1 CUNIR COLUMNAS

| DIBUJO | |
|---|---|
|  | camino con gran brazos |
|  | camino con talones |

2 SOPA MDE LETRAS

| | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Y | R | P | N | G | L | D | P | Y | G | R | I | S | H | Y | N | L | G | V | L |
| E | H | T | T | C | R | E | D | T | J | E | W | J | H | F | O | C | Y | S | F |
| K | X | A | C | C | M | U | S | I | C | A | D | C | U | S | O | X | M | R | T |
| E | X | E | E | E | E | R | A | C | U | A | C | Q | X | C | T | E | M | E | D |
| O | C | T | X | M | C | U | X | C | N | P | C | O | I | K | N | F | V | A | T |
| S | E | U | T | L | R | J | I | S | H | G | W | G | Q | U | E | V | W | I | E |
| X | X | C | K | M | Y | C | Y | N | V | K | D | R | C | D | I | E | N | C | H |
| W | C | V | H | S | C | R | I | O | U | L | I | E | I | P | M | E | U | E | X |
| A | I | J | N | T | L | E | M | T | E | M | X | C | V | Q | A | U | P | R | P |
| M | U | L | C | H | G | M | R | A | N | I | R | I | S | L | T | V | F | G | C |
| U | H | I | P | Q | W | A | O | R | E | C | X | A | E | G | N | I | J | T | E |
| I | U | F | O | E | Q | R | H | A | M | O | F | O | E | J | E | J | C | U | T |
| E | O | A | S | W | K | O | C | M | V | M | Y | X | F | P | L | Q | S | W | E |
| V | C | P | Q | U | V | Z | P | V | U | E | R | V | L | D | A | W | A | E | U |
| I | K | C | W | J | U | A | E | S | N | R | T | Q | D | M | C | V | H | H | A |
| N | E | P | H | V | Q | D | Q | K | T | S | J | N | P | W | A | A | R | C | T |
| J | A | L | L | H | N | U | Q | N | M | E | S | Y | Y | C | M | P | M | N | S |
| R | C | R | C | H | D | R | D | R | M | M | U | N | T | K | E | V | T | A | K |
| F | J | K | T | N | F | A | E | W | W | X | U | N | L | I | R | R | V | P | T |
| W | Q | D | S | V | C | S | F | S | V | I | N | J | D | U | C | I | F | M | Y |

3 ESOCGER LA REPSUESTA CORRETA

**Que es la Plancha con levantamiento de piernas.**

- **a.** Pertenece al grupo de los ejercicios isométricos
- **b.** Esta n
- **c.** Esta tmapoco
- **d.** Ninguna

4 scriba que ejercicio es este

LIVEWORKSHEETS



LIVEWORKSHEETS