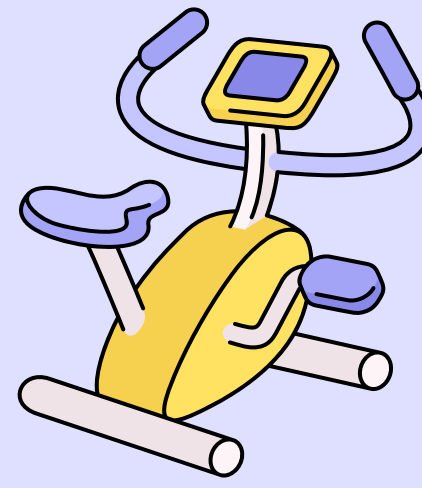




el **gimnasio**



la **escalera
sin fin**



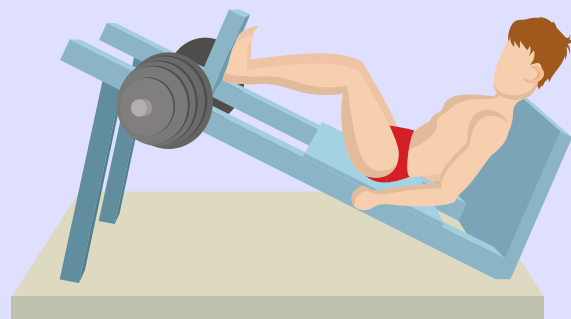
la **bicicleta**



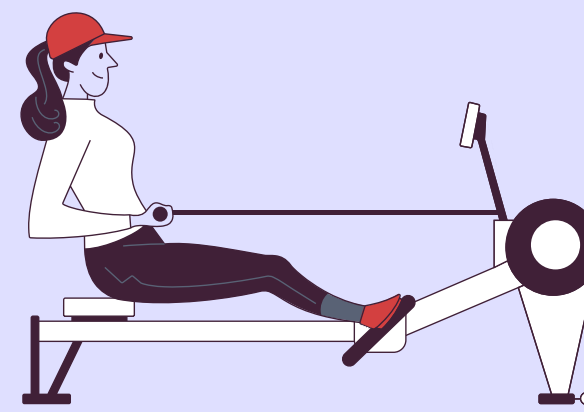
la **caminadora**



la **elíptica**



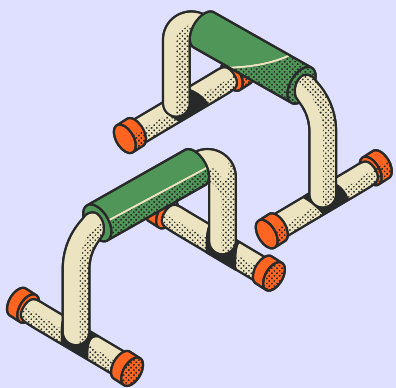
la **prensa
de pierna**



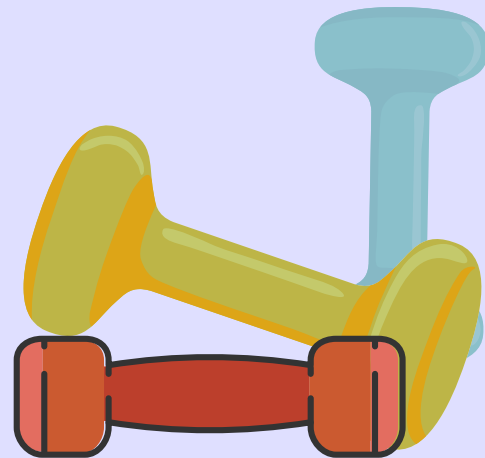
el **remo**



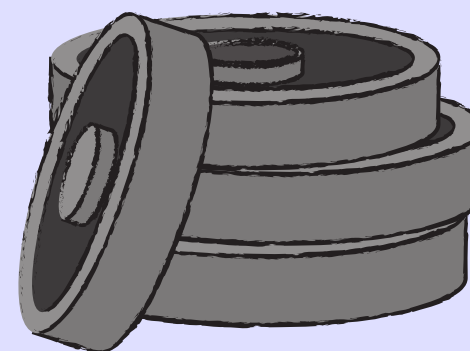
el **banco**



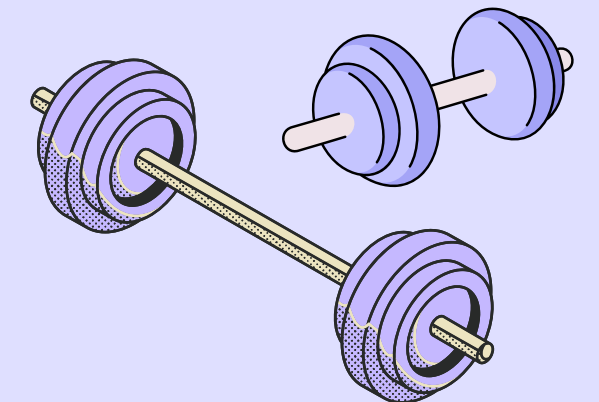
los **soportes**



