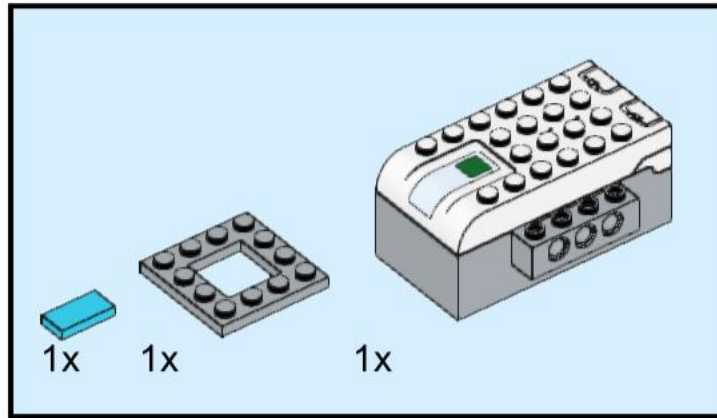
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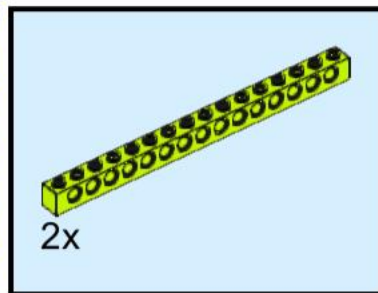
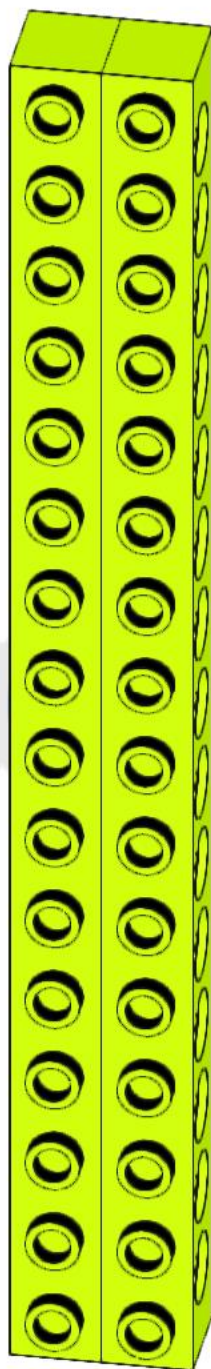
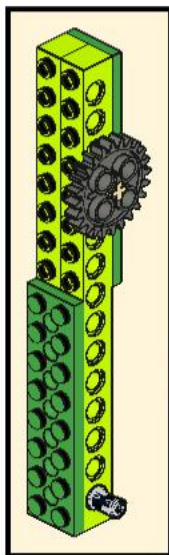
Tecnoaprendo



