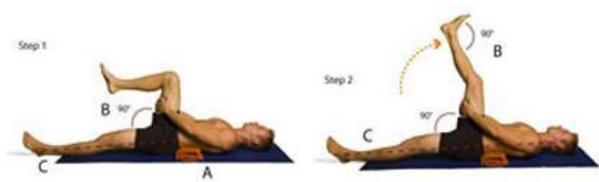


Ejercicios Crossfit Casa

90-90 Hamstrings



Add Frog Hip



Alternate Rotation Shoulder



Bear Crawl



Ejercicios Crossfit Casa

Bear Fast Switch



5. Bear fast switch



5. Bear fast switch

Bulgarian Squat Focus Glute



Burpees



ictiva

Ejercicios Crossfit Casa

Burpees Target



Crossover Lunge



Dead Bug



Decline Push Ups



Ejercicios Crossfit Casa

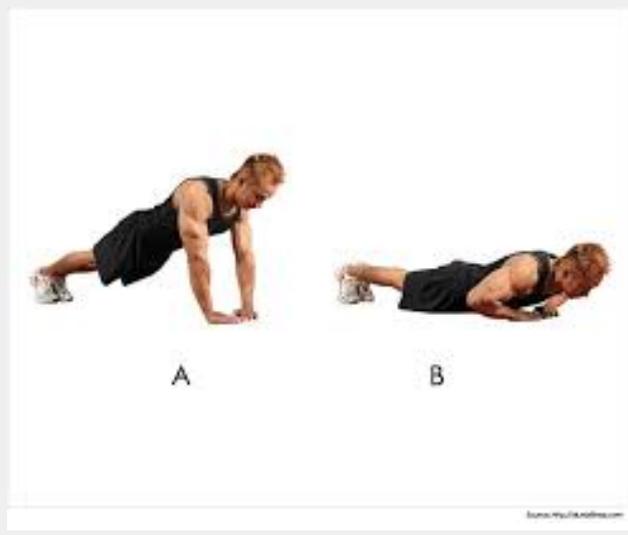
Deficit Knee Lateral Plank



Devil Press



Diamond Triceps Flexion



Ejercicios Crossfit Casa

Dynamic Back



Fast Feed



Ejercicios Crossfit Casa

Fast High Jump



Fast Star Push Ups



Frog Hip Thrust



Ejercicios Crossfit Casa

Frog Pump



Front Plank Arms



