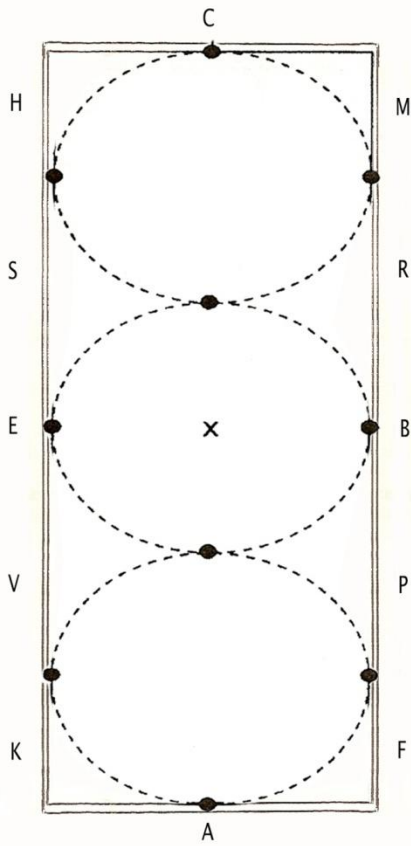
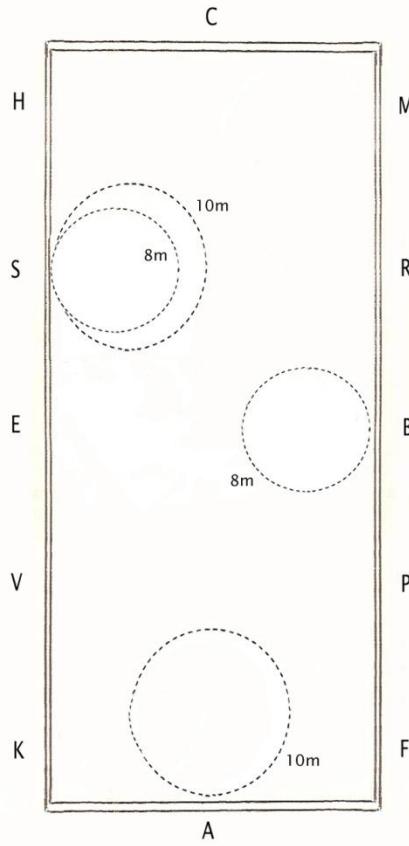