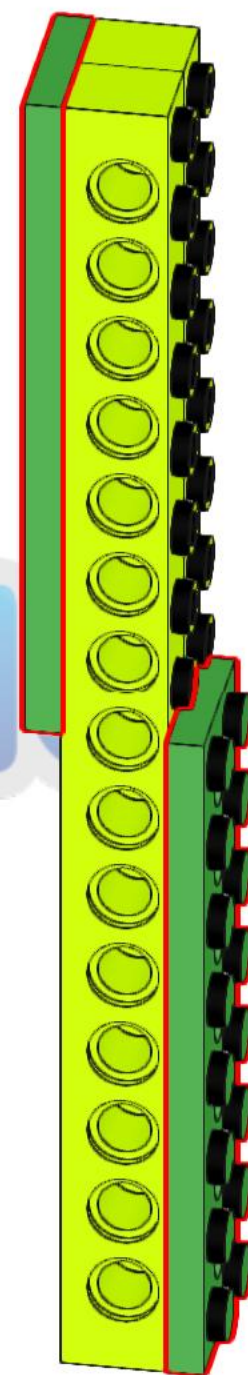
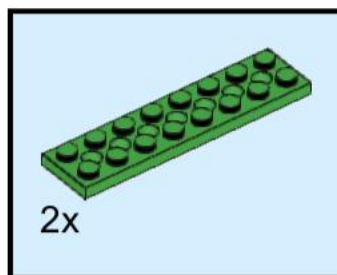
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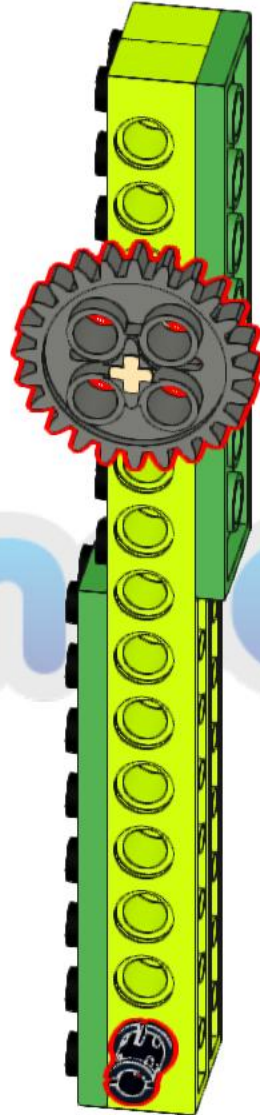
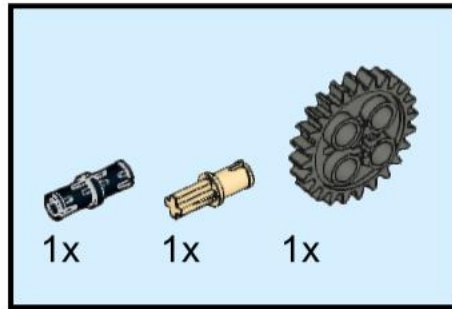
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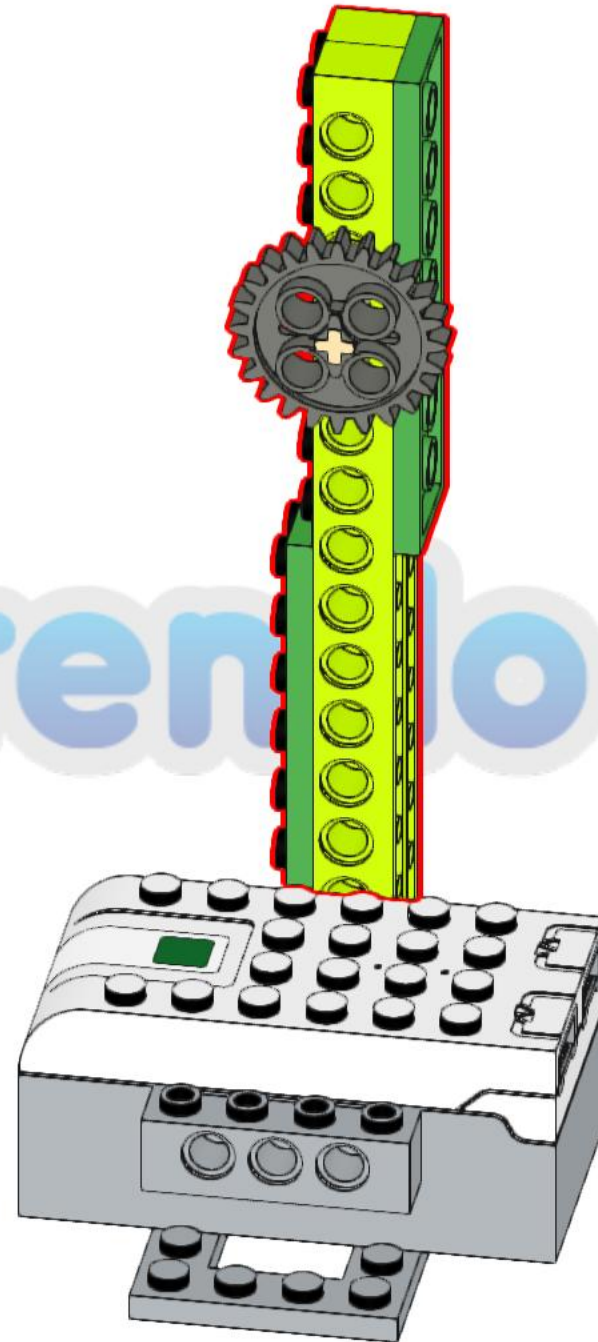
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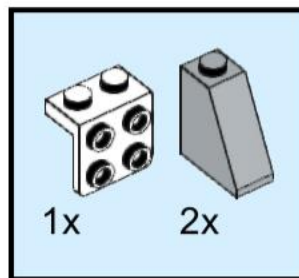
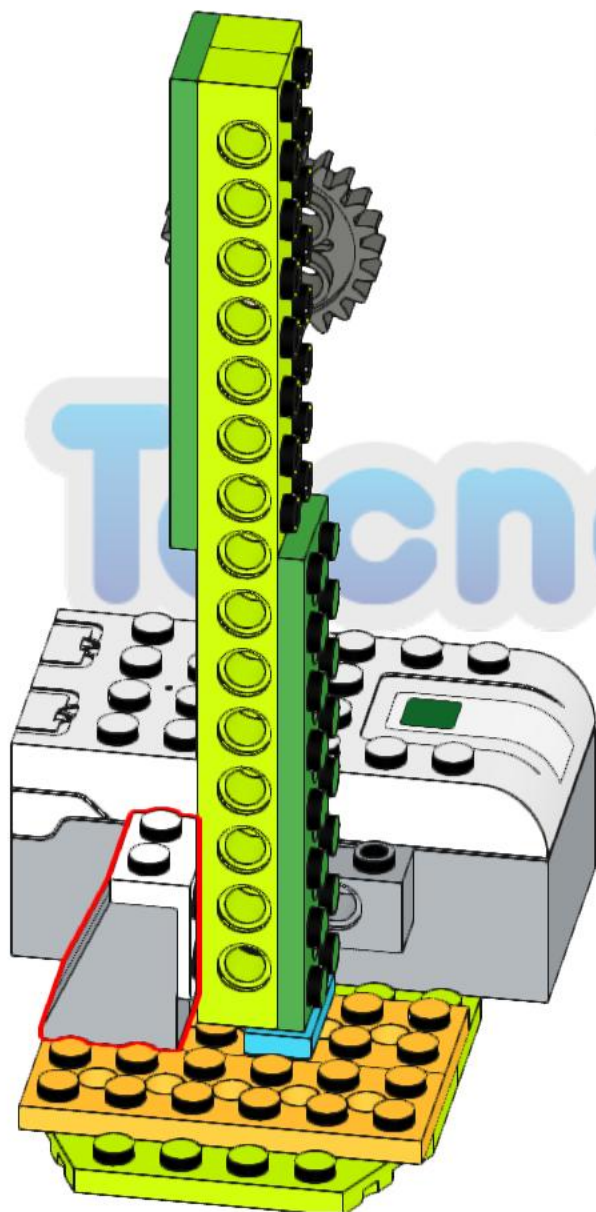


