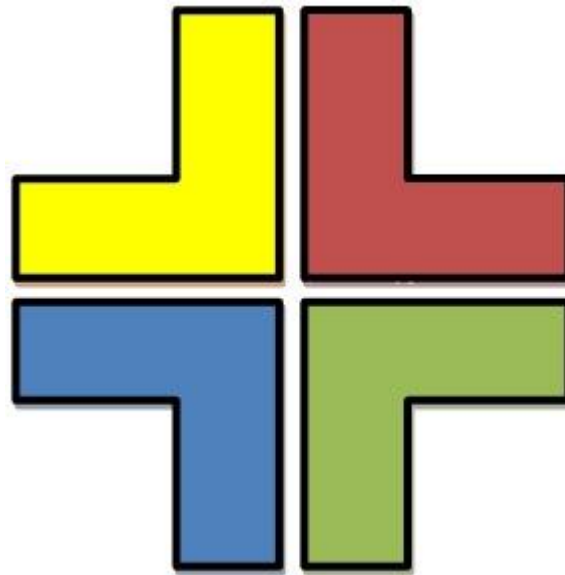


Cruzario(a) 26/05/2011

Fundador: Omar Apátiga Rivera.

CRUZ ORACULAR



CRUZARIO(A)

™ Hermano(a).



Cruzario(a) 26/05/2011

Fundador: Omar Apátiga Rivera.

La Religión de la Cuadrinidad

Por:

O M A R

Estructura Filosófica Doctrinal: La Cruz, Las Cruces.

Instalador: Omar Apátiga Rivera.

Sábado, 24 de Agosto de 1974

™ Hermano(a).



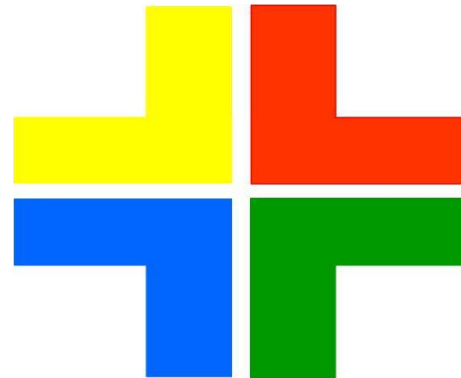
Cruzario(a) 26/05/2011

Fundador: Omar Apátiga Rivera.

Perfil de Contacto:

Triunfar@Live.Com.Mx

Web de Promoción:



