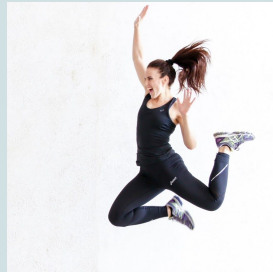


ENTRENAR EN CASA

1.- CANALES:

GYMVIRTUAL

<http://gymvirtual.com/videos-de-entrenamiento/#>



WEB MYPROTEIN SPAIN

<https://www.youtube.com/playlist?list=PLzCDerOJ3qkZKy0QAsbP1oPThzHvLGk8c>

STADIUM CASABLANCA

https://www.youtube.com/playlist?list=PLZJ2JzJHF0iT_3oF9eTbKwtUDrWgXrFbr

GENIAL

https://www.youtube.com/results?search_query=ejercicio+genial&sp=CAA%253D

SPORTLIFE

Entrenamiento con sillas, trapos y toallas

<https://www.sportlife.es/blogs/unoaldia/articulo/yo-entreno-en-casa-dia-1-entrenamiento-con-sillas>

CIRCUITOS PDF

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:55d306ff-13a2-4dbb-8a75-01eea5774d76>

<https://documentcloud.adobe.com/link/track?uri=urn%3Aaaid%3Ascds%3AUS%3A2a03dd51-4a94-45c6-b2b9-17e3fab1f5da>

DREAMFIT

https://www.youtube.com/playlist?list=PL6YUguzMxiYovxfo4cG60R5_5Rx48b7qq



ENTRENAR EN CASA

GAP

https://www.youtube.com/results?search_query=rutina+gap+%23+dreamfit

SIÉNTETE JOVEN

<https://sientetejoven.com/>

CON CALENDARIO MENSUAL

<https://sientetejoven.com/wp-content/uploads/2020/02/calendario-marzo.pdf>

<https://sientetejoven.com/wp-content/uploads/2020/03/calendario-abril.pdf>



#YoEntrenoEnCasa

https://www.youtube.com/results?search_query=%23YoEntrenoEnCasa

2.- MODALIDADES

TABATA

<https://www.youtube.com/watch?v=mmq5zZfmlws&t=103s>

https://www.youtube.com/watch?v=aUYRVSZ_VY&t=102s

<https://www.youtube.com/watch?v=Z4ziWoCuf5g&t=89s>

https://www.youtube.com/results?search_query=tabata

https://www.youtube.com/watch?v=Fg6N_9f-9qY

ZUMBA STRONG

https://www.youtube.com/playlist?list=PLg2Hz1fv_sGREEUM4uU1vmoDCmfALG5LT



ENTRENAR EN CASA

<https://www.youtube.com/watch?v=bm4WzyH5p2I>

PILATES

https://www.youtube.com/results?search_query=pilates+en+casa

<https://www.youtube.com/playlist?list=PLCP0tocGH-zc5u1mVTe4ryLYwXo0gVRDu>

BAILE/FITNESS

OPEN PARTY ZUMBA

https://www.youtube.com/results?search_query=open+party+zumba

hand clap zumba

<https://www.youtube.com/watch?v=bNBMwTtIGjs>

kramer pastrana zumba

https://www.youtube.com/results?search_query=kramer+pastrana+zumba



Fitness dance

https://www.youtube.com/results?search_query=fitness+dance

SHINE DANCE FITNESS



ENTRENAR EN CASA

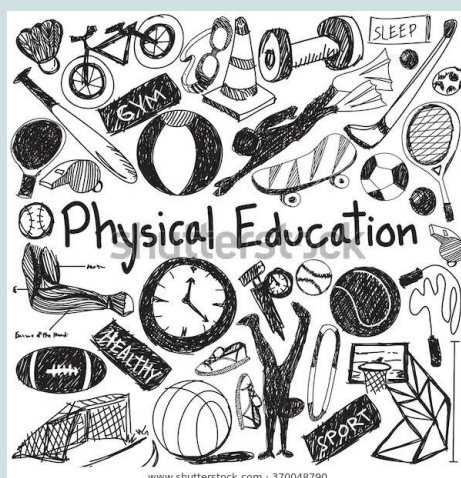
<https://www.youtube.com/channel/UCFSpQu4Ha82Cwfu5KJh15fQ/videos>

YOGA

<https://www.youtube.com/user/yogalanbcn/videos>

YOGA DEL METROPOLITAN 15 MINUTOS

<https://youtu.be/RNKotlrAzxs>



KICK BOXING

https://www.youtube.com/watch?v=lujcE3FGL_U

<https://www.youtube.com/watch?v=xrrxl9nBraA&t=534s>

<https://www.youtube.com/watch?v=1NHVuOAPbfY&t=1375s>

<https://www.youtube.com/watch?v=QXEGcTVDygl>

RETOS FÍSICOS PARA REALIZAR EN CASA

<https://cadenaderetossaludables2020.blogspot.com/2020/03/retos-fisicos-para-realizar-en-casa.html>



ENTRENAR EN CASA

MACHACANDO CON SERGIO NACHER

https://www.kizoa.es/Movie-Maker/d315293849k5584990o1l1/Machacando_con_Sergio_N_acher



APP

Nike Training Club
Freeletics Training Coach
Ejercicios en Casa - Entrenamientos Sin Equipo
Seven
Sworkit Entrenador
Entrenamientos Diarios - Rutinas fitness
Ejercicios Caseros

