

RETO: "MUÉVETE EN CASA"

VALOR DE LOS ENTRENAMIENTOS

| ENTRENAMIENTO | VALOR |
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| VÍDEOS | |
| CARDIO BAJO IMPACTO https://www.youtube.com/watch?v=17DxIBjMygE | 30 |
| CORE-ABDOMEN https://www.youtube.com/watch?v=eODmQIRGwjQ | 50 |
| CARDIO YOGA Y MEDITACIÓN https://www.youtube.com/watch?v=QvgnE5aGGJ4 | 20 |
| CARDIO IMPACTO MEDIO -STRONG BY ZUMBA https://www.youtube.com/watch?v=QRZcZgSgSHI | 70 |
| CARDIO DANCE https://www.youtube.com/watch?v=J8Ja50bnX6U | 30 |
| KICKBOXING -CARDIO DANCE https://www.youtube.com/watch?v=EcqYeThduWk | 50 |
| ZUMBA https://www.youtube.com/watch?v=9xVARu14G4A | 30 |
| PILATES FULL BODY https://www.youtube.com/watch?v=Wjnv-xkDvPo | 60 |
| HIP- HOP HIIT https://www.youtube.com/watch?v=EvKuM_dJDsc | 30 |
| BOXING -KICKBOXING https://www.youtube.com/watch?v=8CkUrkDP-v0&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1l3eF | 70 |
| TONIFICACIÓN https://www.youtube.com/watch?v=Vi6azBEYEa8 | 60 |
| CARDIO INTENSO https://www.youtube.com/watch?v=rVf50-incwI | 60 |
| CINTURA Y ABDOMEN https://www.youtube.com/watch?v=s91JjgFzmk8 | 50 |
| HIIT INTENSO https://www.youtube.com/watch?v=bLrDs0kaebA | 70 |
| BEAR FIT(ZUMBA) https://www.youtube.com/watch?v=90CU3xk1WsQ | 30 |
| YOGA PRINCIPIANTES https://youtu.be/vd1j1nqHhuY | 20 |

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| YOGA PARA ADELGAZAR https://www.youtube.com/watch?v=dgCEClosrYE | 40 |
| CROSSFIT EN CASA https://www.youtube.com/watch?v=0lkxicMIDVw | 70 |
| RUTINAS | |
| CANDY CRUSHER https://drive.google.com/open?id=1hbM_EF2UAAfbXss86BT5JnSIgg5Ko0ch | 30 |
| DARKSIDER https://drive.google.com/open?id=1hjzYp7O2i2ZZKZH1SLwVUzmVKT00tbtA | 60 |
| DAYBREAK https://drive.google.com/open?id=1fUrieaUen6iT071-d2dkDJtcIC-m_1kA | 50 |
| DEATHSQUAD https://drive.google.com/open?id=1WIA4qUeqFakLIKBP0plx-CWOi0sSvLOR | 40 |
| DEFCON1 https://drive.google.com/open?id=14ZacMKEBZQKrQhLUFm1ikI3evZP9nJpm | 50 |
| THE DO OVER https://drive.google.com/open?id=1NesZkJGaUt4lwnGE_OggC3GW1pNI0cZT | 30 |
| EASE-OUT https://drive.google.com/open?id=1asCfkdWvPHOSZ5PbeAeG0-vinn7t8SWI | 30 |
| EXPEDITED DELIVERY https://drive.google.com/open?id=1rEWFw-hqRuxaK1xhmvLe6nPeDIj0bHUA | 50 |
| FEMME FATALE https://drive.google.com/open?id=1wGEYK9ab4R2j1dxRkfx2pTz90fc5U4qB | 30 |
| FINAL COUNTDOWN https://drive.google.com/open?id=1r-TUpwlg8HAsQzZvOJDnWnJV7hMU4PN2 | 30 |