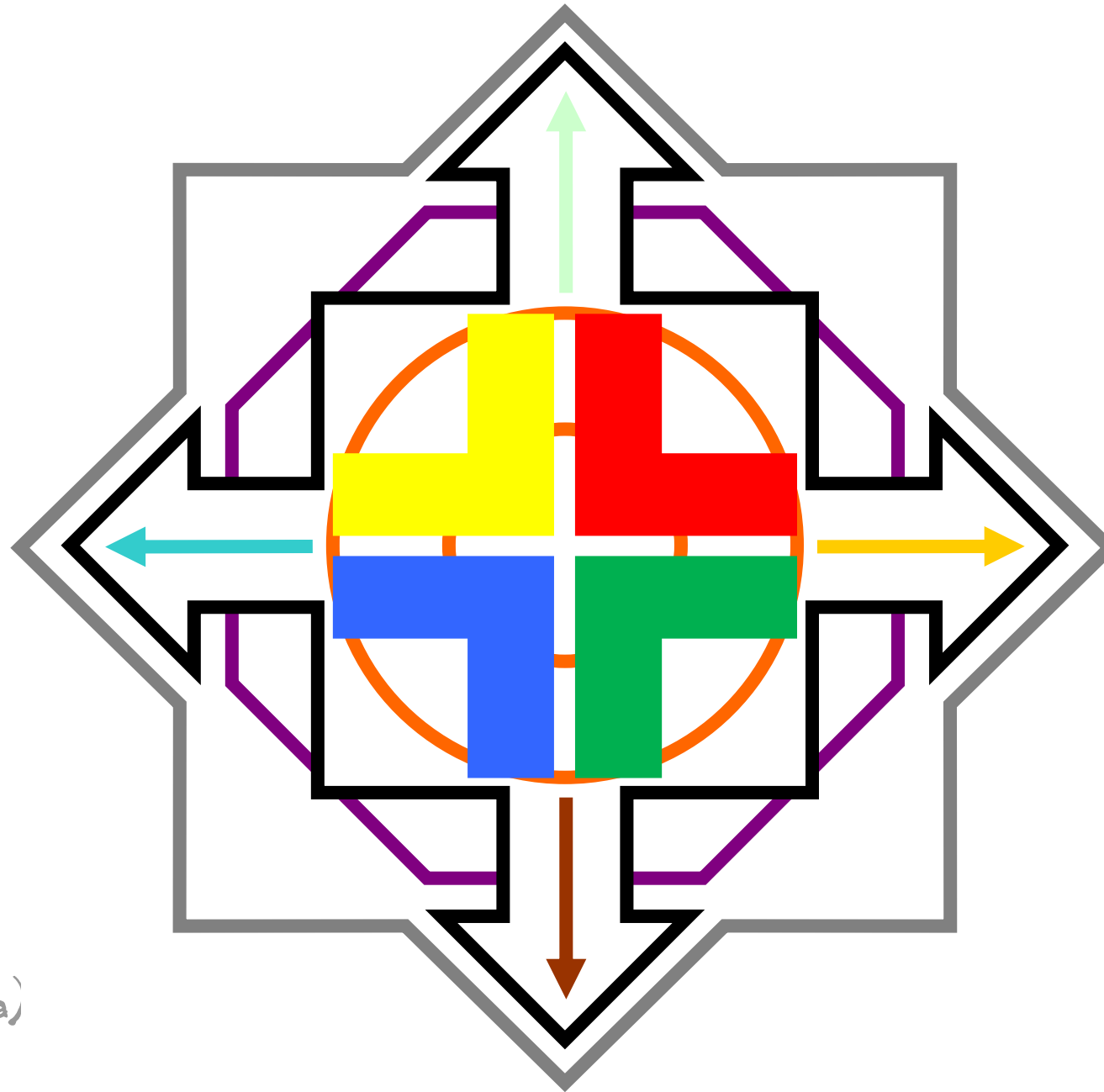
<http://cruzoracular.droppages.com/>

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Escudos

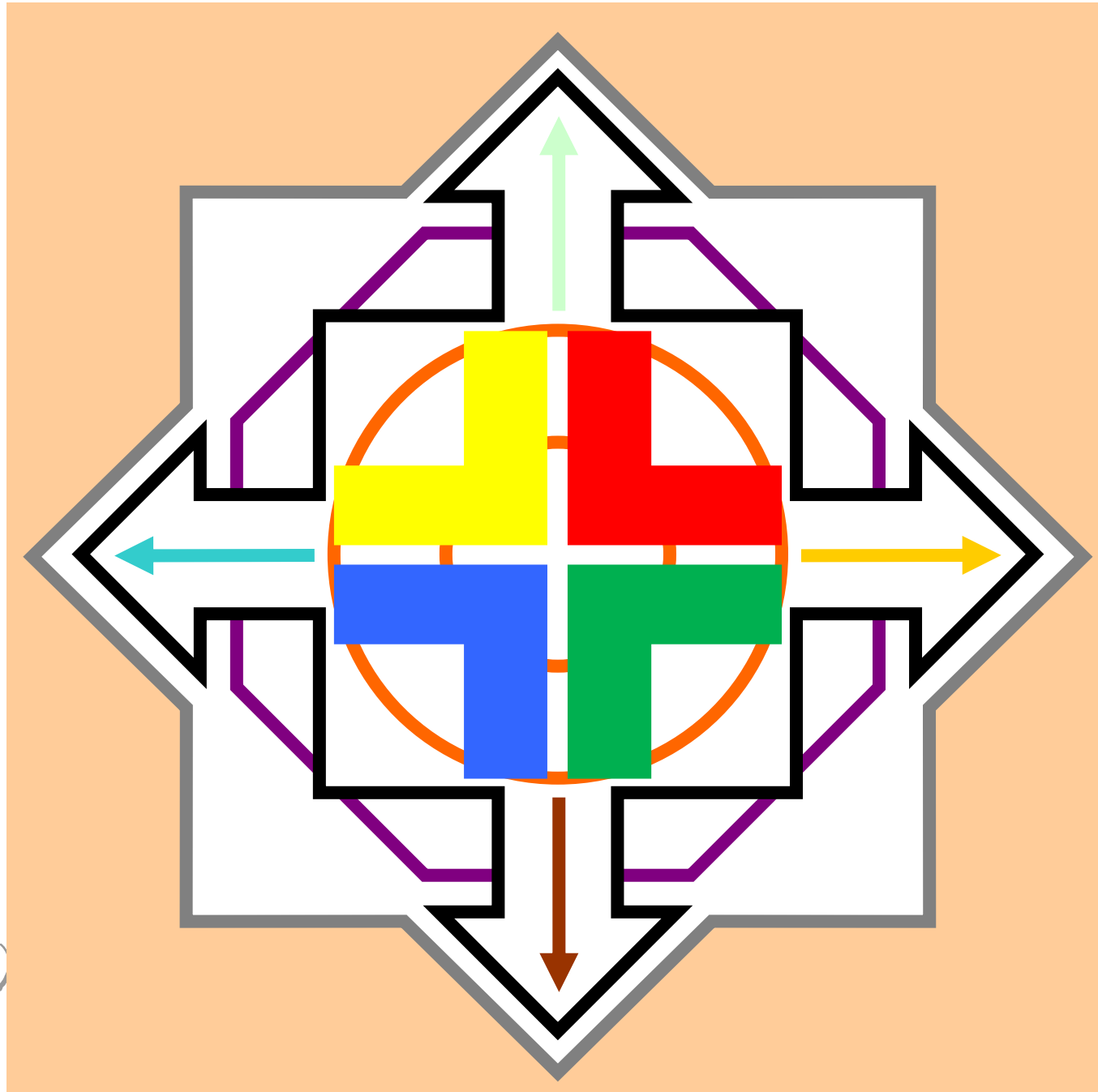






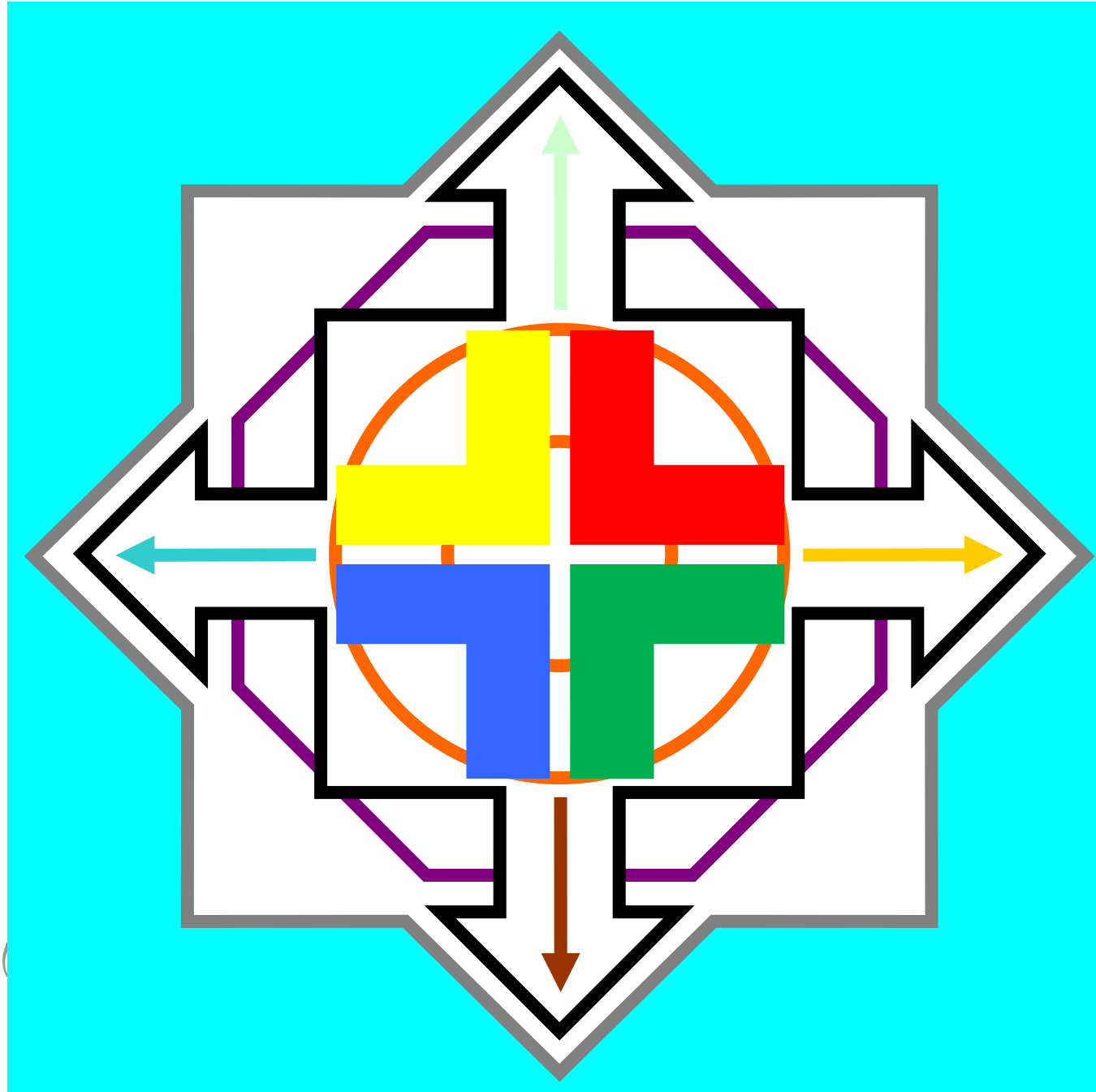
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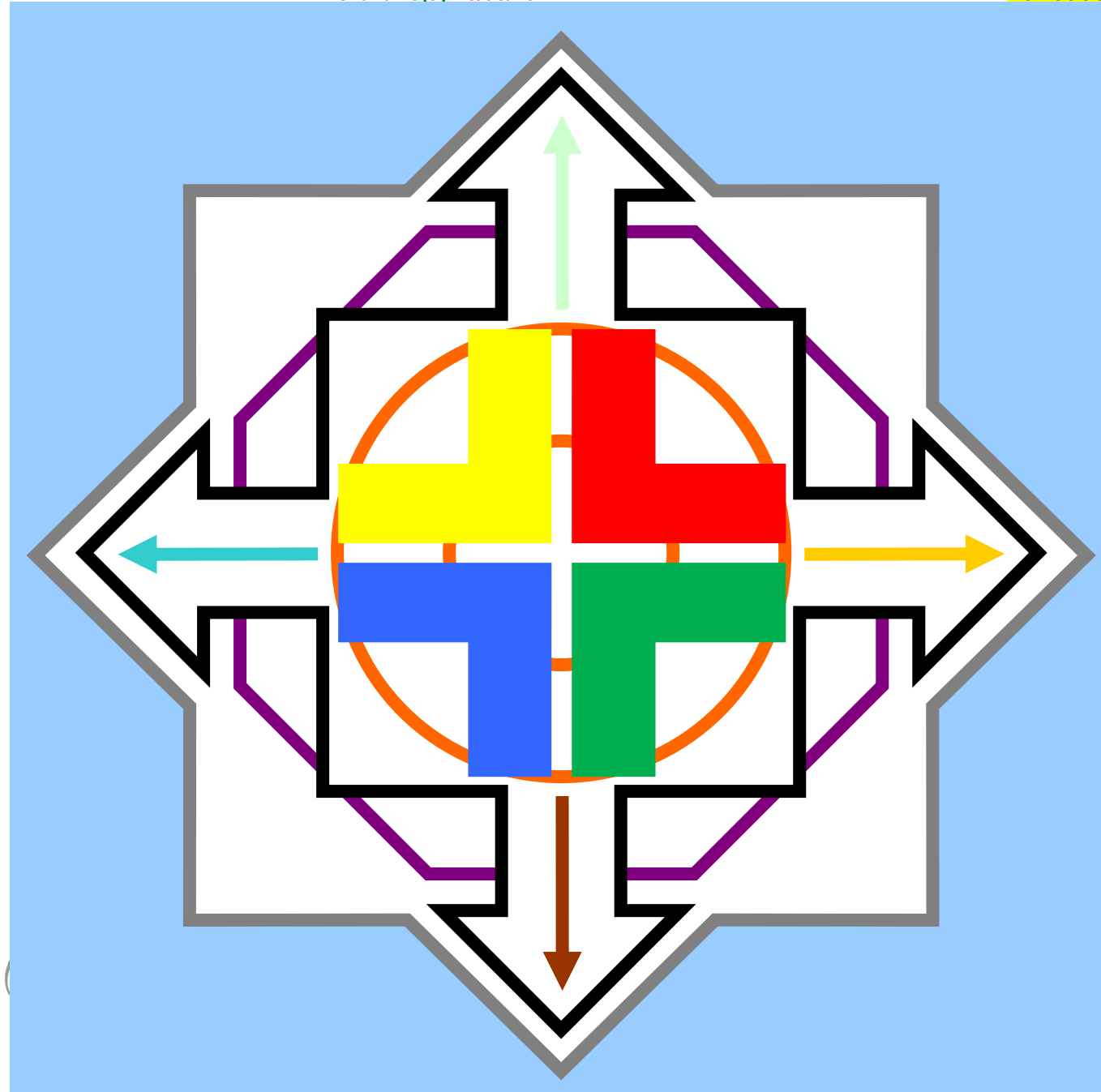