Front Plank Hold

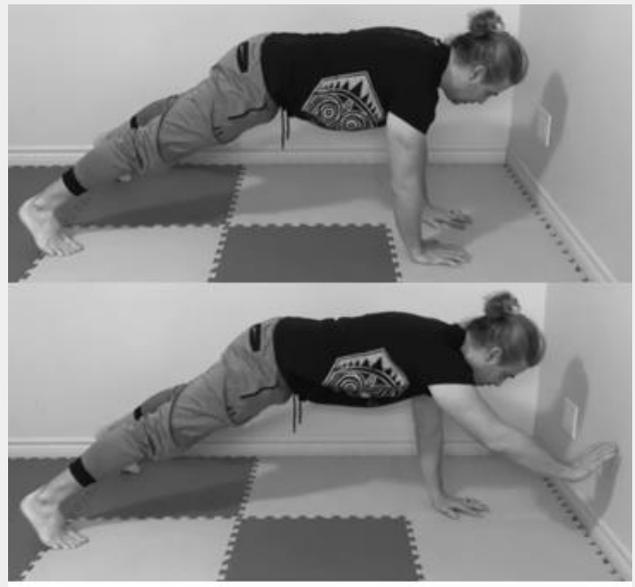


Front Plank to shoulder

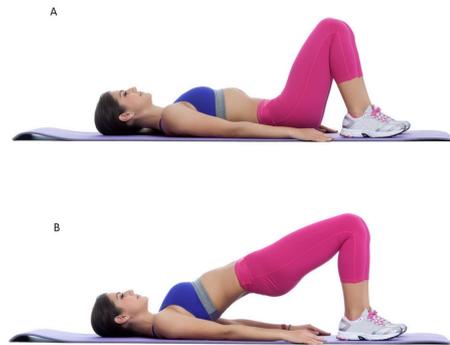


Ejercicios Crossfit Casa

Front Plank to Wall



Glute Bridge

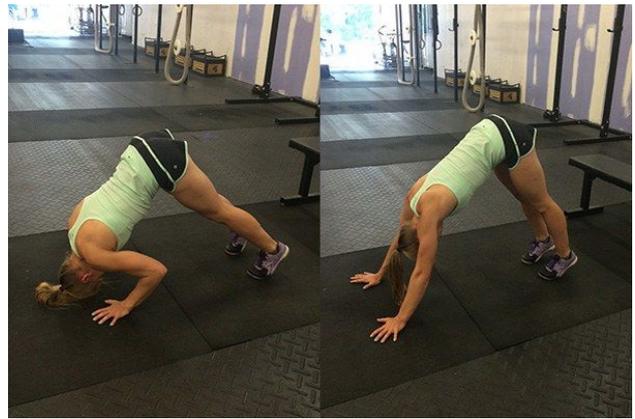


Half Burpees



Ejercicios Crossfit Casa

Handstand pushup



High Lunge



Hip Frog



Hip Thrust



Ejercicios Crossfit Casa

Hollow Rock



Ice Stakers



Inchworm



Ejercicios Crossfit Casa

Indian Push Ups



Iso abd kn to elb

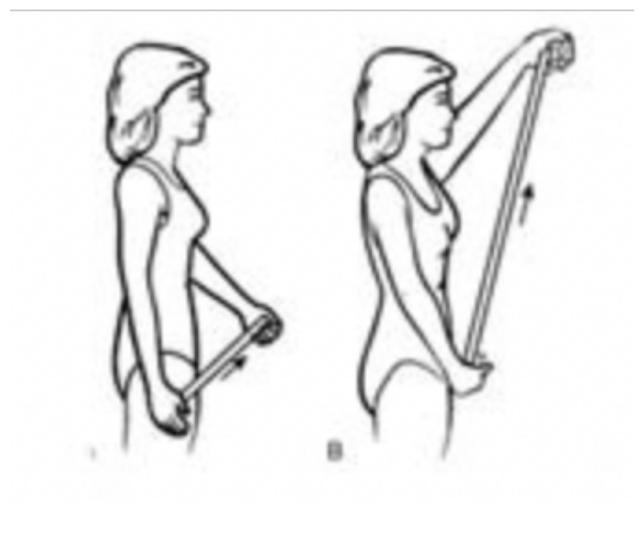


Ejercicios Crossfit Casa

Jumping Jacks



Kn. Side2 Shldr



Ejercicios Crossfit Casa

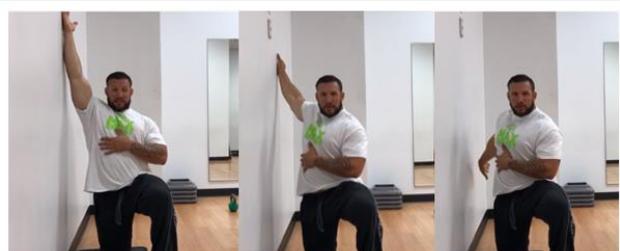
Knee Up Lunges



Kneeling Lateral Plank



Kneeling Side to Wall Shoulder