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| <p>THE FINAL GIRL</p> <p>https://drive.google.com/open?id=1NR0K3YIHQpaEh_E5-u91shTEfKS-vZJq</p> | 30 |
| <p>HUFF & PUFF</p> <p>https://drive.google.com/open?id=1yVBCfU78ouUwN7qc6WCHWRGZgu5zP_eE</p> | 40 |
| <p>INTO THE FIRE</p> <p>https://drive.google.com/open?id=1UxLP-RR6Q9by3yMZmfC7Gs7CWqDYfKI-</p> | 40 |
| <p>LAWMAN</p> <p>https://drive.google.com/open?id=184GAHuHoKc1wOGqbN_6hg1Y7F6LOZh9t</p> | 50 |
| <p>LIFT & TONE</p> <p>https://drive.google.com/open?id=1dr3SoS06n0LUoKEI6KVXbFBXgylluJN_</p> | 20 |
| <p>MISFIT</p> <p>https://drive.google.com/open?id=1N0DkiuZAXdZGKAeemfGSaWjB0wkSEnR9</p> | 30 |
| <p>ONE-MINUTE</p> <p>https://drive.google.com/open?id=13X35FqxOAAIt8vxWrdWa2c8r3P09ZfP_</p> | 10 |
| <p>THE PLAYER</p> <p>https://drive.google.com/open?id=1OmxBwwAmmW_PQb1RJZrq9DgzS0Sd58YA</p> | 40 |
| <p>POPEYE</p> <p>https://drive.google.com/open?id=1J7PFvxXS9ch4TGwGhQCFzI43733bcJcY</p> | 30 |
| <p>THE RAMBLER</p> <p>https://drive.google.com/open?id=14qbrwahVoG9VQSQrttdtvIXe88CB9XvG</p> | 30 |
| <p>FIRE PUNCH</p> <p>https://drive.google.com/open?id=1jmNdgKDdpJWk_uwrdJ_zFdFDg4zb19vU</p> | 20 |

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| <p style="text-align: center;">GENTLEMAN</p> <p>https://drive.google.com/open?id=1qH4Jd0pE2LCM2IKo9e_ocFMxoDc02NVg</p> | 10 |
| <p style="text-align: center;">GYPSY</p> <p>https://drive.google.com/open?id=1RG7abHmtevf144MC7CgPgh70jhfgimLs</p> | 30 |
| <p style="text-align: center;">GOBLIN</p> <p>https://drive.google.com/open?id=1N7HjSNiByUh9r4pFfDL9ekqdADs4f8xX</p> | 30 |
| <p style="text-align: center;">GRASSHUPPER</p> <p>https://drive.google.com/open?id=1WekglC5jOgpzaRHuY-YYMXfHvNz_Vrg0</p> | 20 |
| <p style="text-align: center;">HEADKNOCKER</p> <p>https://drive.google.com/open?id=1iUue1fb2BBeasGzFIxLALxKmsgq4HnH</p> | 40 |
| <p style="text-align: center;">HELLION</p> <p>https://drive.google.com/open?id=1ysoR9bDxJgC905HK-_AJXAopV7w-xZdV</p> | 40 |
| <p style="text-align: center;">THE HENCHMAN</p> <p>https://drive.google.com/open?id=1pBNbpW3LU1JjYR96W4pttqNrl7TYIbWg</p> | 30 |
| <p style="text-align: center;">HIP DIPS</p> <p>https://drive.google.com/open?id=1sVBltfBrj3Q3qKNZhixtp9xZFK16kt8G</p> | 20 |
| <p style="text-align: center;">HOLISTIC</p> <p>https://drive.google.com/open?id=1sjzufRbwpuUQ_buDYJ-ZBNfMQXFoMQI9</p> | 20 |
| <p style="text-align: center;">HOMEMADE HERO</p> <p>https://drive.google.com/open?id=1NayaeOFDbmUJWZ6D4fc7qTNp-tKvk06g</p> | 40 |
| <p style="text-align: center;">HYPERION</p> <p>https://drive.google.com/open?id=19cY44HYjvhVUAovxRYUSI5xrSa0lFFyo</p> | 30 |