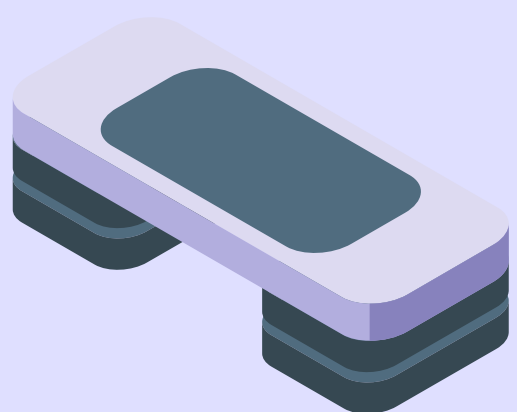
las **pesas**



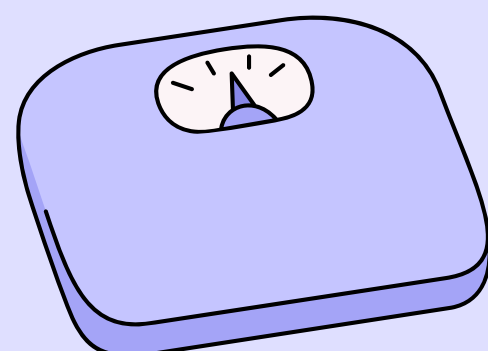
los **discos**



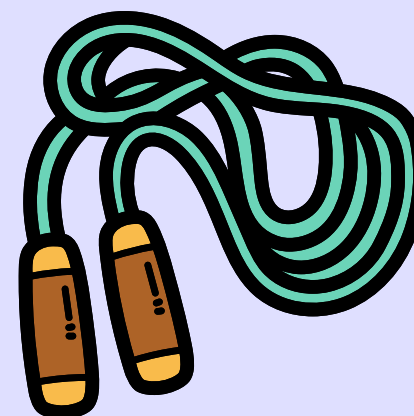
las **mancuernas**



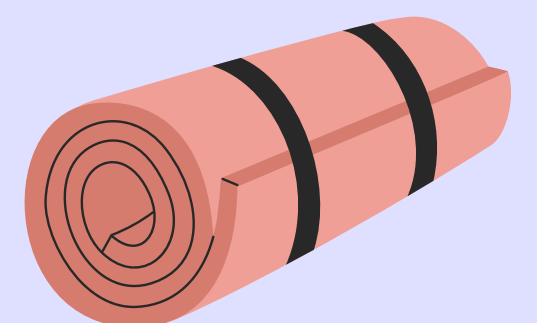
el **escalón**



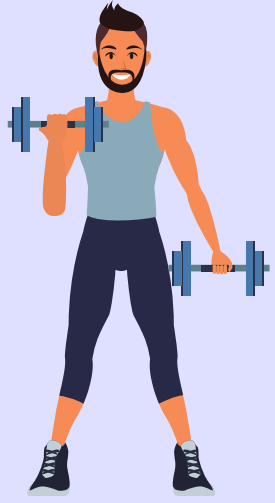
la **báscula**



la **cuerda
para saltar**



el **tapete**



levantar
pesas



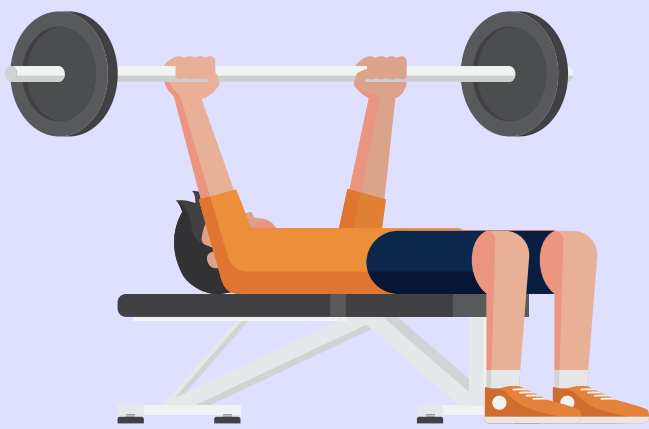
hacer
lagartijas



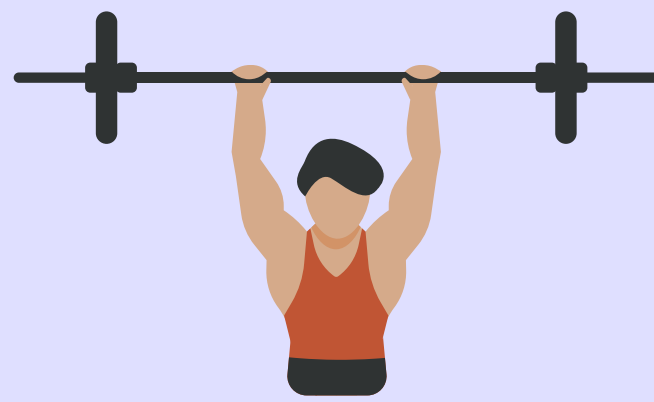
hacer