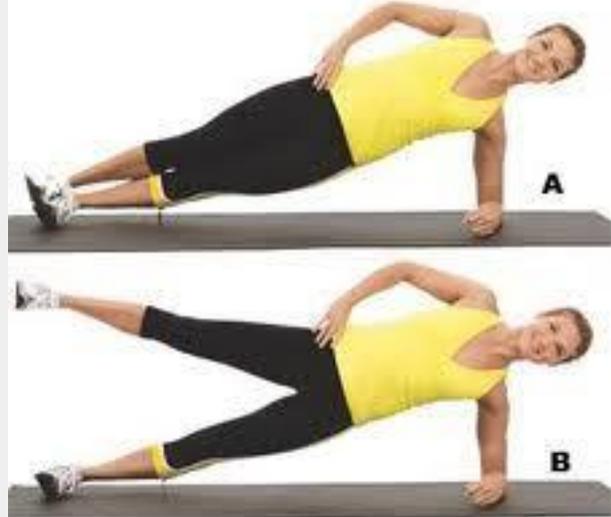


Ejercicios Crossfit Casa

Lateral Elevation Shoulder



Lateral Plank



Ejercicios Crossfit Casa

Lateral Plank + Tec Run



Legs Front Plank



Lying 90° IQ



Ejercicios Crossfit Casa

Lying Rotation Spine Thoracic



Lying Wall Slide



Mountain Climbers



Ejercicios Crossfit Casa

One Arm Burpees



Overhead Lunge



Ejercicios Crossfit Casa

Overhead Squat



Pidgeon Stretch



Plank Pull Though

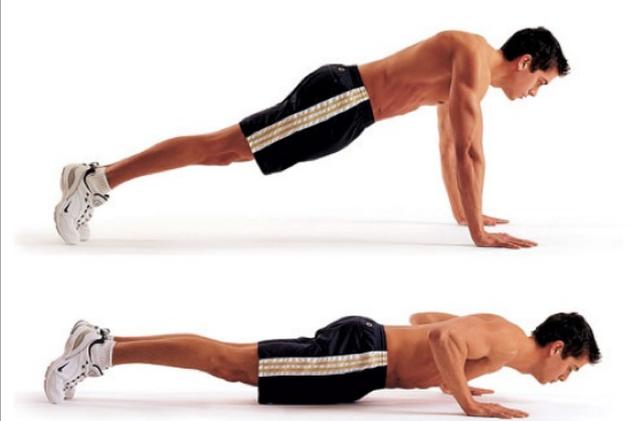


Ejercicios Crossfit Casa

Plank to Push Up



Push Up



Push Up Plus



Push ups 1Hand

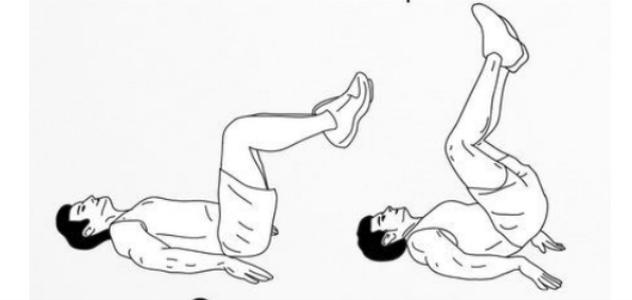


Ejercicios Crossfit Casa

Quads Stretch



Reverse Crunches

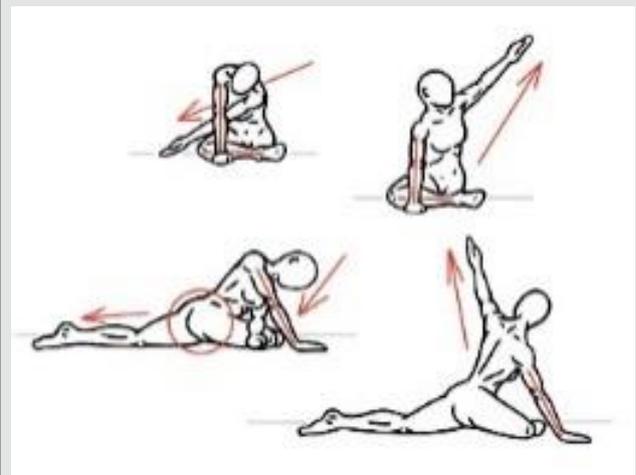