EJERCICIOS BÁSICOS

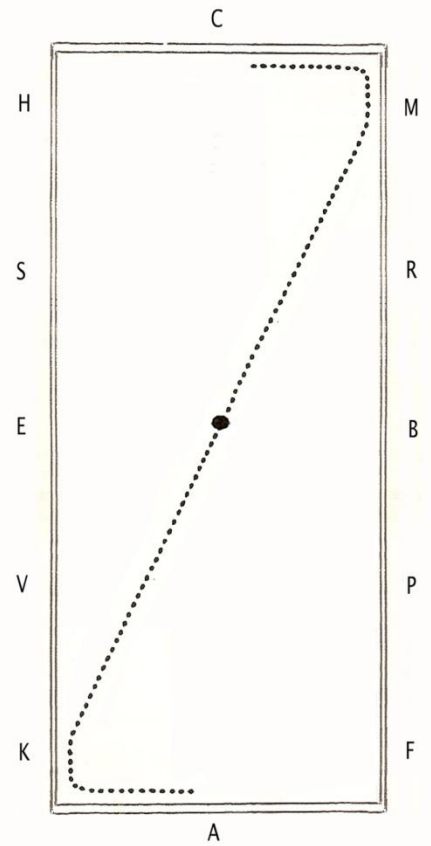
Círculo de 20 m



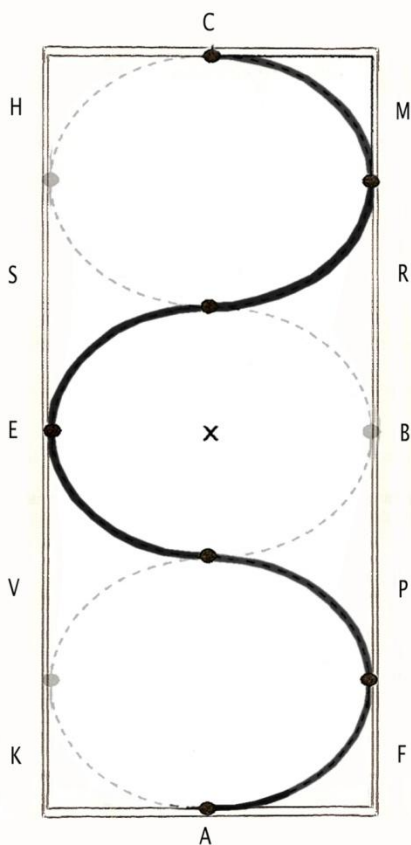
Vuelta de 10m y 8m



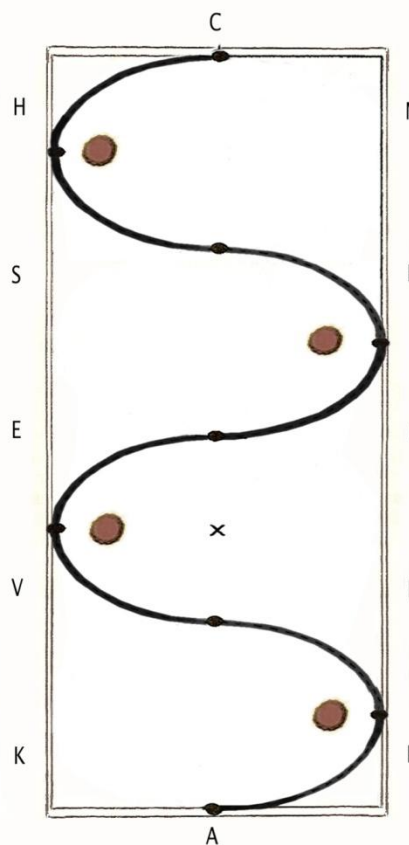
Diagonal



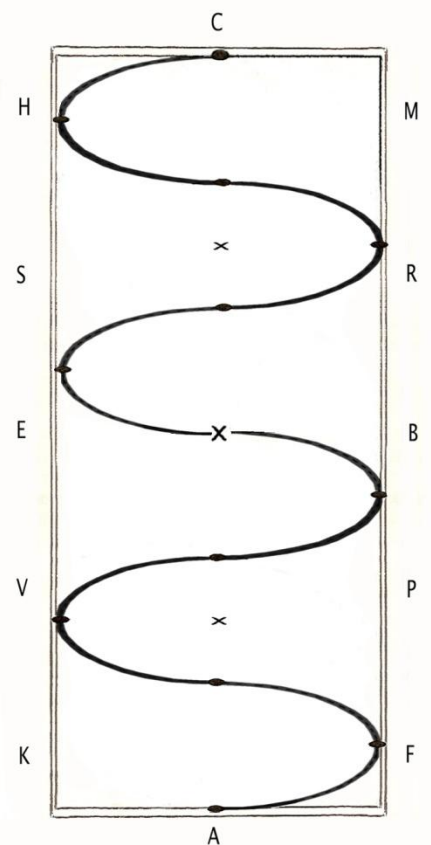
Serpentina de 3 bucles



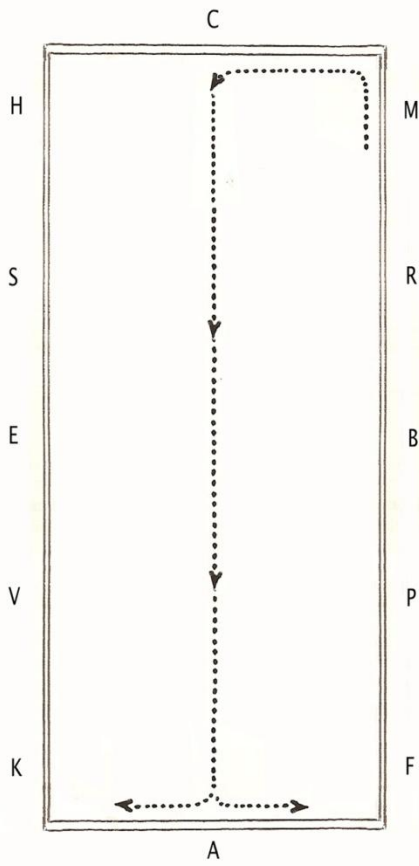
Serpentina de 4 bucles