sentadillas



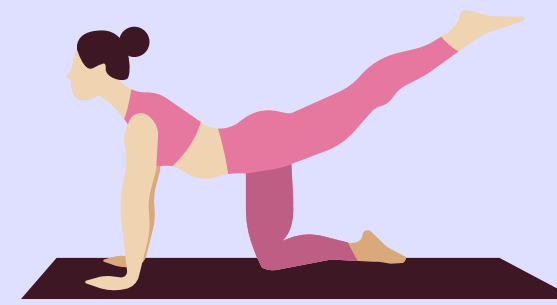
hacer
abdominales



hacer
press de
pecho



hacer
press de
hombro



hacer
extensiones
de pierna



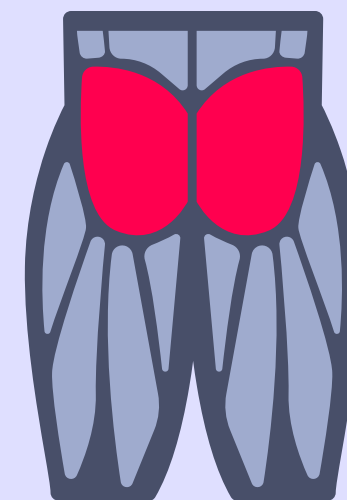
hacer
peso
muerto



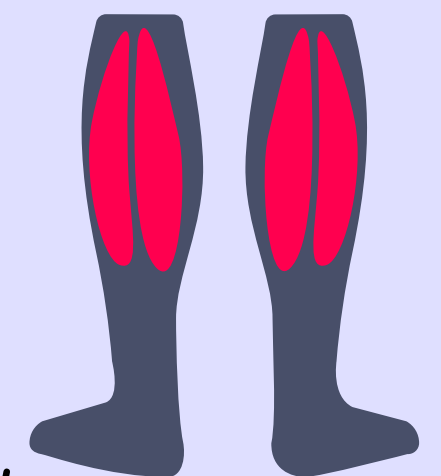
los **brazos**



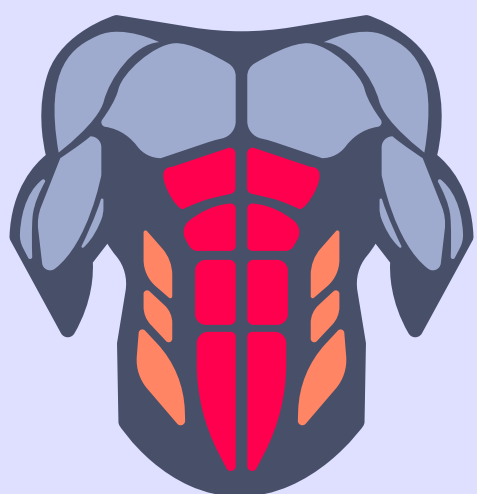
las **piernas**
los **muslos**



los **glúteos**



las **pantorrillas**



el **abdomen**



el **pecho**
los **pectorales**



la **espalda**



los **hombros**