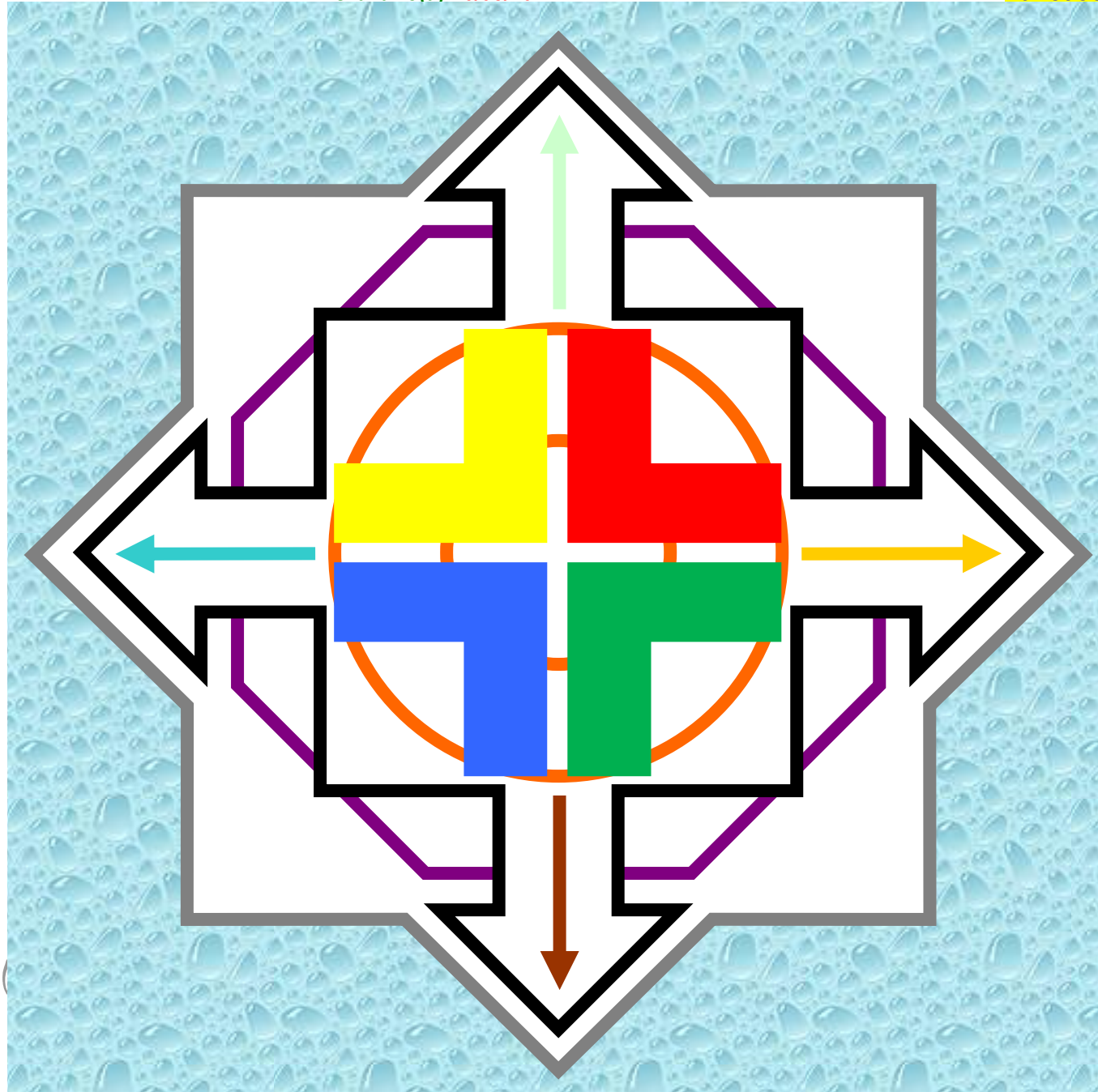


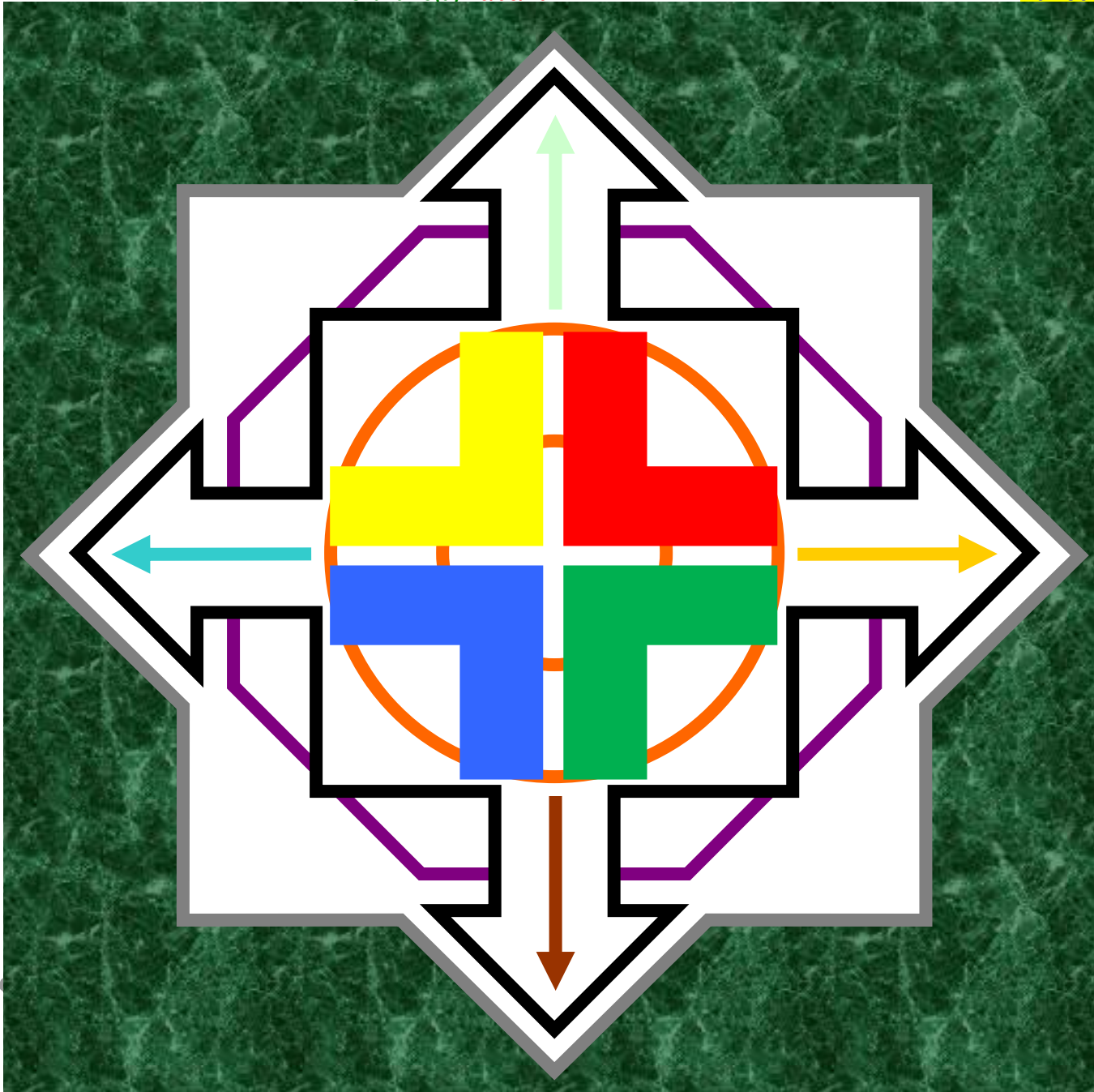
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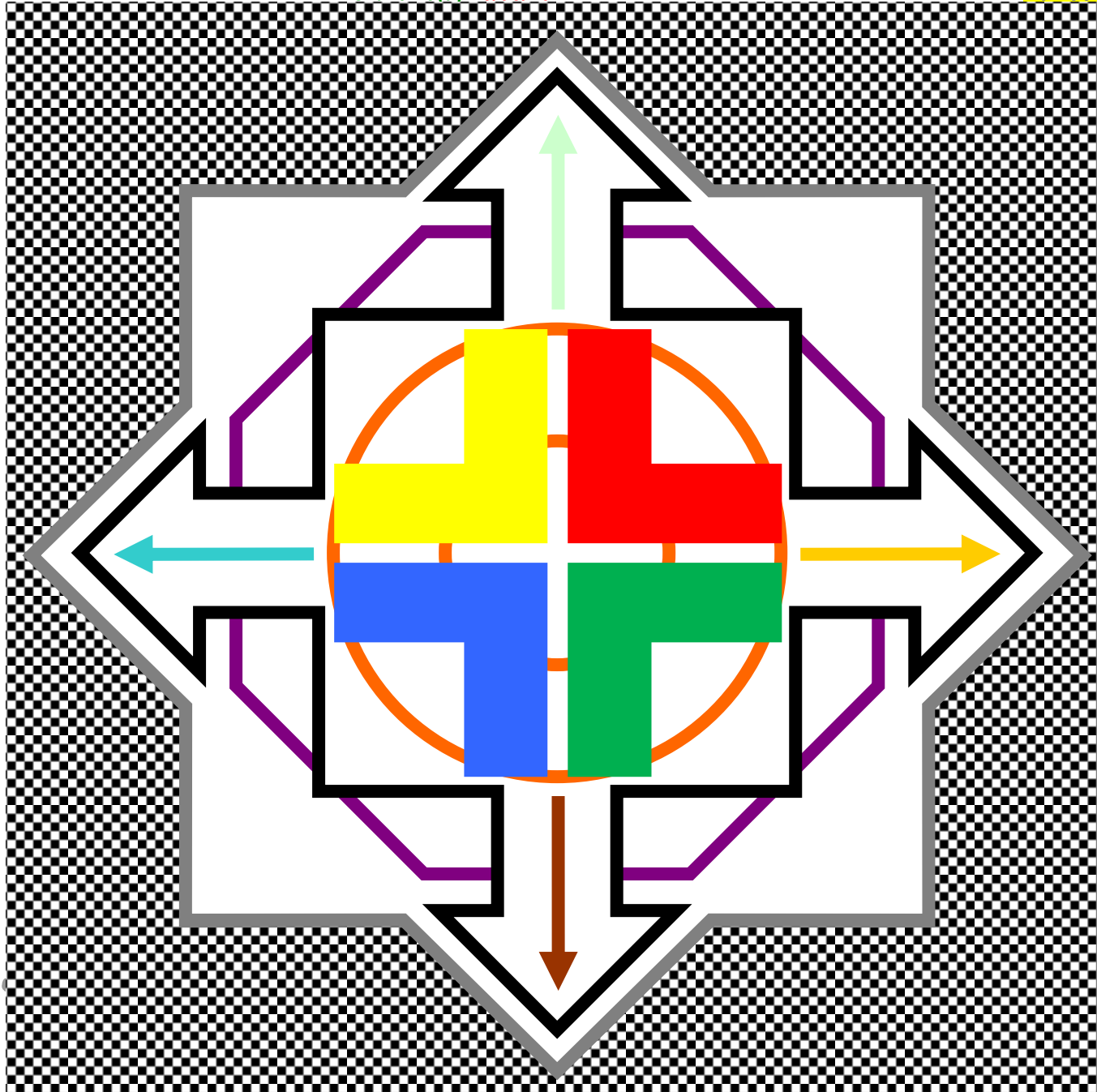


