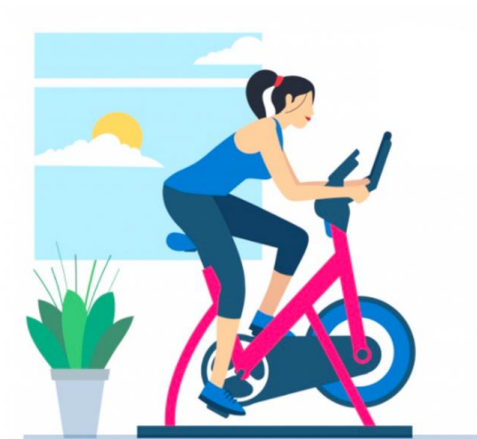
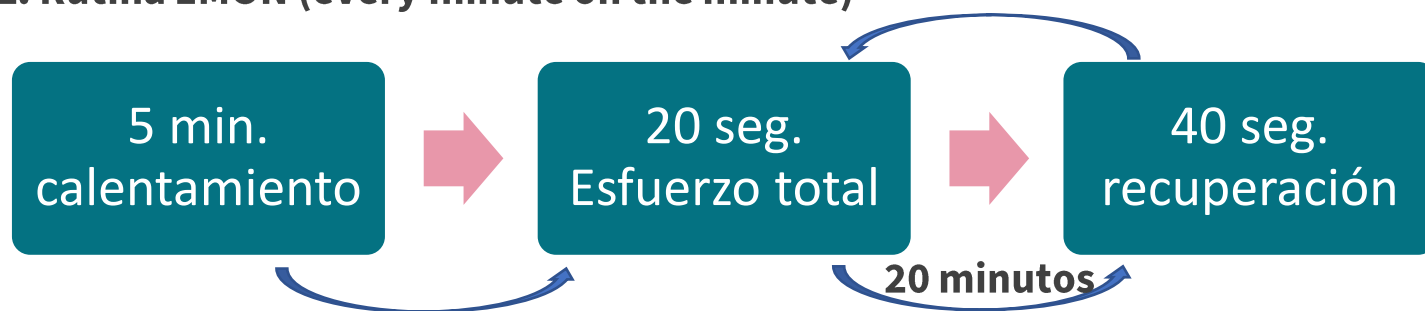


Rutinas bicicleta estática

1. Rutina 20-10



2. Rutina EMON (every minute on the minute)



3. Rutina velocidad