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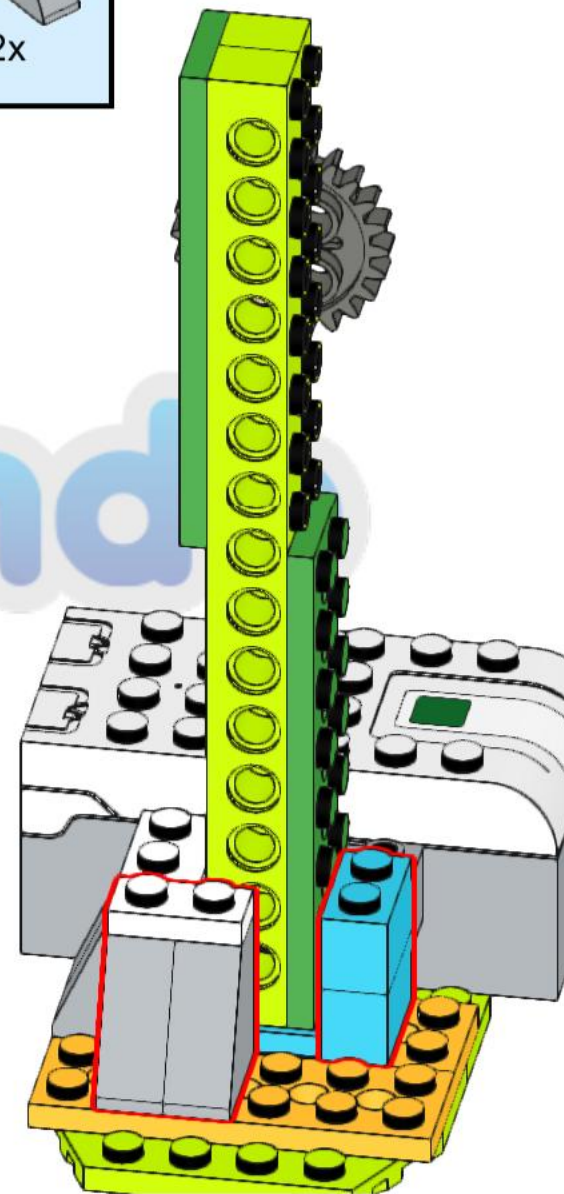
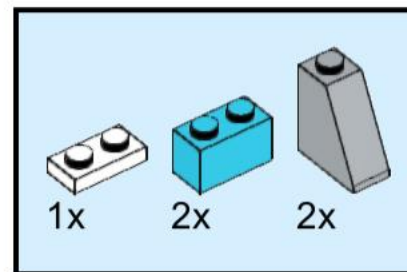