Rotation Back



Ejercicios Crossfit Casa

Rotation Pidgeon Stretch



Rotation Shoulder



Row Kb 1Arm

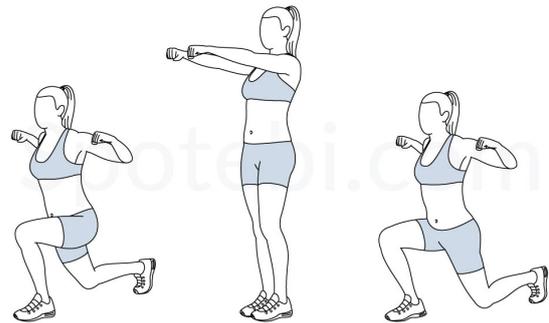


Russian Twist



Ejercicios Crossfit Casa

Shoulder Squeeze Reverse Lunge



Side to Side Knees



3. Side to side knees



3. Side to side knees

Single Deadlift



Ejercicios Crossfit Casa

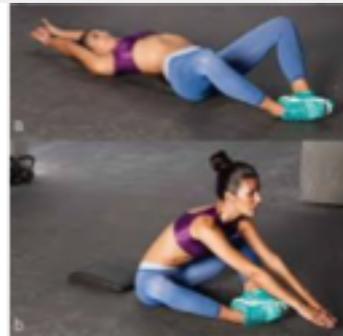
Single Glute Bridge



Single Hip Thrust



Sit Up



Ejercicios Crossfit Casa

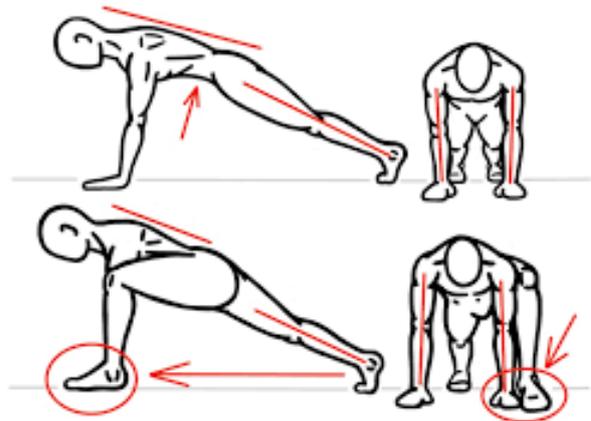
Skipping



Snow Prone



Spiderman Lunge

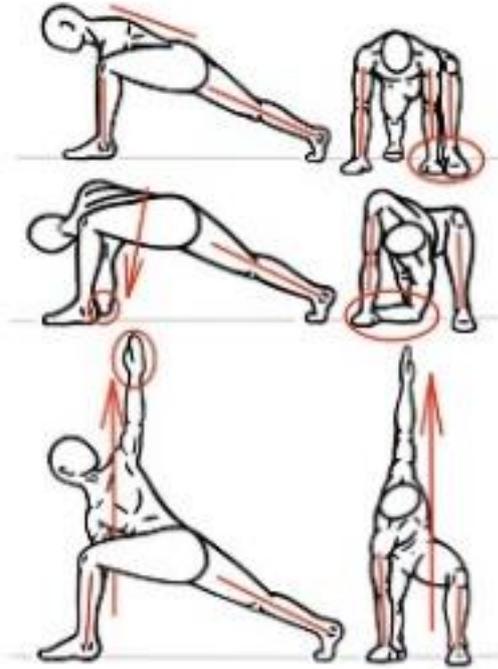


Spiderman Lunge Plus



Ejercicios Crossfit Casa

Spine Thoracic Spiderman Plus



Spinec Thoracic Plus

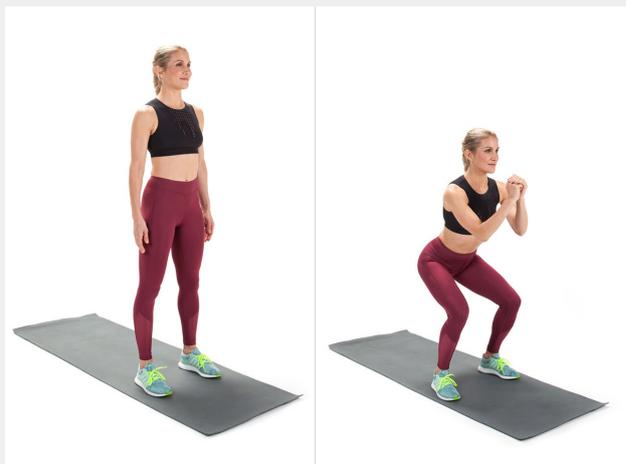