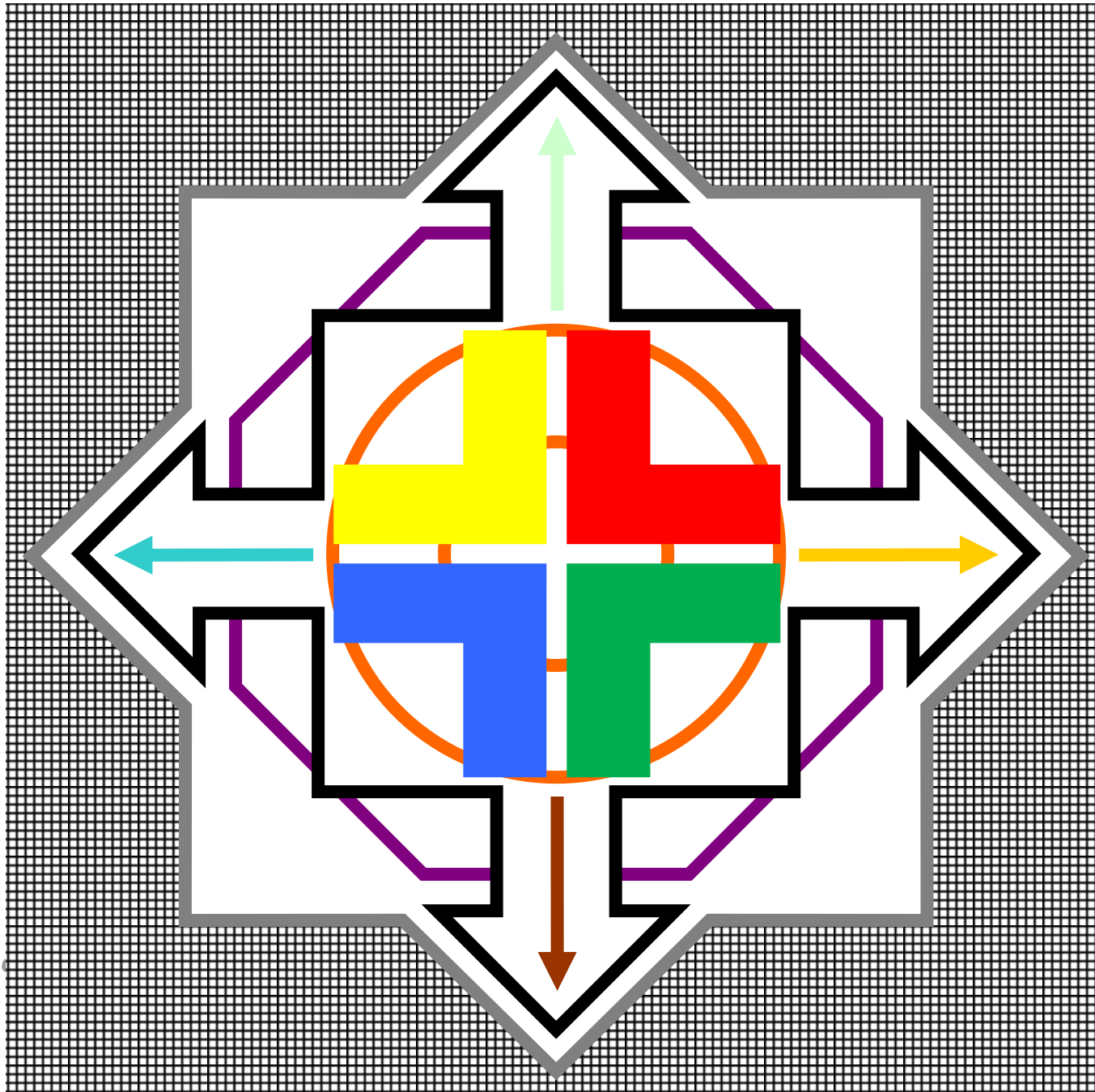


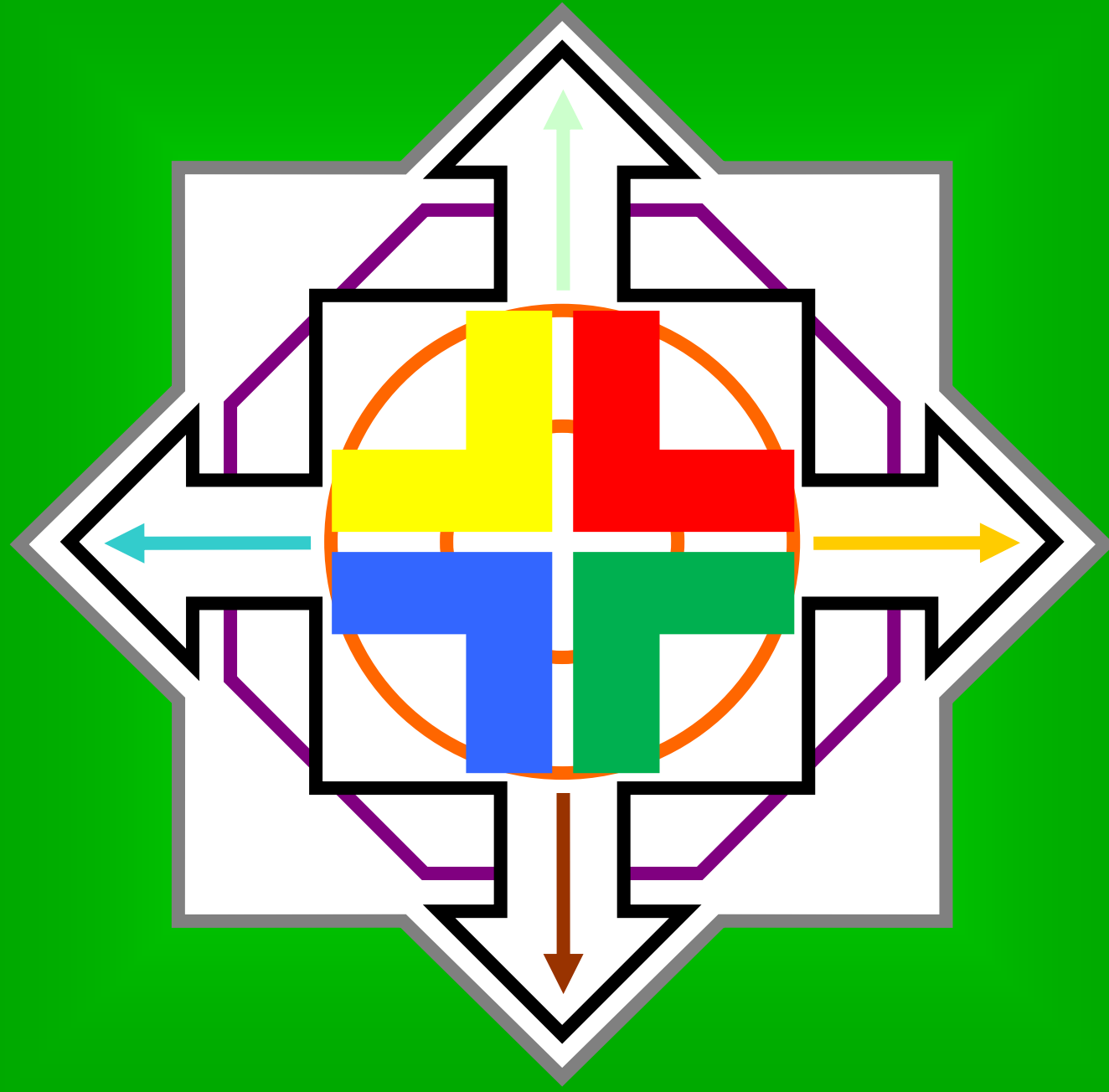




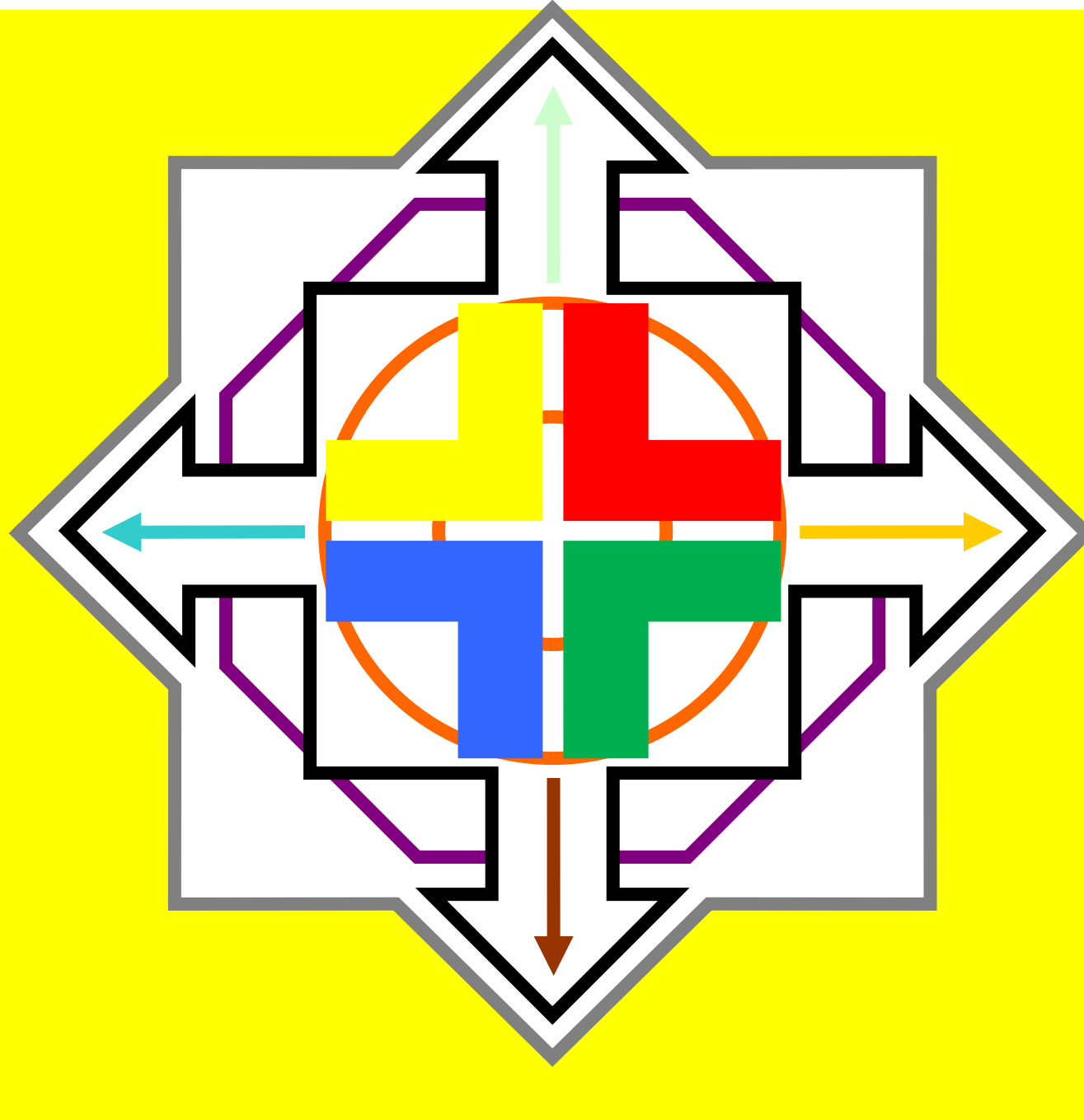


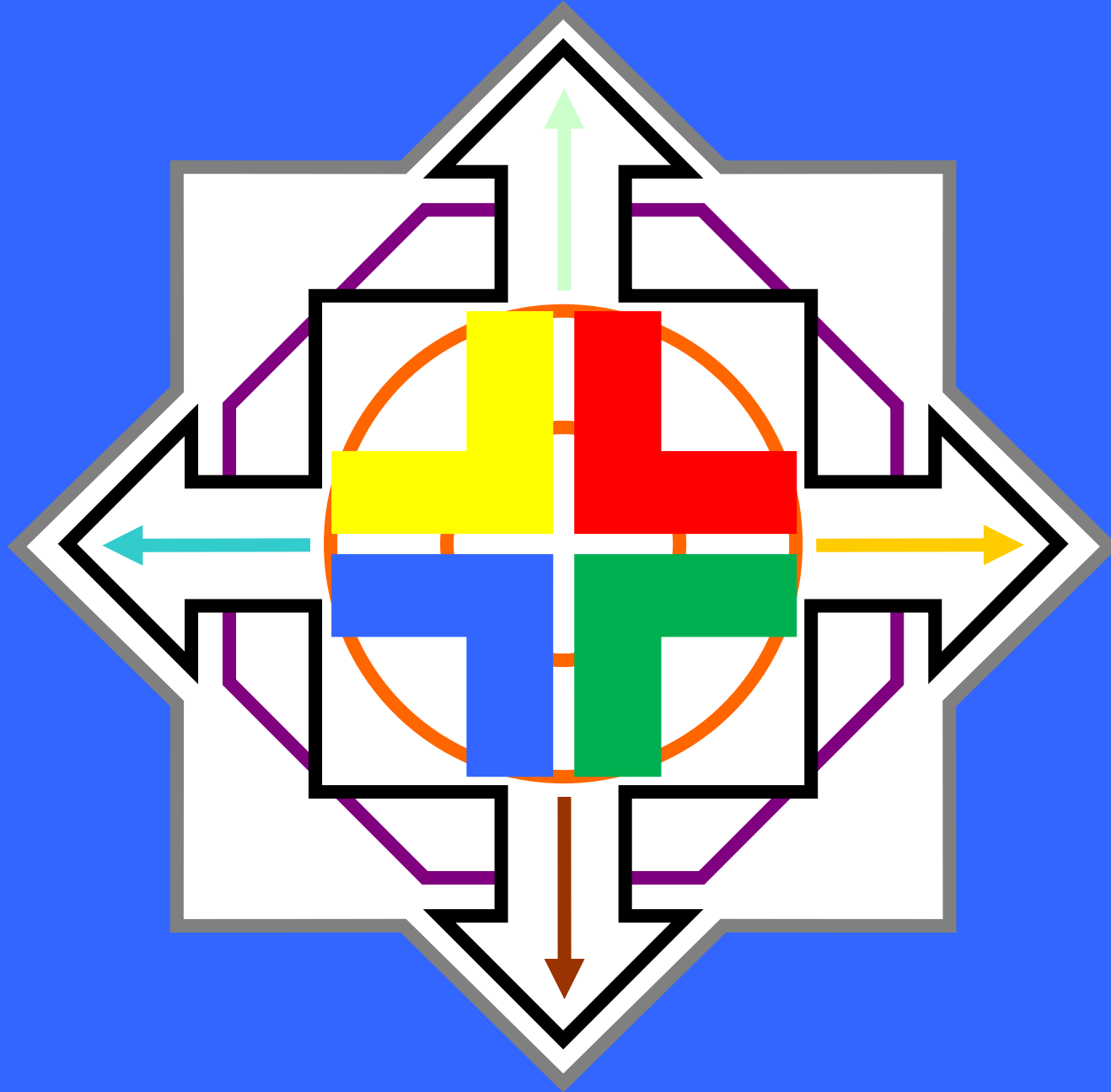