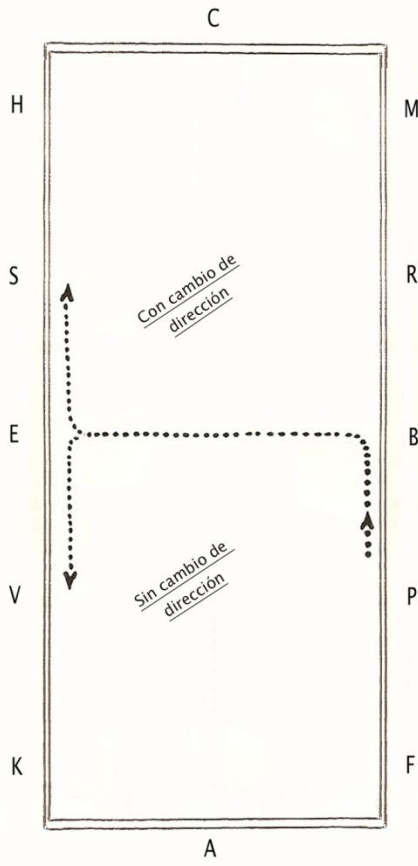
Serpentina de 6 bucles



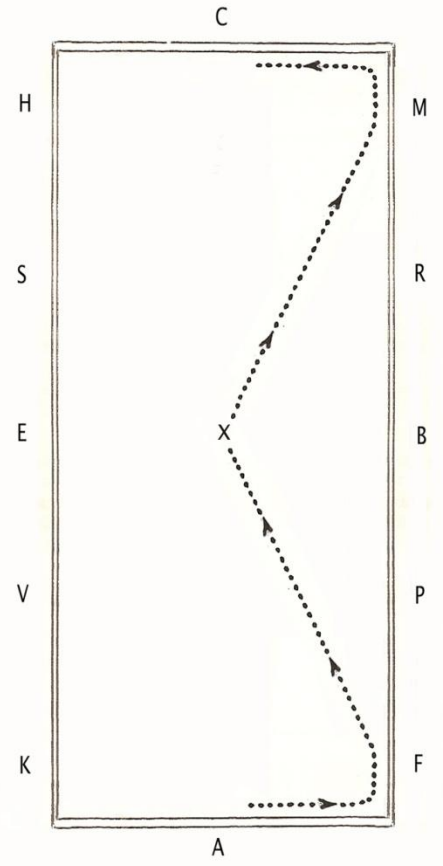
Línea central



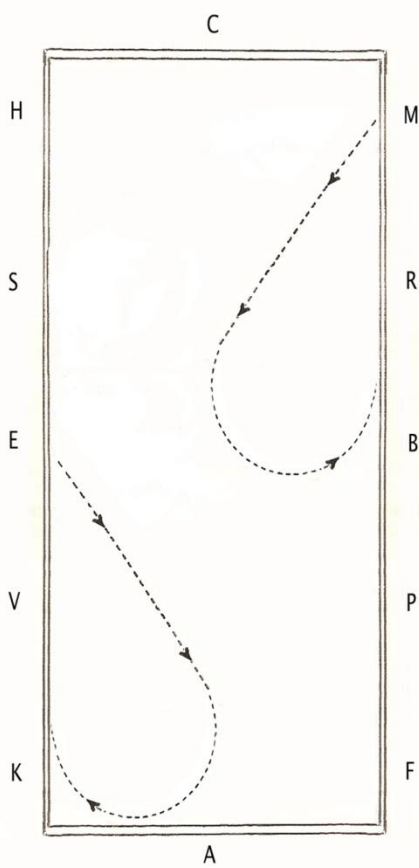
Torcer a lo ancho



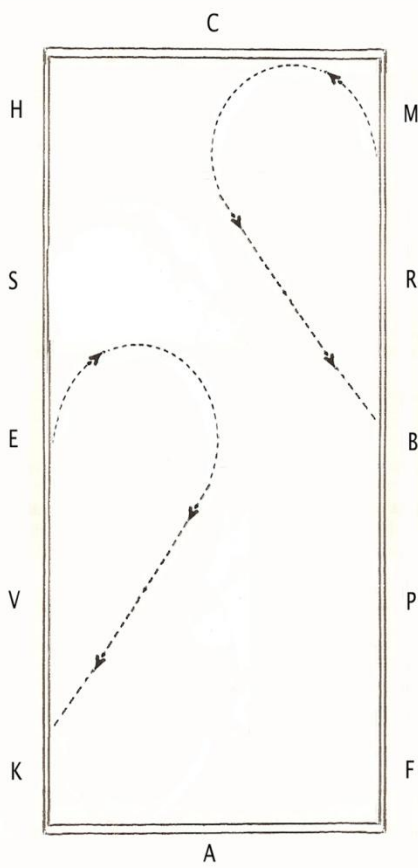
Contracambio



Media vuelta inversa



Media vuelta directa



Cambio de círculo en media pista

