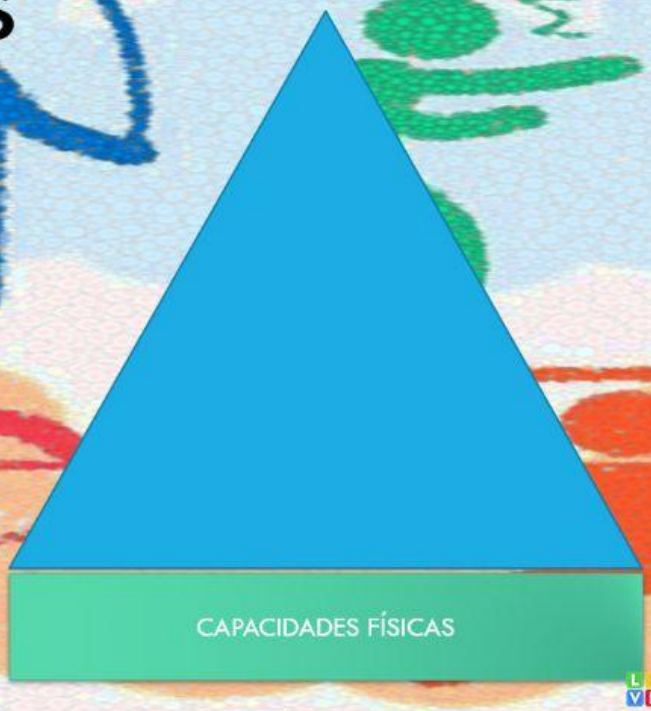
CAPACIDADES FÍSICAS

X1= SALTAR
X2= CORDINACIÓN
X3= VELOCIDAD
X4= FLEXIBILIDAD
X5= RESISTENCIA
X6= EQUILIBRIO
X7= RITMO
X8= FUERZA



LIVEWORKSHEETS