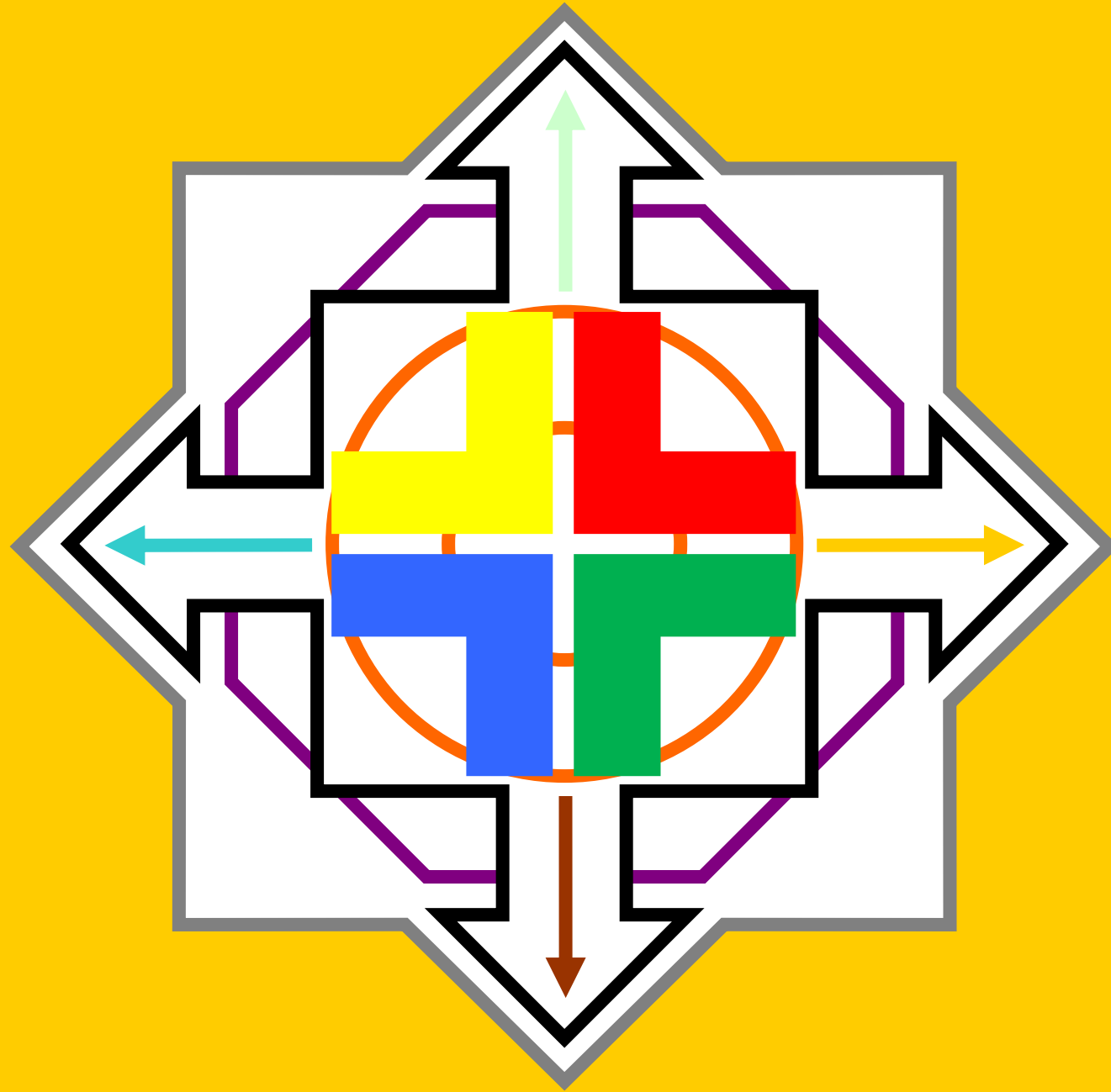


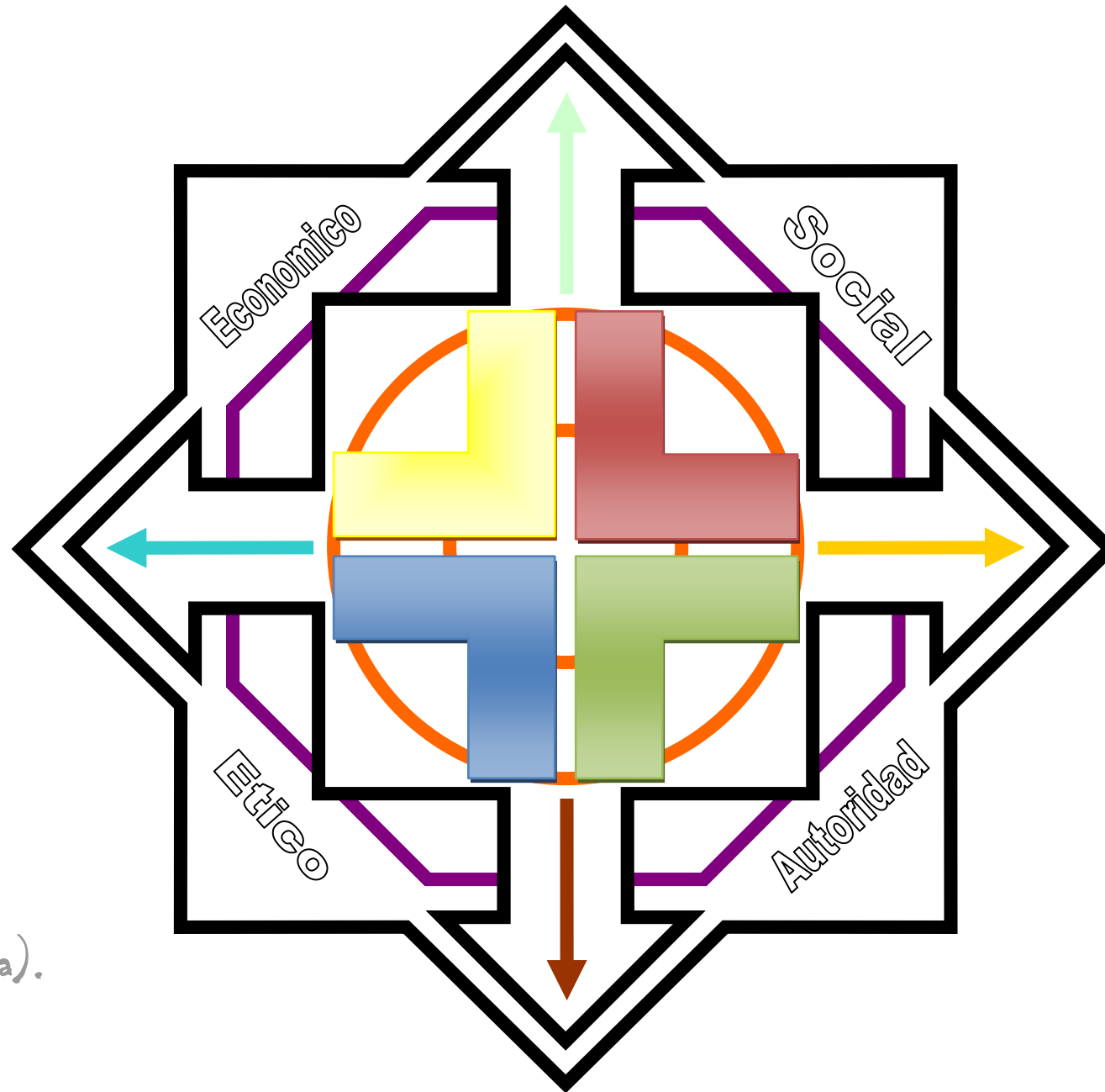






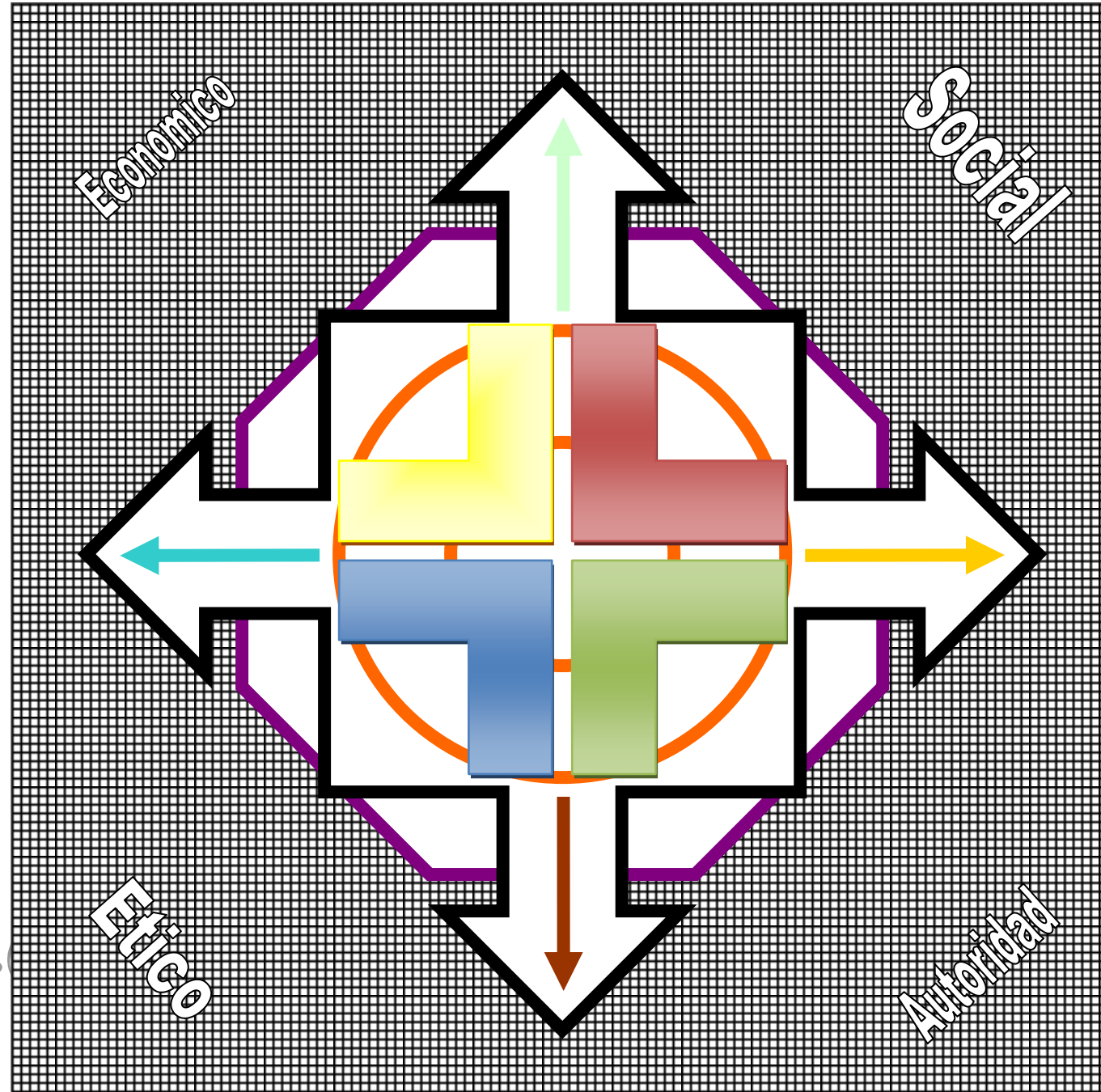


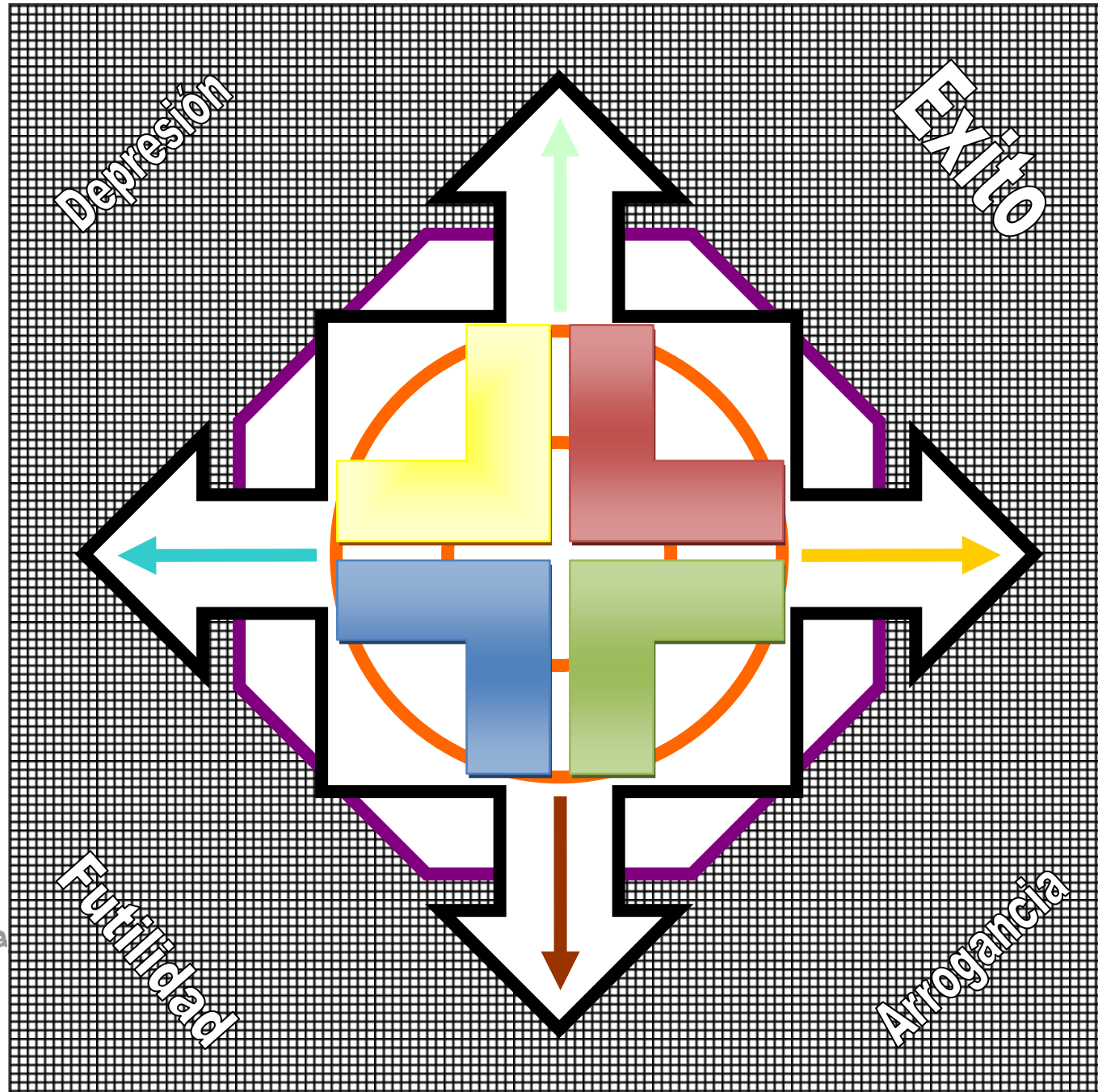


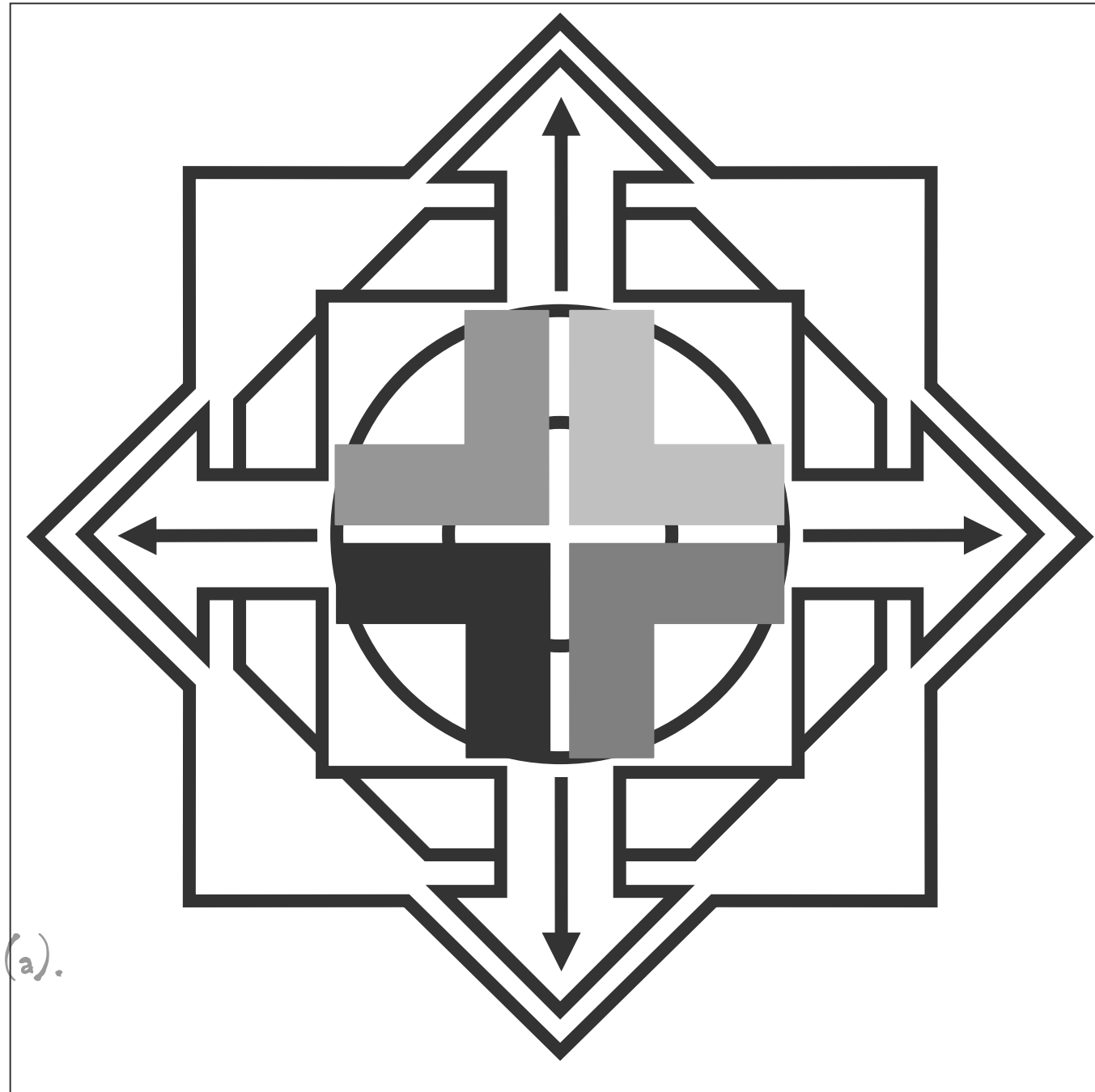


