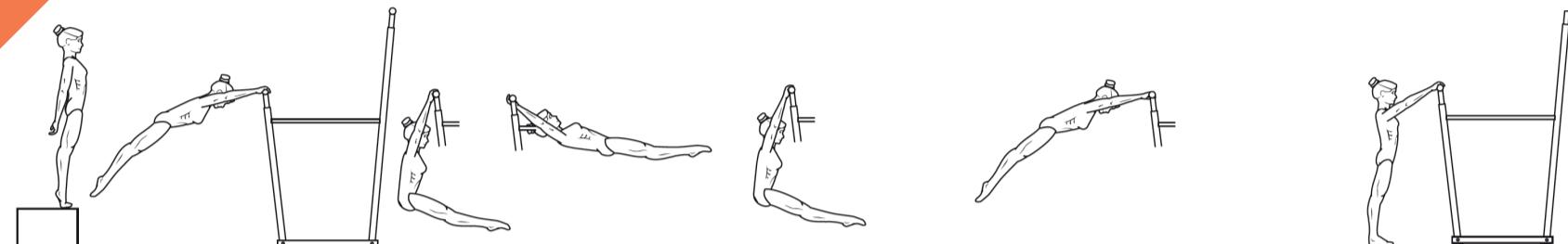


NIVEL 3

Barras Asimétricas

1

ENTRADA: BALANCEO Y REGRESO (0.20); SUBIDA DE ESTÓMAGO (0.40)

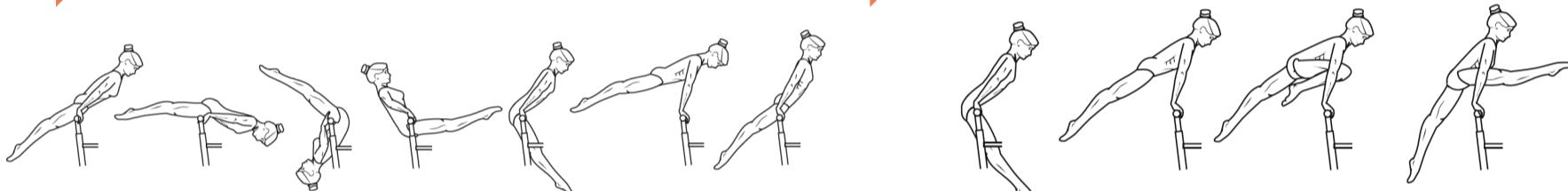


2

IMPULSO (0,40) Y VUELTA ATRAS
SOBRE BARRA (0,40)

3

IMPULSO ATRÁS,
*CORTE A CABALGATA (0.20)

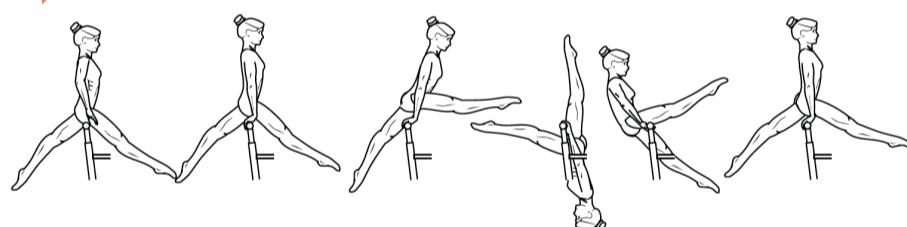


4

*VUELTA ADELANTE
EN CABALGATA (0.40)

5

*CORTE DE PIerna HACIA ATRÁS
(0.20)

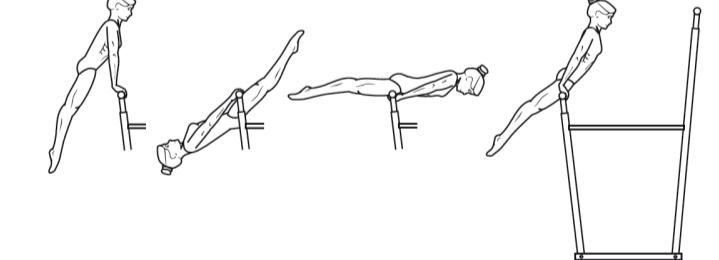
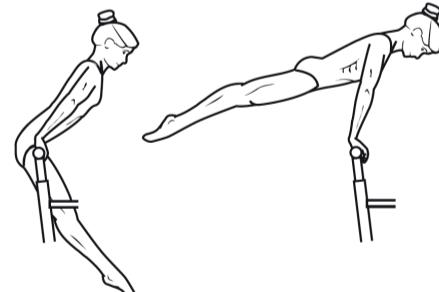


6

IMPULSO ATRÁS (0.40)

7

VUELTA ATRÁS (0.40)



8

SALIDA DE SUB BALANCEO (0.60)