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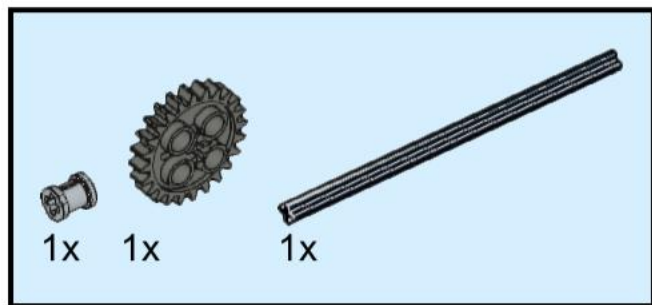
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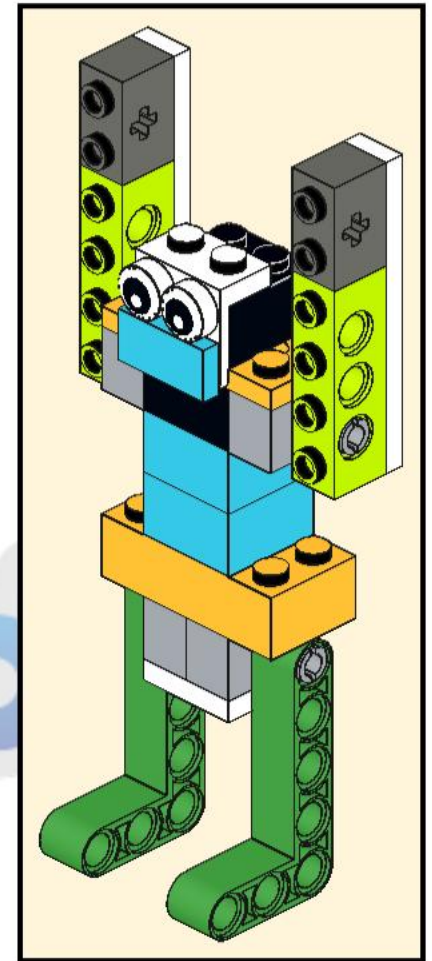
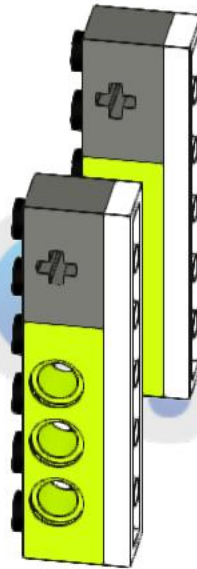
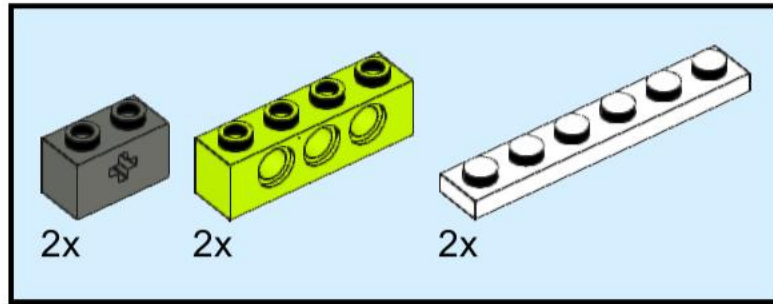
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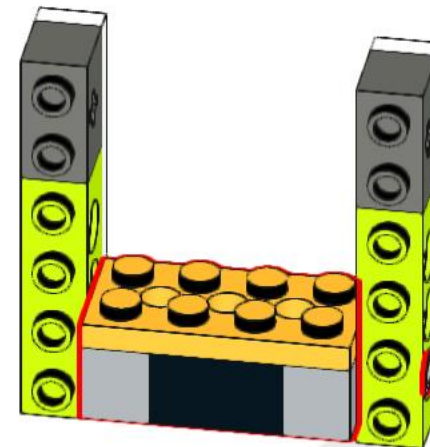
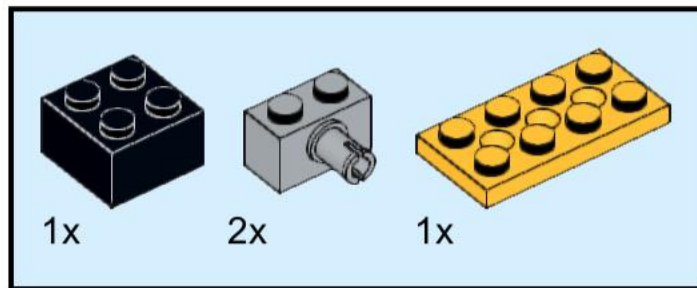
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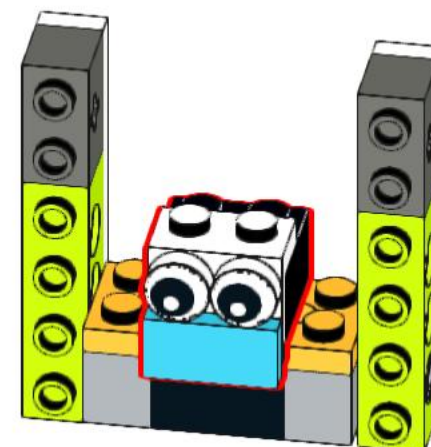
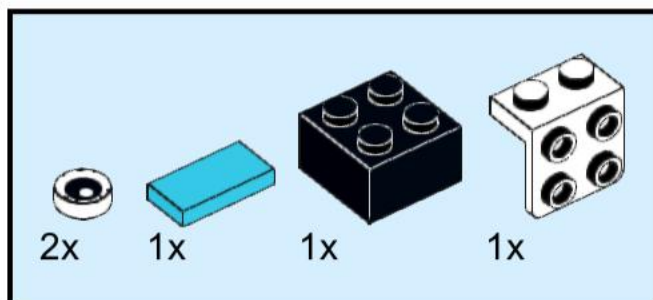
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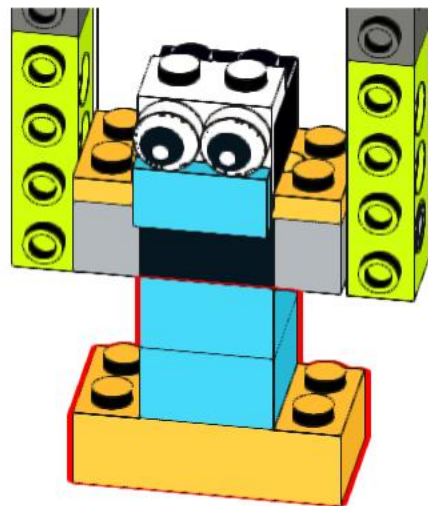
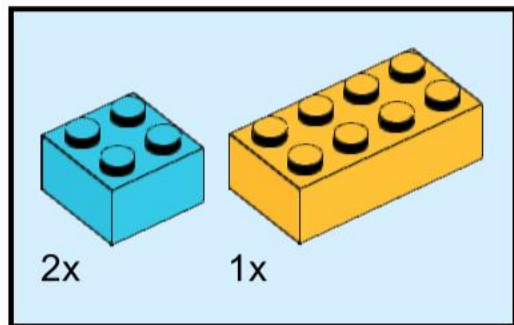


