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| --- | --- | --- | --- |
| ejercicio | tiempo | fecha | total |
| abdominales | 10 minutos | 24/03/2021 | 35 |
| Flexiones de codo | 10 minutos | 24/03/2021 | 15 |
| Salto de pies |  | 24/03/2021 | 123cm |
| flexibilidad |  | 24/03/2021 | -14 |
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