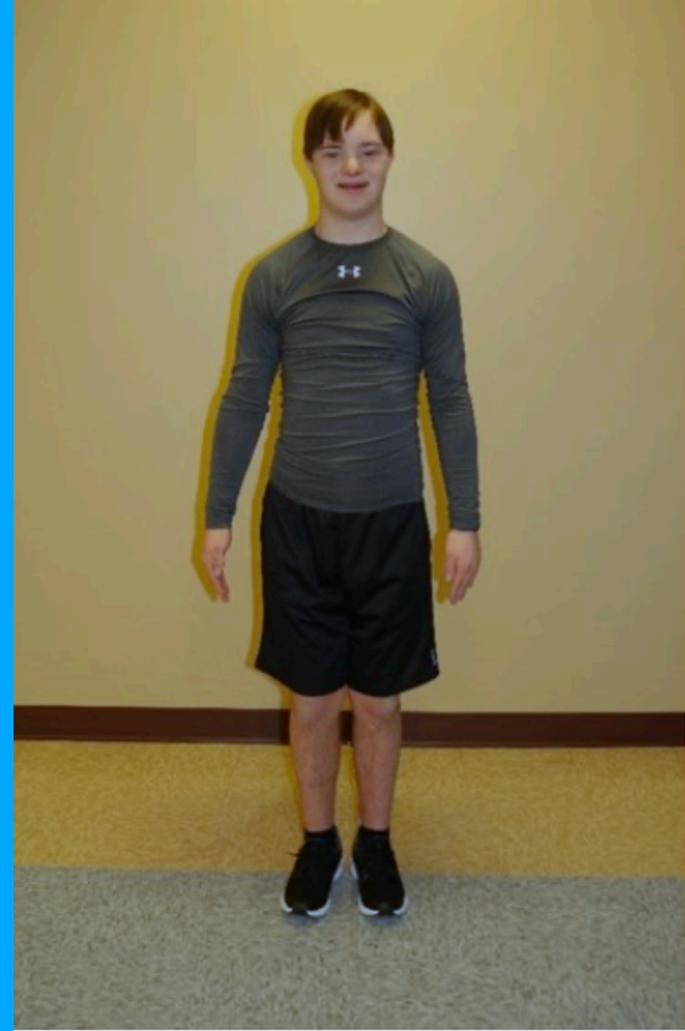


# Me Mantengo en Forma sin Salir de Casa



# Salto



# Correr en el mismo sitio



# Sentadillas



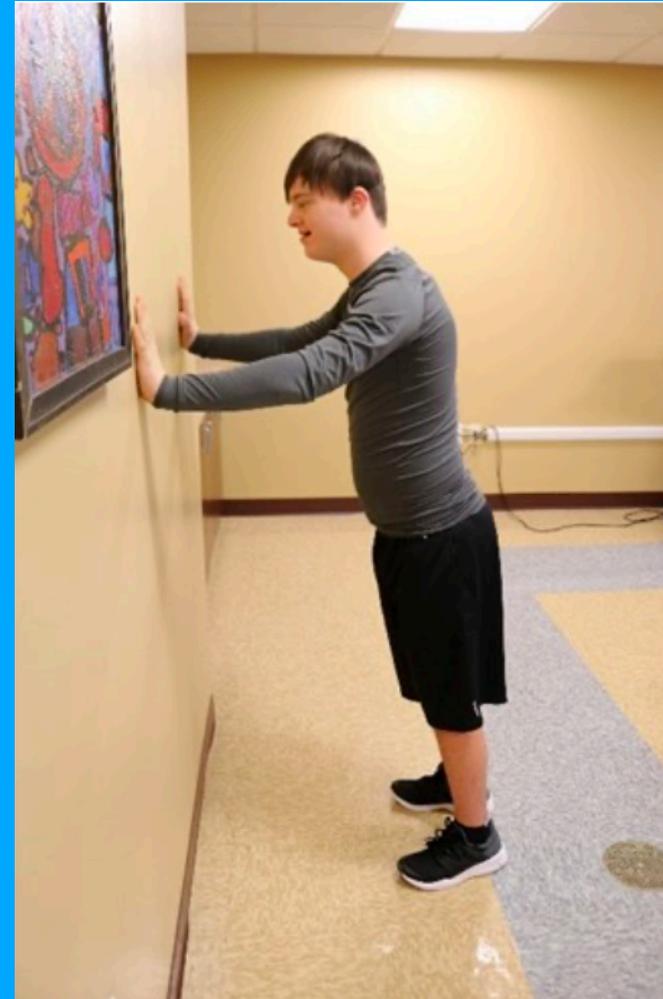
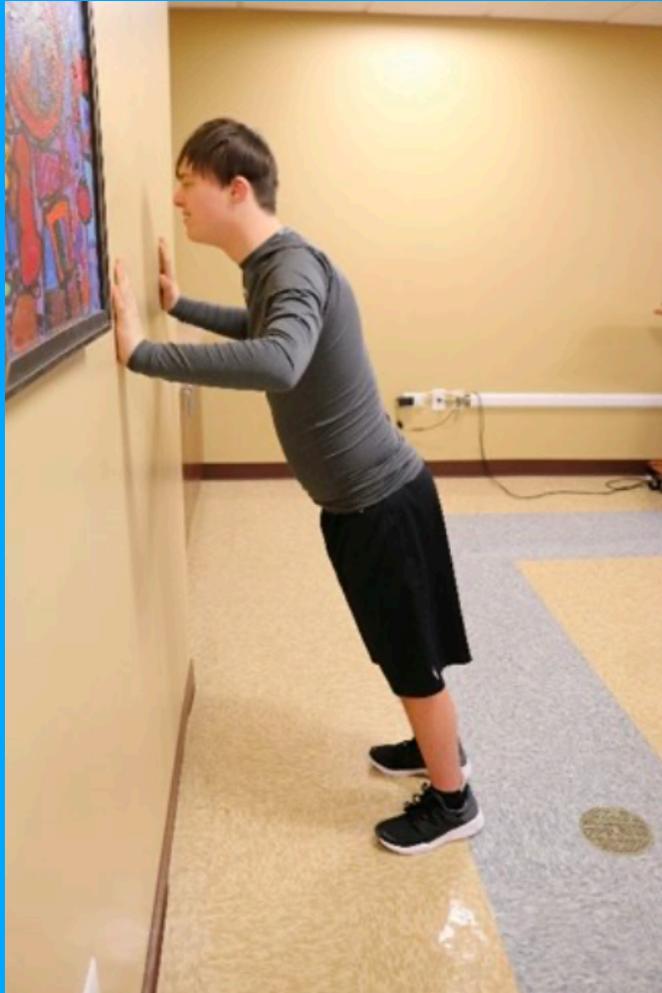
# Movimientos circulares brazos



# Lagartijas



# Estiramientos



# Bailar







