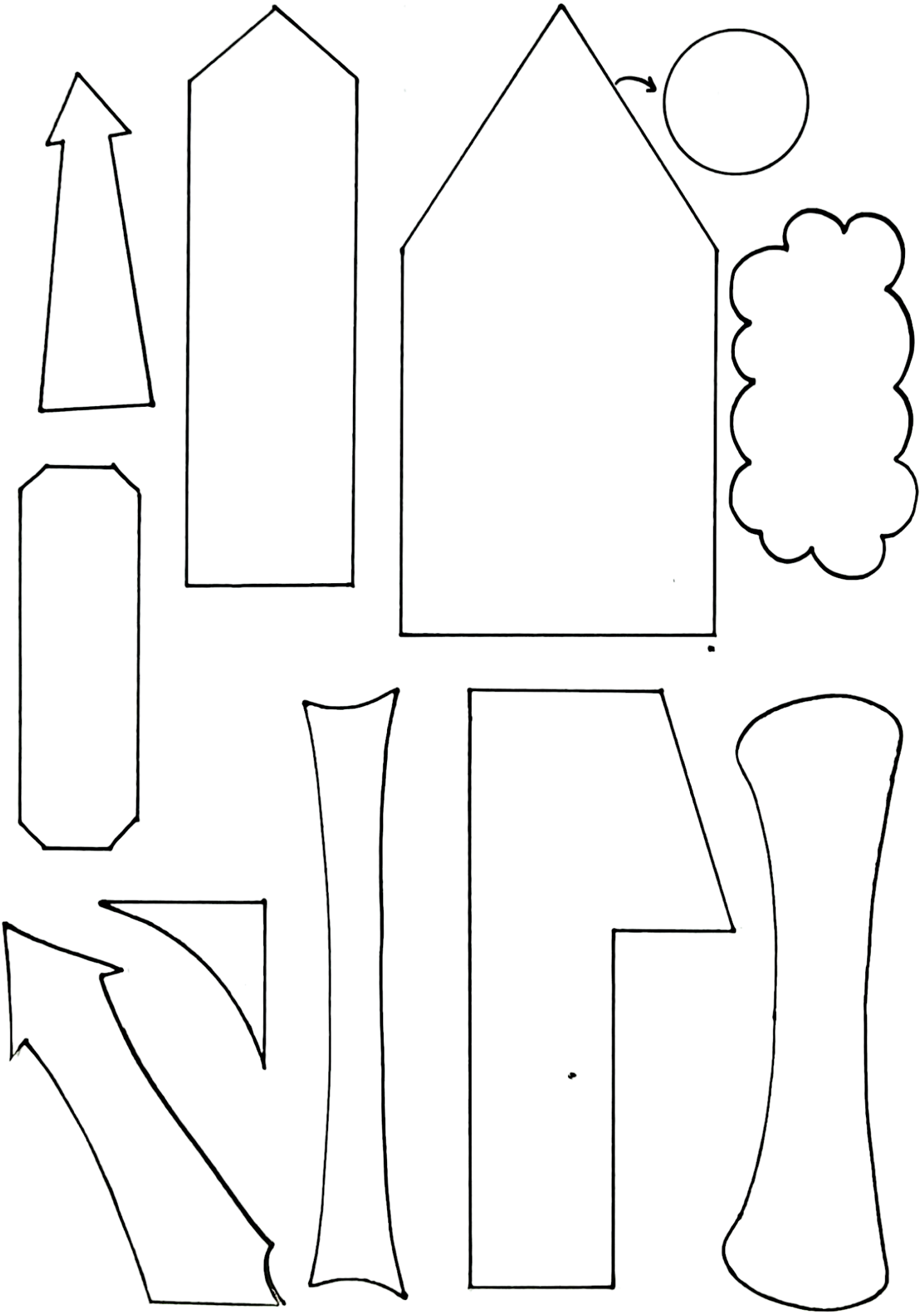

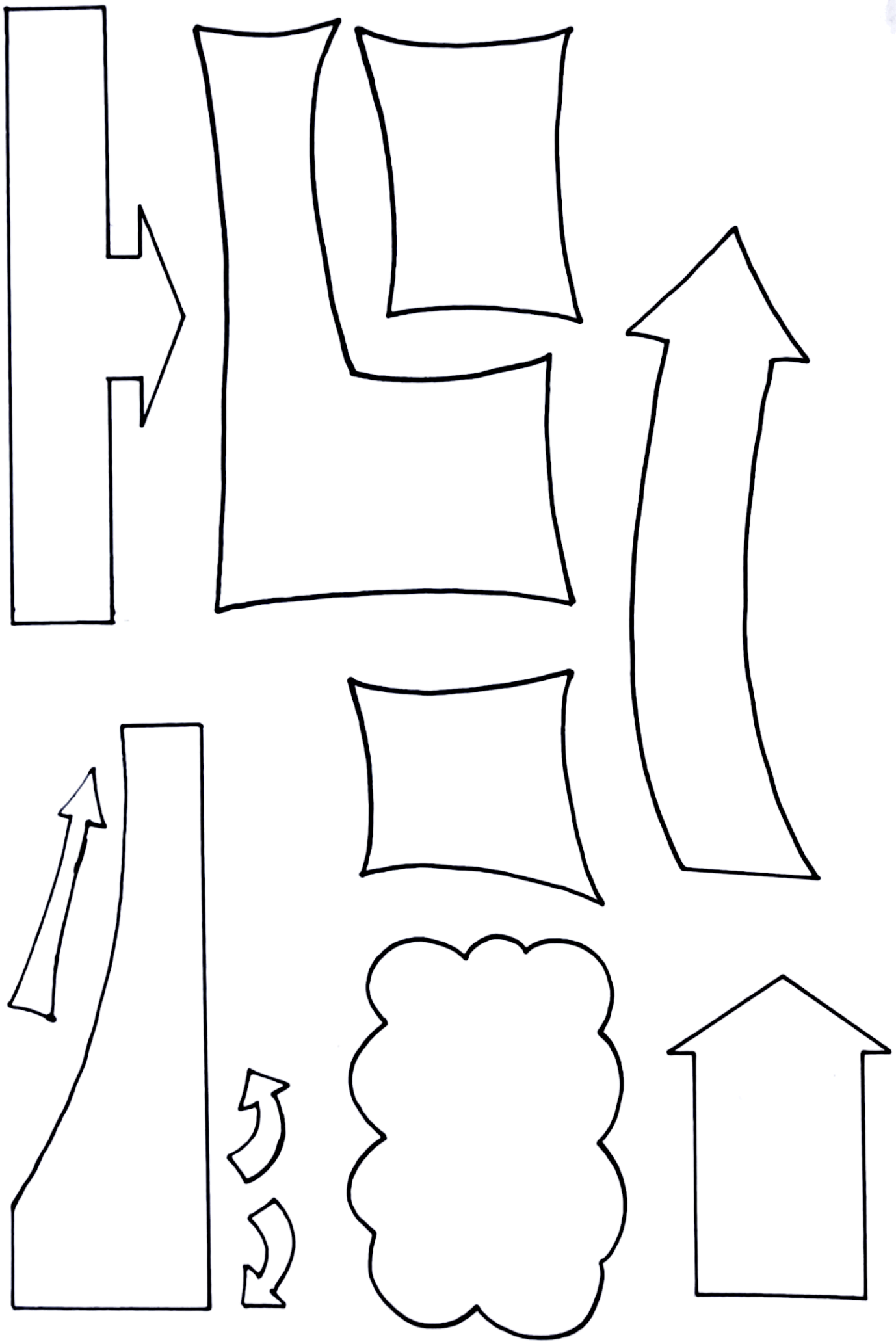

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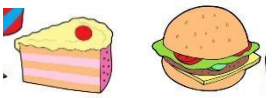
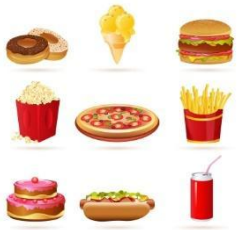
YOGURT





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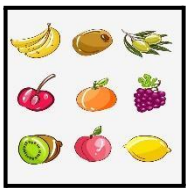
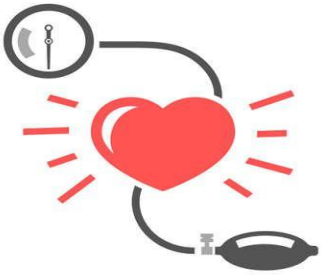
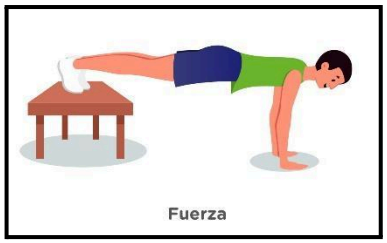
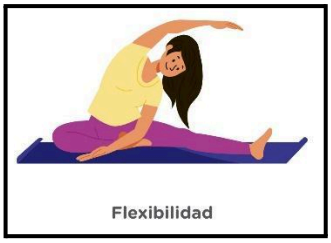




Aeróbica

Coordinación


Fuerza


Flexibilidad