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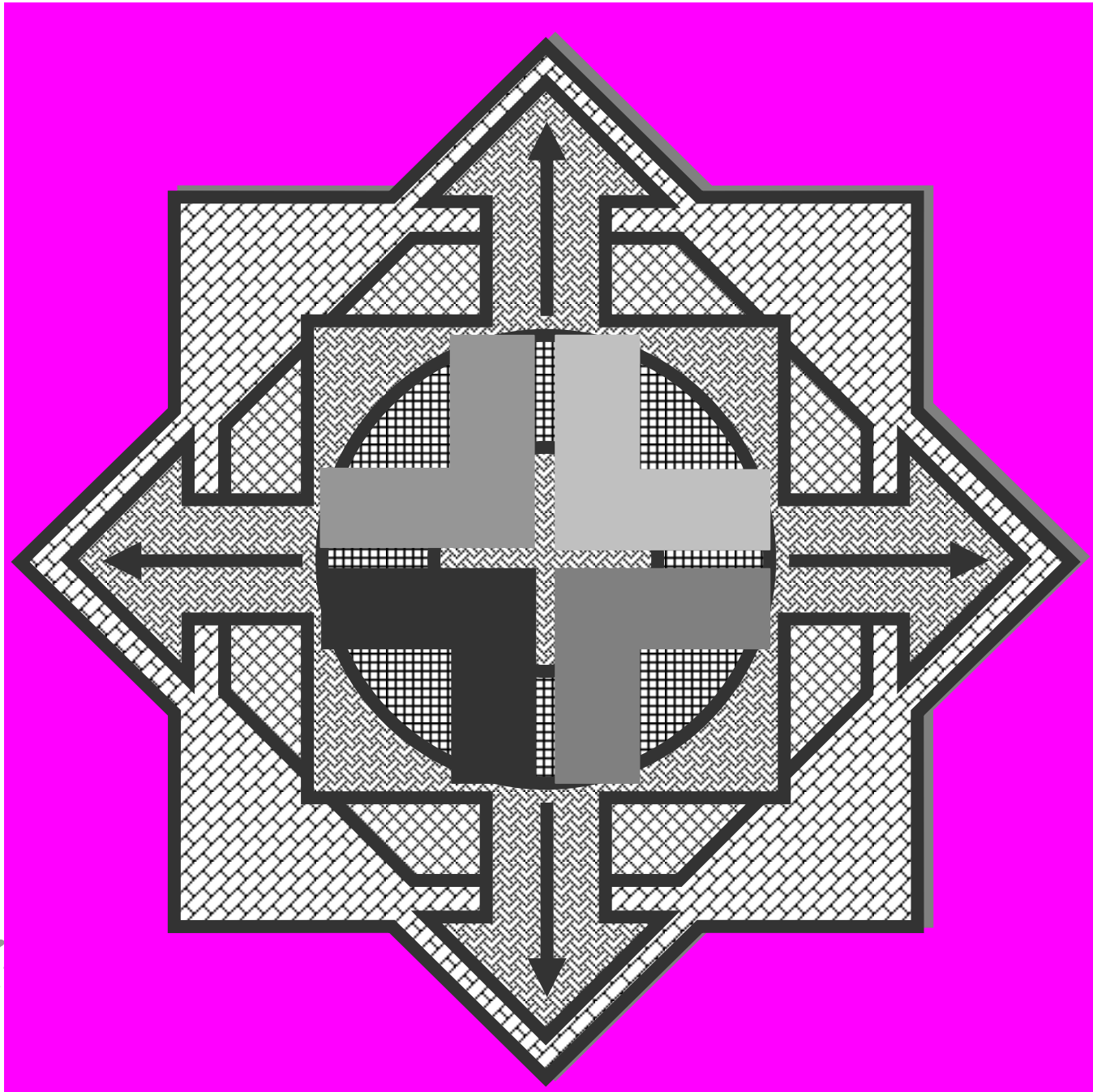






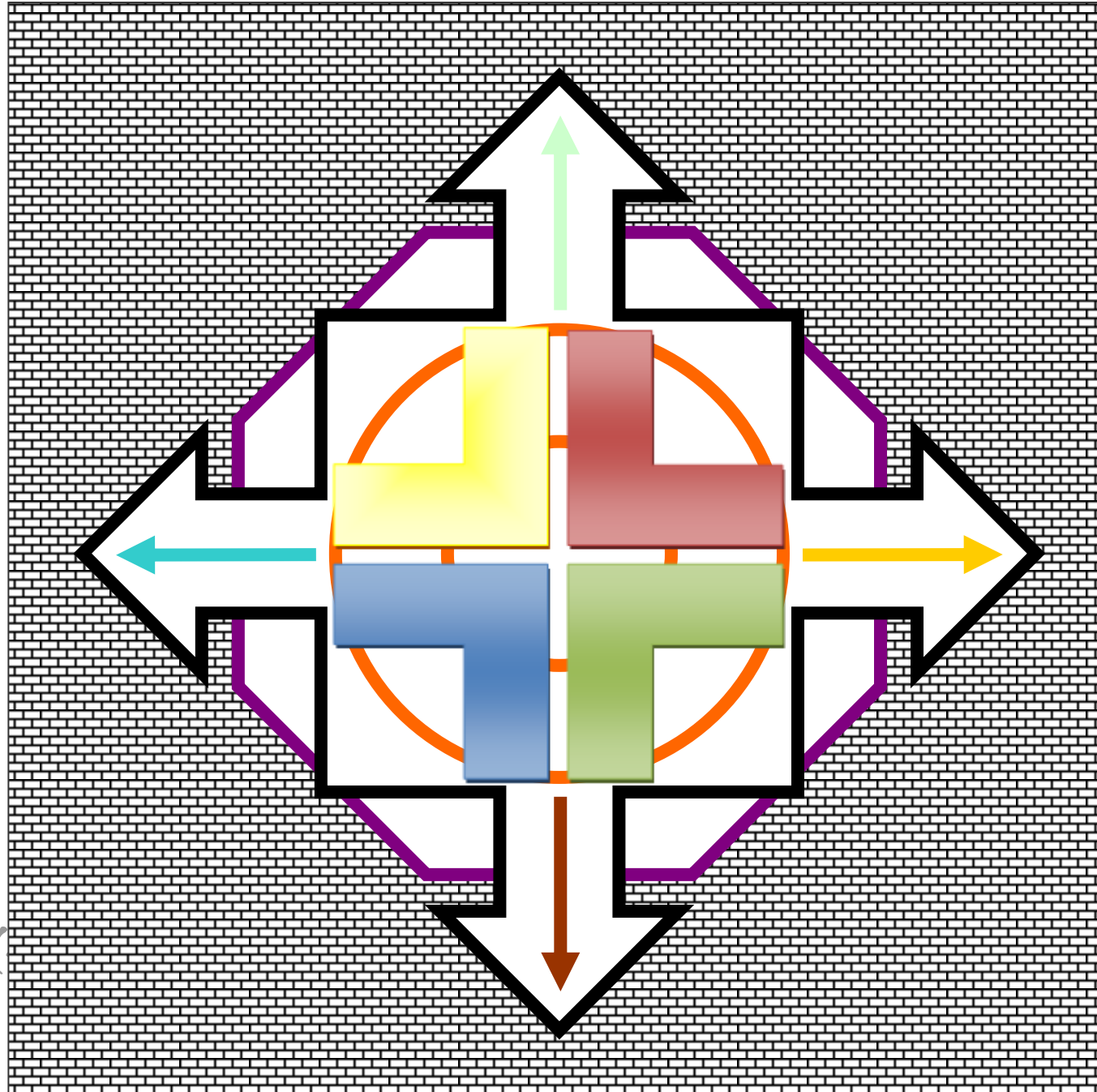
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