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| <p style="text-align: center;">INQUISITOR</p> <p style="text-align: center;">https://drive.google.com/open?id=1hiP3uElddE5FV-yDOS9cj8tjobTp7DkS</p> | 60 |
| <p style="text-align: center;">INTERVENTION</p> <p style="text-align: center;">https://drive.google.com/open?id=1RHa2OWXrLN0m_G0GkUW+Bpb_jUR+Rvil</p> | 50 |
| <p style="text-align: center;">KICKSTART</p> <p style="text-align: center;">https://drive.google.com/open?id=1MSt23IVXkEwXYig_ocrMYZSEchmtgFM</p> | 30 |
| <p style="text-align: center;">KING</p> <p style="text-align: center;">https://drive.google.com/open?id=1Cge_p_TwyDk_eMts-w89eCfSiDx7uAQg</p> | 30 |
| <p style="text-align: center;">LIBERATOR</p> <p style="text-align: center;">https://drive.google.com/open?id=1mk_7QvFlo3GjWZzV00YldhIg0-daaQ00</p> | 20 |
| <p style="text-align: center;">MR. HYDE</p> <p style="text-align: center;">https://drive.google.com/open?id=1SyPBCbAIWugsl_silHDQWMzBs7WnoVPu</p> | 50 |
| <p style="text-align: center;">OUT LAW</p> <p style="text-align: center;">https://drive.google.com/open?id=1E3KExebc1Tatn0MZrOQDvl0OVLGrX+9f</p> | 30 |
| <p style="text-align: center;">OVERKILL</p> <p style="text-align: center;">https://drive.google.com/open?id=1IBerxveXmSxZQBVA AeGVbgcAIGclIPYp</p> | 70 |
| <p style="text-align: center;">POWER BURNER</p> <p style="text-align: center;">https://drive.google.com/open?id=1siR_n_yLzunA0kNfbTKQ8CL-XnJ9frgA</p> | 30 |
| <p style="text-align: center;">POWER GAINER</p> <p style="text-align: center;">https://drive.google.com/open?id=1ma1YE0eZoSJm6shZ2hrw218IDBZamCbH</p> | 60 |
| <p style="text-align: center;">RASCAL</p> <p style="text-align: center;">https://drive.google.com/open?id=1awmCBVjXUpbeep-p5Yllm8JG3IEQRfNR</p> | 50 |

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| <p>RAW GRIT</p> <p>https://drive.google.com/open?id=16lDIAALd5qdT0cLCOi5thAKiNihPE5hv</p> | 50 |
| <p>THE RECKONING</p> <p>https://drive.google.com/open?id=1ZeCUff0oy-SR3i5rIv-bzuFmZ70Y9IR1</p> | 30 |
| <p>RECONSTRUCTOR</p> <p>https://drive.google.com/open?id=1JBbbHIxp-bhtTf-mtHMPF27tdAJOmuvU</p> | 30 |
| <p>REFINER</p> <p>https://drive.google.com/open?id=1uJ7fasm9jI0-lbWCoMvpRSrun2Tq9jmC</p> | 40 |
| <p>ROCK STAR</p> <p>https://drive.google.com/open?id=10G8p09e20FuxCDVm-UNCDyUW_QAXIJGy</p> | 40 |
| <p>SUPERSWITCH</p> <p>https://drive.google.com/open?id=1vZjJkaEzcxer9SyW8A4ZCGEOc5hTlmcn</p> | 50 |
| <p>SWEAT ZONE</p> <p>https://drive.google.com/open?id=1_mJyXgz6Jt1mnTSvoEEMaO51ZiQdpe37</p> | 60 |
| <p>TOY SOLDIER</p> <p>https://drive.google.com/open?id=1yz0S7_9rN3VPRVL_Dl2ac00WMCdqRgPh</p> | 30 |
| <p>WAR GAMES</p> <p>https://drive.google.com/open?id=1WJsOcW4r_IqeNrNqnGtHHxj9eBg2Ggn0</p> | 60 |
| <p>WINTER IS HERE</p> <p>https://drive.google.com/open?id=19TDIDd4EzvhLPN02vouOA6hldnmaq81M</p> | 40 |
| <p>ANTIHERO</p> <p>https://drive.google.com/open?id=1oA7HrxleQe0SHEfki5wXuWLkrdkQTspE</p> | 70 |