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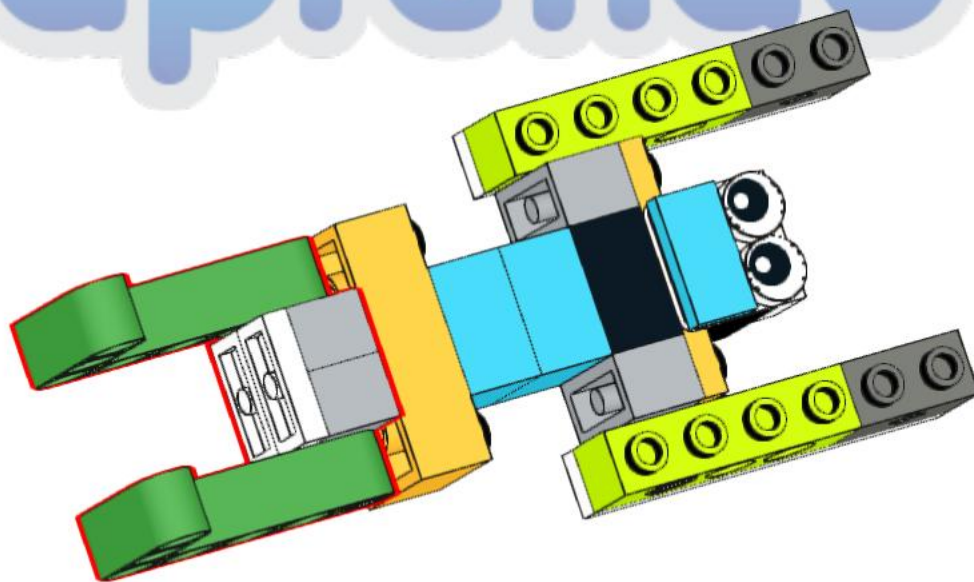
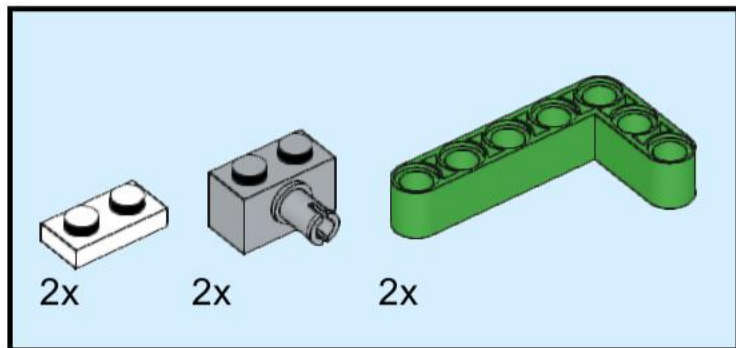