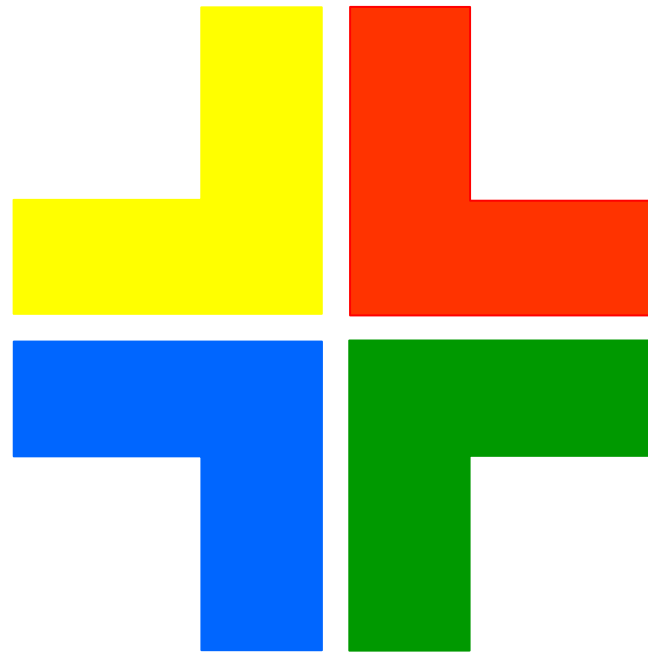
Banderas

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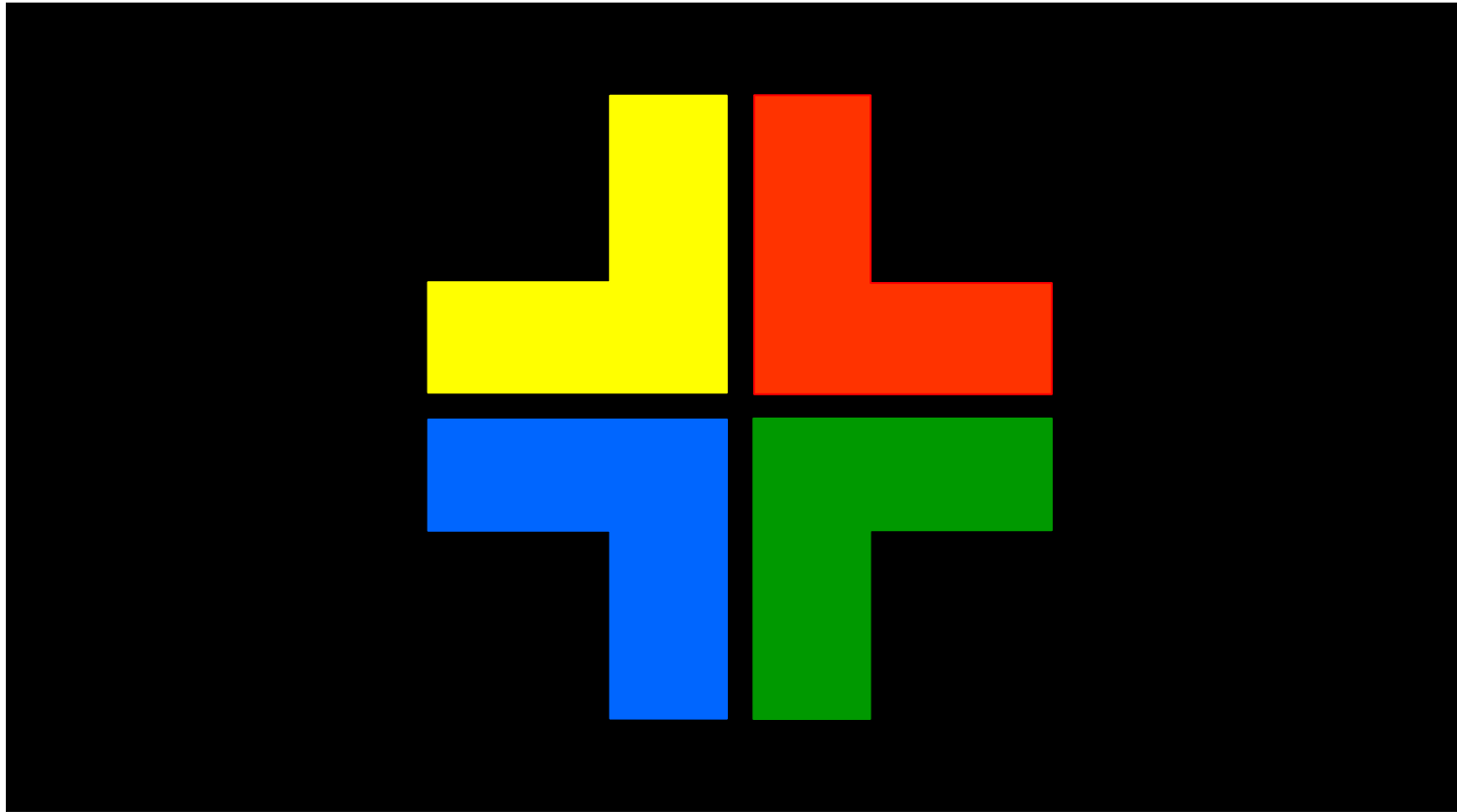
Cruzario(a) 26/05/2011