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| <p style="text-align: center;">AURORA</p> <p style="text-align: center;">https://drive.google.com/open?id=1txtHfA82-En40EE8UAaMHOPQF_tH51G3</p> | 30 |
| <p style="text-align: center;">BORN TO BE WILD</p> <p style="text-align: center;">https://drive.google.com/open?id=10-DbZm9MpJ1Nc0CqgbpPVOMYh5TX0FhE</p> | 50 |
| <p style="text-align: center;">BURPEE HD</p> <p style="text-align: center;">https://drive.google.com/open?id=1D14AvuucNaEKyeqX6AhsSso9J67S9VE2</p> | 70 |
| <p style="text-align: center;">CARDIO MAGIC</p> <p style="text-align: center;">https://drive.google.com/open?id=1JSGRIIIInUzllc6EXUuv2mVnzIiAB4HJ1</p> | 20 |
| <p style="text-align: center;">COMBAT BURPEE</p> <p style="text-align: center;">https://drive.google.com/open?id=1khIkU9sEtDrpRBiqcEtgNXhfle4mYnq3</p> | 60 |
| <p style="text-align: center;">ROWDY</p> <p style="text-align: center;">https://drive.google.com/open?id=1sKSnI8NajObubmxbgscbyBBVf2JATL2W</p> | 20 |
| <p style="text-align: center;">SECRET WEAPON</p> <p style="text-align: center;">https://drive.google.com/open?id=1XIDPMpoLak5K9Do2n_F07ELRk_vcHngp</p> | 60 |
| <p style="text-align: center;">SINBAD</p> <p style="text-align: center;">https://drive.google.com/open?id=1NIA-JrDxYgVIWQ81j_AbiY99BUqXYuzR</p> | 60 |
| <p style="text-align: center;">STORMBORN</p> <p style="text-align: center;">https://drive.google.com/open?id=11JBMYwXnATHQBd+6Tk7JAMc99V5-oYNG</p> | 40 |
| <p style="text-align: center;">SUPERHOODIE</p> <p style="text-align: center;">https://drive.google.com/open?id=1l2DE06ifCNKqYgY7PsIkLDcrbJTKMuJK</p> | 50 |
| <p style="text-align: center;">SUPERSTAR</p> <p style="text-align: center;">https://drive.google.com/open?id=1nH5b15rs-72zTdrksabzjWz8vuGyN4S</p> | 50 |

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| <p style="text-align: center;">SWEAT</p> <p>https://drive.google.com/open?id=1riUMizmZzu_DOhIR_hdhAXRdsR-lvaj_</p> | 30 |
| <p style="text-align: center;">TEMPLAR</p> <p>https://drive.google.com/open?id=1-ZARP1Ap6-2mjfbrsFQPbb-kZIZ9td-2</p> | 50 |
| <p style="text-align: center;">VIGILANTE</p> <p>https://drive.google.com/open?id=13MZy7tzNEDI3WvQcYT6jaV471FGxvQxb</p> | 40 |
| <p style="text-align: center;">WILD CHILD</p> <p>https://drive.google.com/open?id=1IJ_4vtWGcWjh7Ed8WNh8nyF5tYEatawz</p> | 50 |
| <p style="text-align: center;">ALADDIN</p> <p>https://drive.google.com/file/d/1mjyUu7rdOe82M2nLtpiekofhrE1LLwek/view?usp=sharing</p> | 60 |
| <p style="text-align: center;">APHRODITE</p> <p>https://drive.google.com/open?id=11EQ41JvleyM094dxGvb-GCO_uz4BWIdk</p> | 40 |
| <p style="text-align: center;">BEER BELLY</p> <p>https://drive.google.com/open?id=1xyDIX7qnw1ere3ew77xOJNH1QcKzPVhP</p> | 30 |
| <p style="text-align: center;">BOUDICCA</p> <p>https://drive.google.com/open?id=19zzP6D0HEI_bWz6mOKfV-g3Dv7fpZoc1</p> | 50 |
| <p style="text-align: center;">BUBBLE BUTT</p> <p>https://drive.google.com/open?id=11OjSN_yGqd9FZSNm9QhpNMHwyOu8yGKn</p> | 30 |
| <p style="text-align: center;">CARDIO SUPREME</p> <p>https://drive.google.com/open?id=10jC3KmVCHY4AHdCP4Ufcb-GwE5DeAtNz</p> | 60 |
| <p style="text-align: center;">CHANGE IT UP</p> <p>https://drive.google.com/open?id=1SzvacyhTdjukHyxTCPlsPjHvXOyWFCfL</p> | 50 |

“NO BUSQUES EL
MOMENTO PERFECTO,
SOLO BUSCA EL
MOMENTO Y HAZLO
PERFECTO”