



**17 MINUTOS TROTANDO**



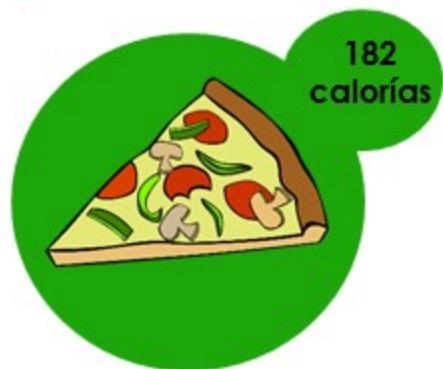
**65 MINUTOS CORRIENDO**



**60 MINUTOS DE  
BASKETBALL**



**12 MINUTOS SALTANDO  
LA CUERDA**



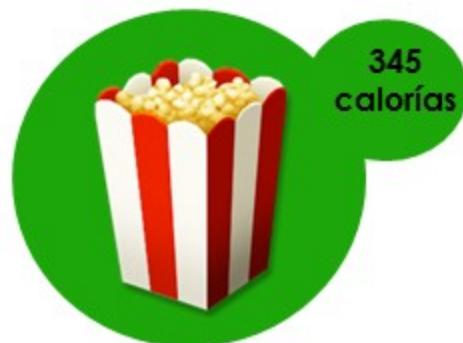
**128 BURPEES**



**40 MINUTOS NADANDO**



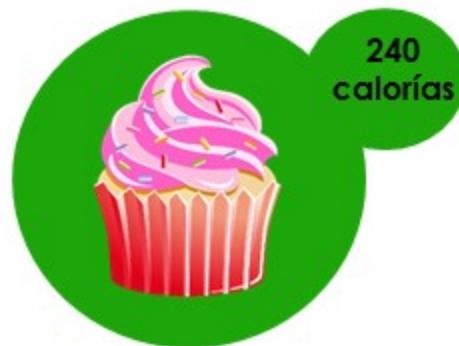
**50 MINUTOS EN  
ESCALERAS**



**93 MINUTOS EN ELIPTICA**



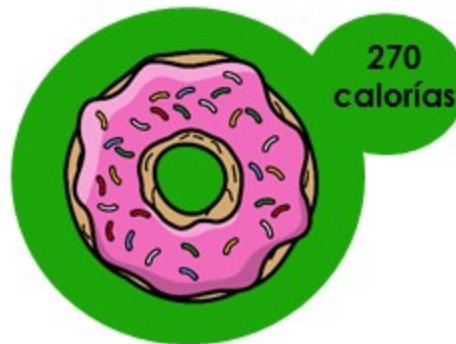
**80 MINUTOS DE  
BICICLETA**



**27 MINUTOS DE  
VOLEYBALL**



**120 METROS  
CAMINANDO**



**32 MINUTOS DE  
DESPLANTES**