











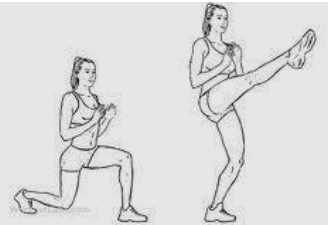
ABECEDARIO DEPORTIVO

<p>A</p> 	<p>B</p> 	<p>C</p> 	<p>D</p> 	<p>E</p> 
<p>F</p> 	<p>G</p> 	<p>H</p> 	<p>I</p> 	<p>J</p> 

K



L



M



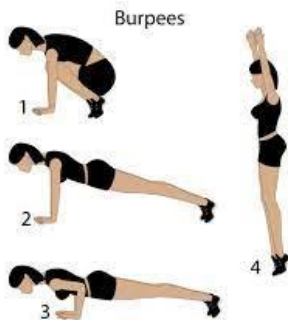
N



Ñ



O



Burpees

P



Plancha spiderman

Q



R



S