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13

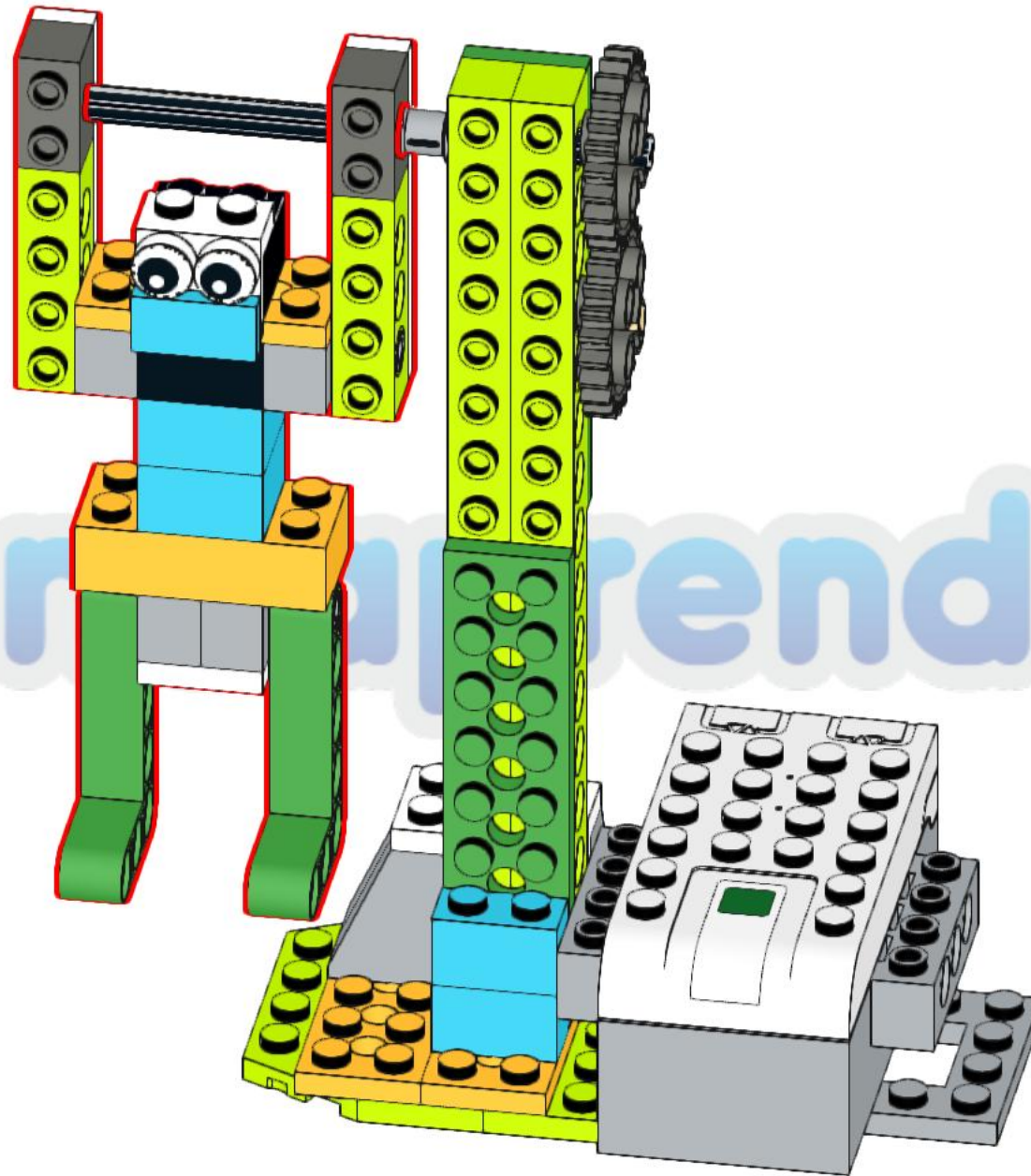


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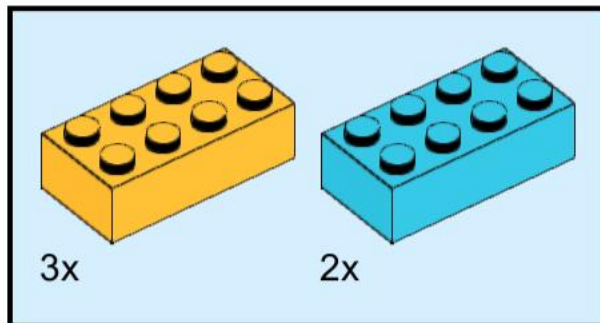