Split Focus Glute



Ejercicios Crossfit Casa

Squat



Squat Bouncer



Squat Jump



Standing Dynamic Glute



Ejercicios Crossfit Casa

Standing Dynamic Glute



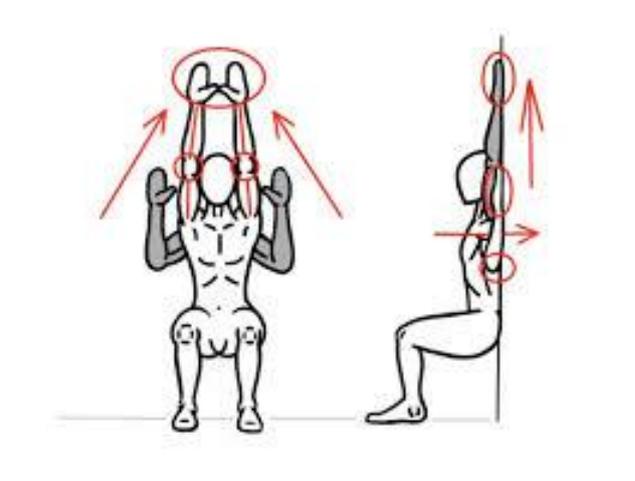
Standing Dynamic Psoas



Standing Side to Wall Shoulder



Standing Wall Slide

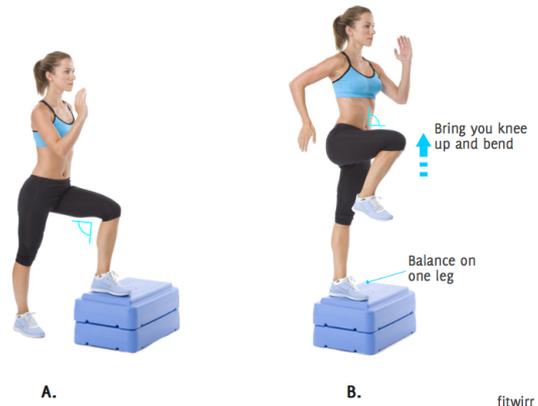


Ejercicios Crossfit Casa

Steps Ups



Steps ups Kn. Side2 Shldr



Ejercicios Crossfit Casa

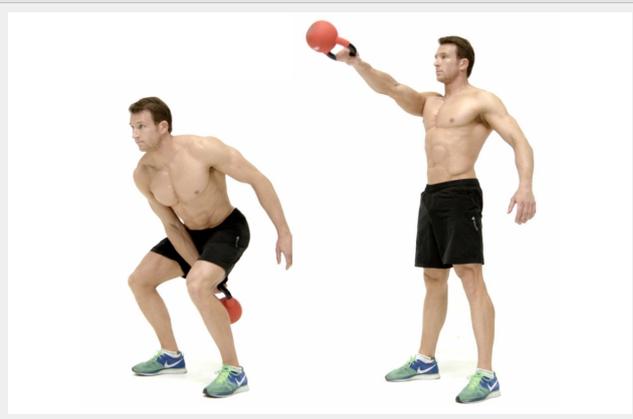
Straight Legs Burpees



Swing Kb



Swing Kb 1Arm



Ejercicios Crossfit Casa

Table Row



Thruster



Towel pull ups



Triceps Presdown



Ejercicios Crossfit Casa

Triceps Stretch



V Abd



Ejercicios Crossfit Casa

Wall Squat Hold

