

Ejercicios

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| Idejer | 221 |
| Ejercicio | Salto en soga |
| Detalle | ver movimientos con instructor |
| Imagen |  An illustration of a male figure with a muscular physique, wearing red shorts, performing a jump rope exercise. The rope is shown in a circular arc above his head, and he is captured in mid-air with his feet off the ground. |
| Grupo | CARDIO |