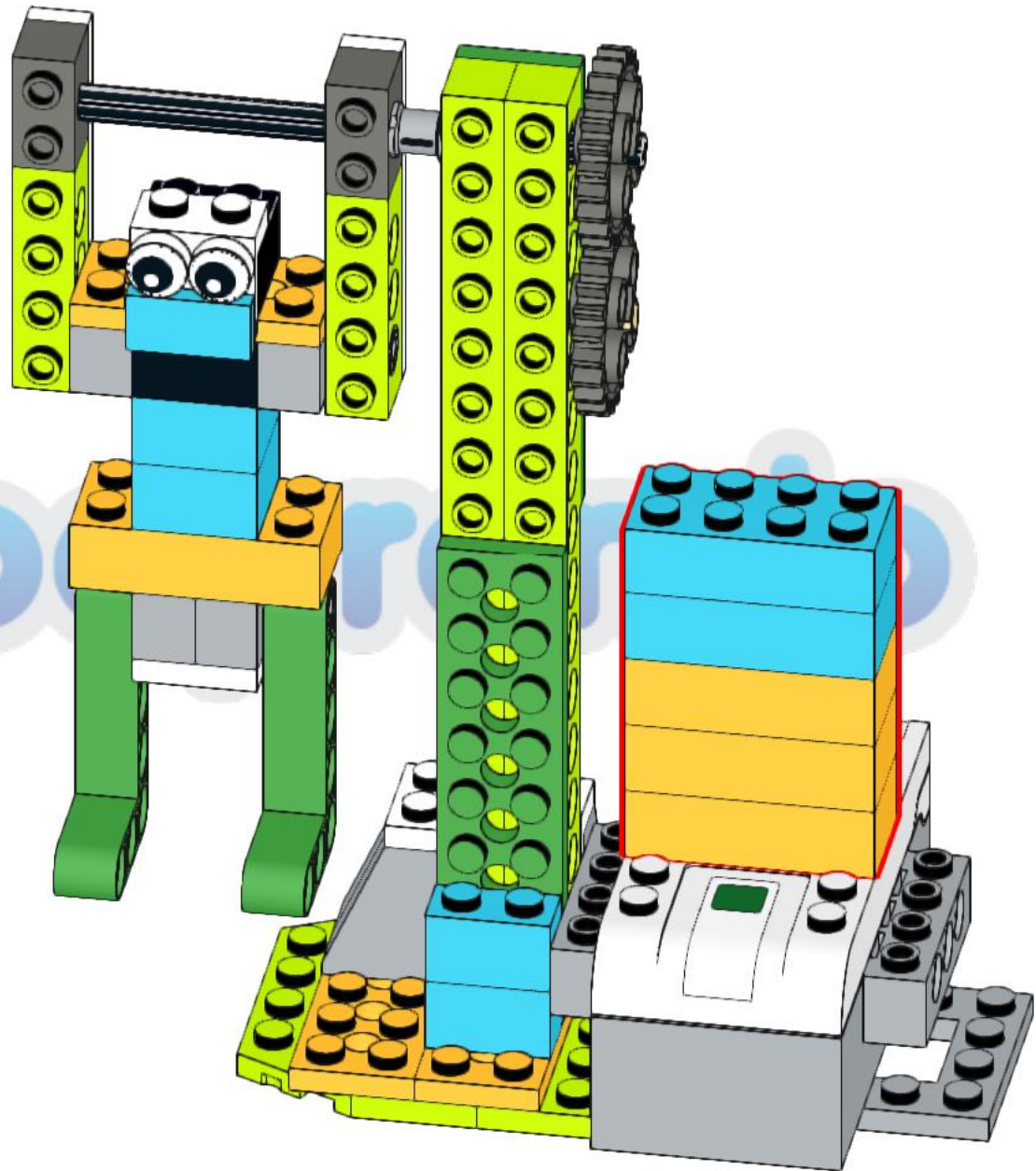
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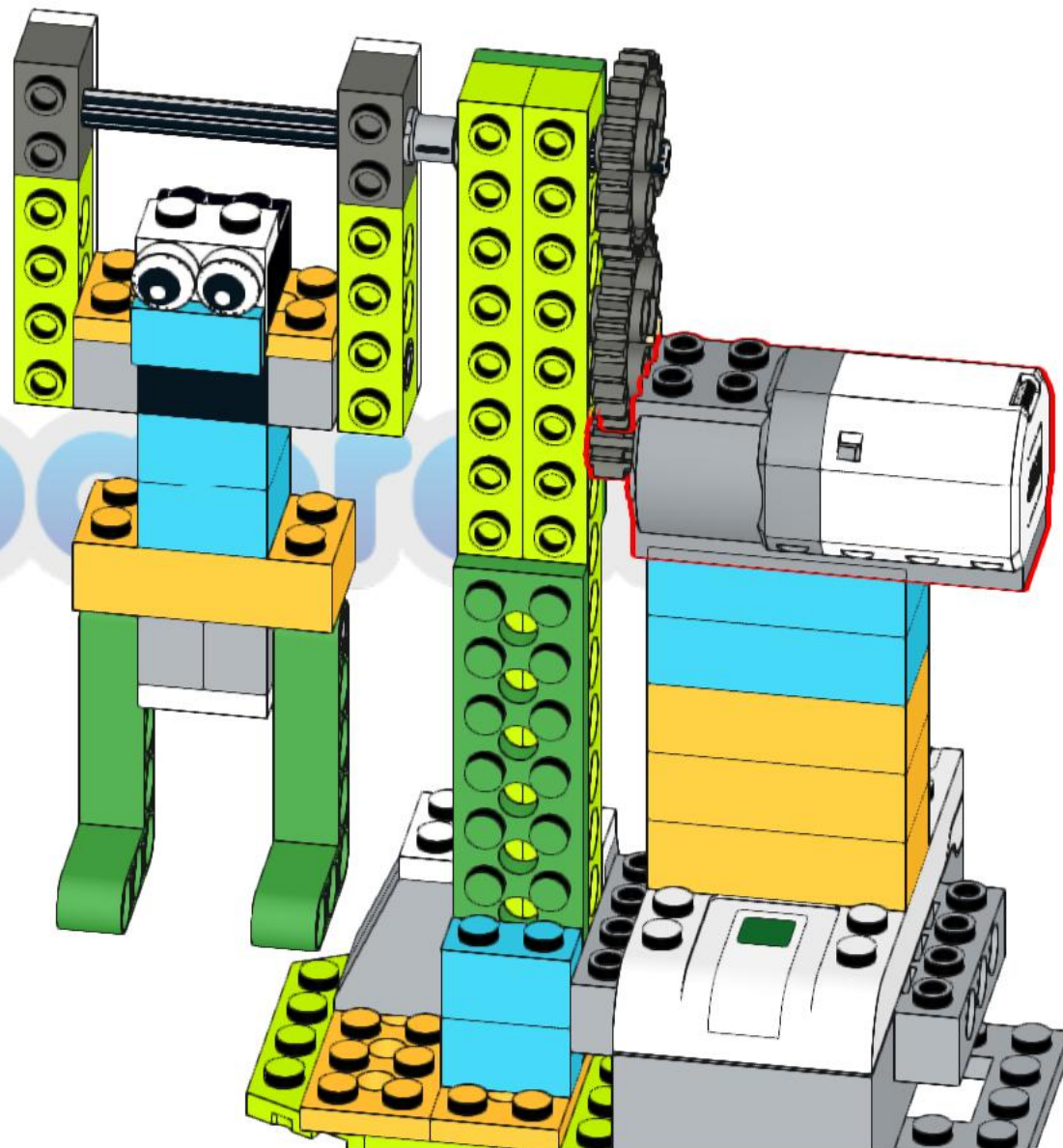
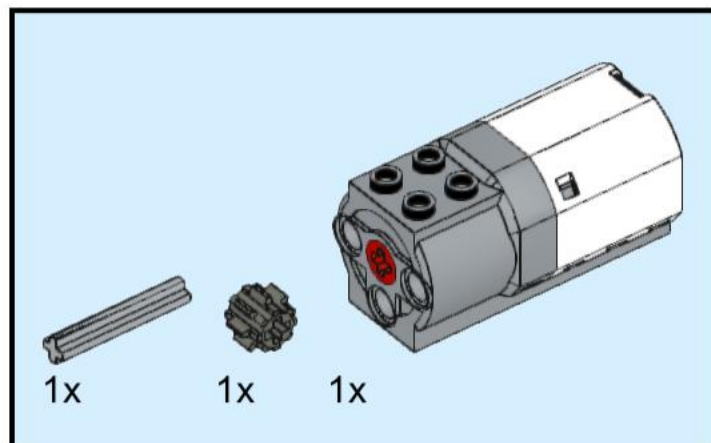
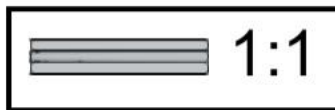


Tecno Aprendo

16



17



Muscle-Up o dominadas, es un ejercicio de Gimnasia, Calistenia y CrossFit

1. Crea un cronómetro para controlar el tiempo que va a estar el deportista haciendo dominadas.

2. Haz que el gimnasta suba baje la barra de dominadas. Cuenta cuantas puede hacer en 15 segundos.

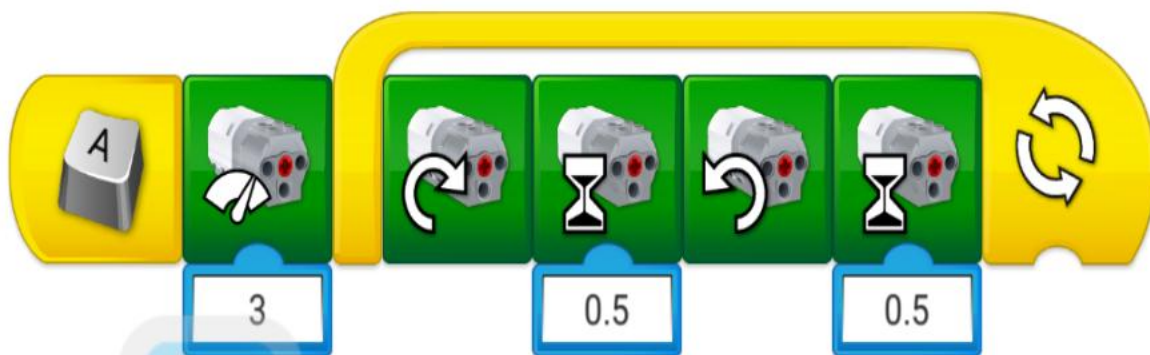
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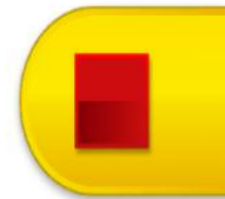
1.



2.



Tecnoaprendo



1x
2780, 11

2x
3003, 11

1x
3737, 11

1x
10928, 85

2x
32064, 85

2x
3648, 85

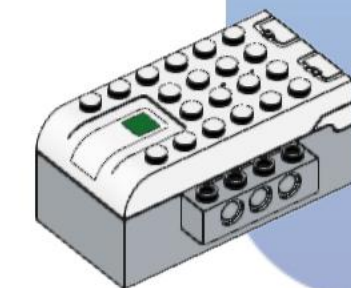
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4x
2458, 86

1x
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4x
60481, 86

1x
64799, 86



1x
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2x
98138pb007, 1

3x
3023, 1

2x
44728, 1

2x
3666, 1

1x
21980, 1

1x
3749, 2

1x
3709b, 110

4x
3001, 110

2x
32001, 110

2x
3701, 34

2x
32059, 34

2x
3703, 34

2x
32526, 36

2x
3738, 36

2x
3069b, 156

2x
3004, 156

2x
3003, 156

2x
3001, 156