Fundador: Omar Apátiga Rivera.



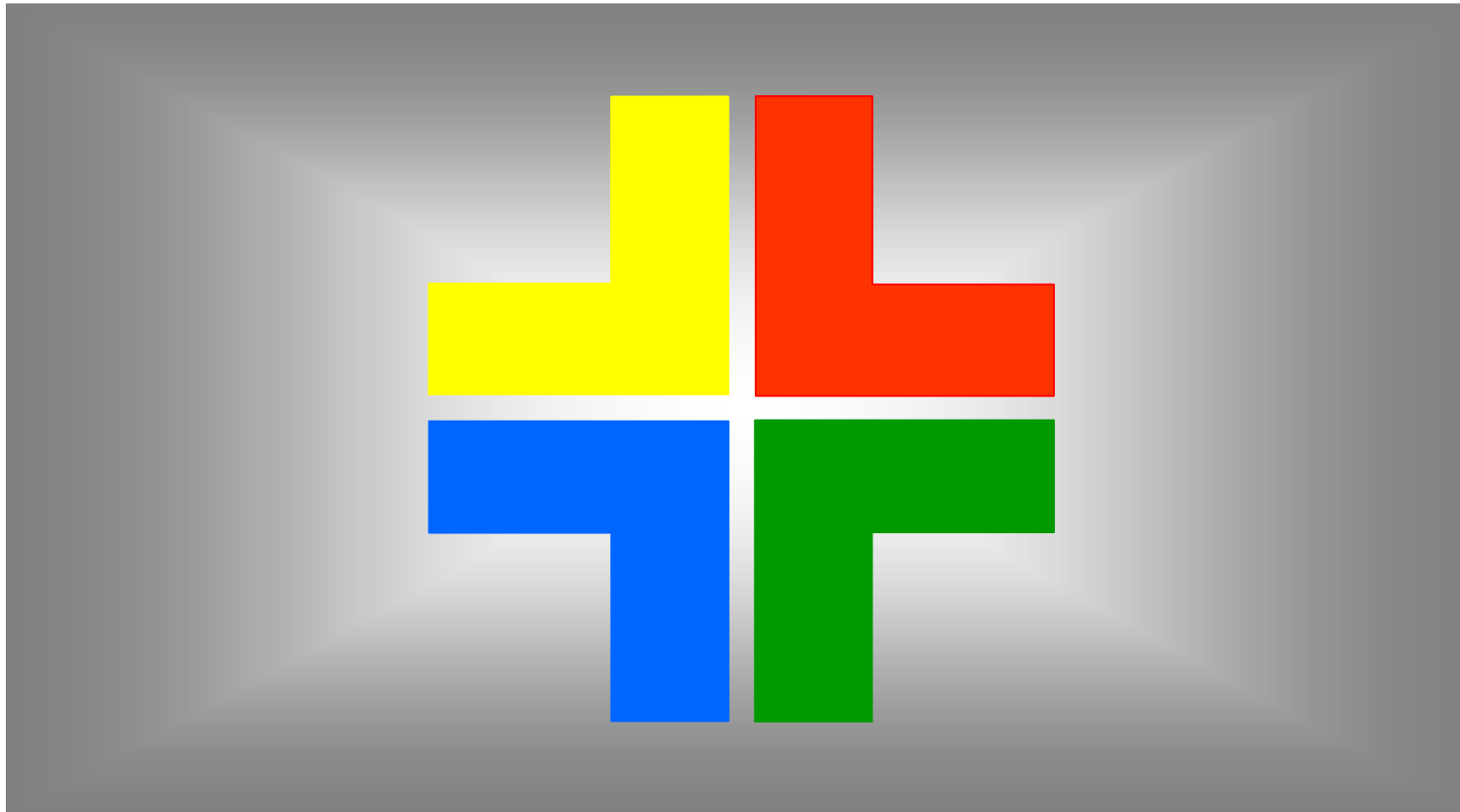
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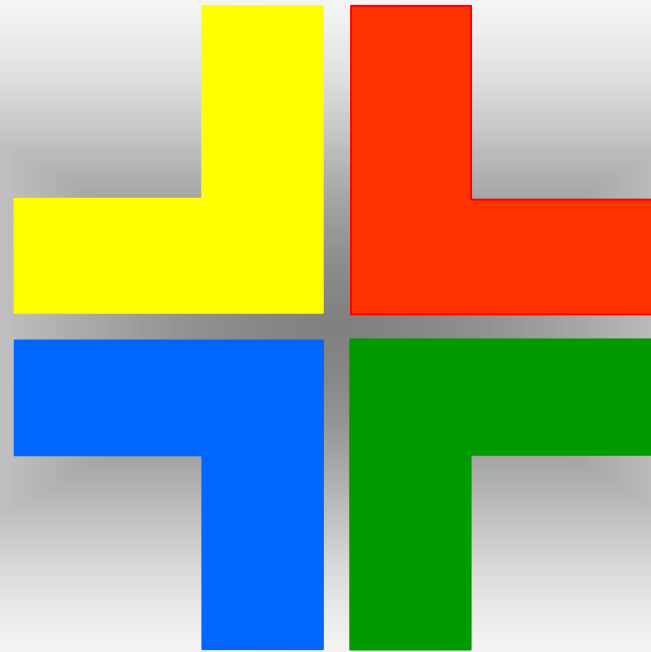
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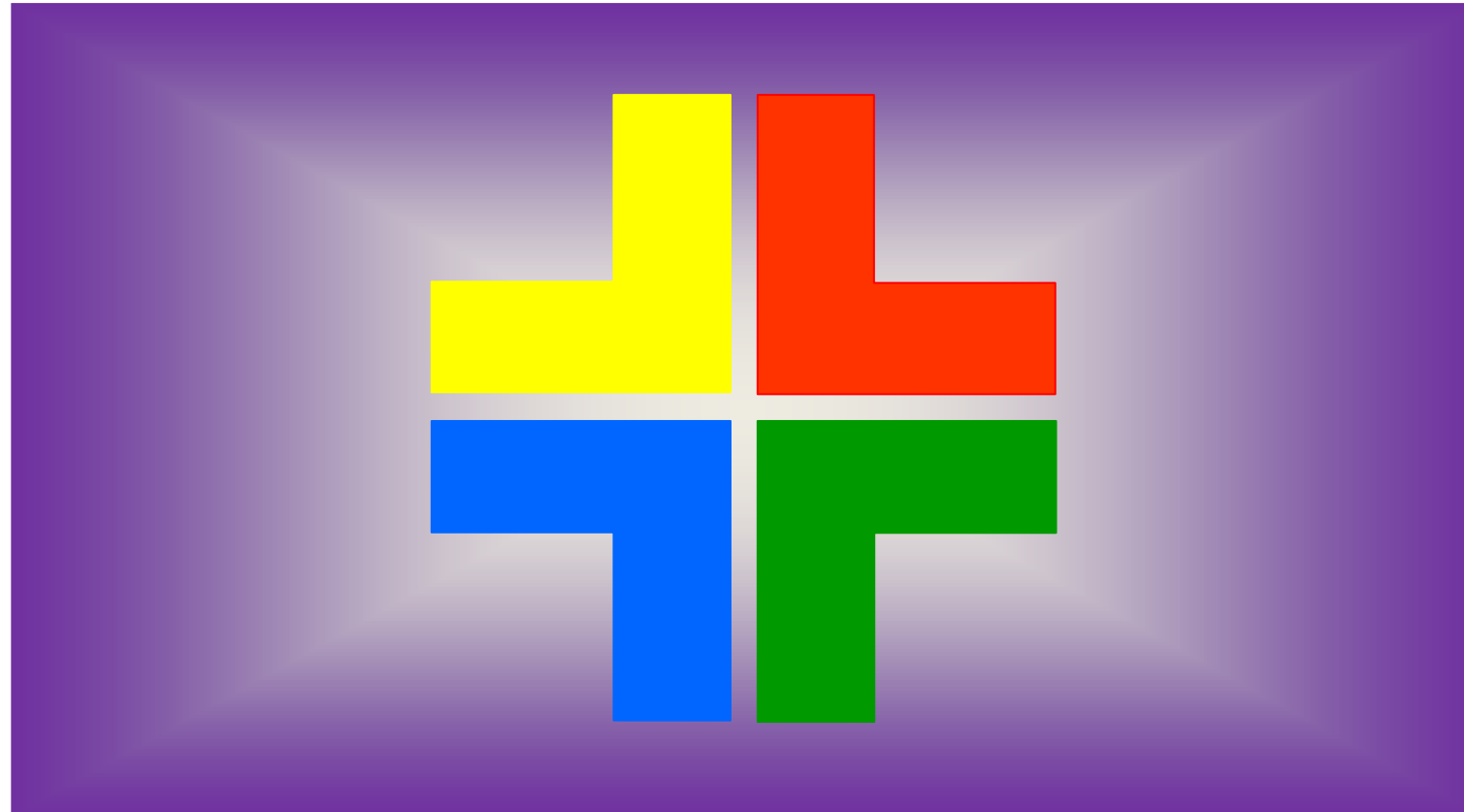
Cruzario(a) 26/05/2011

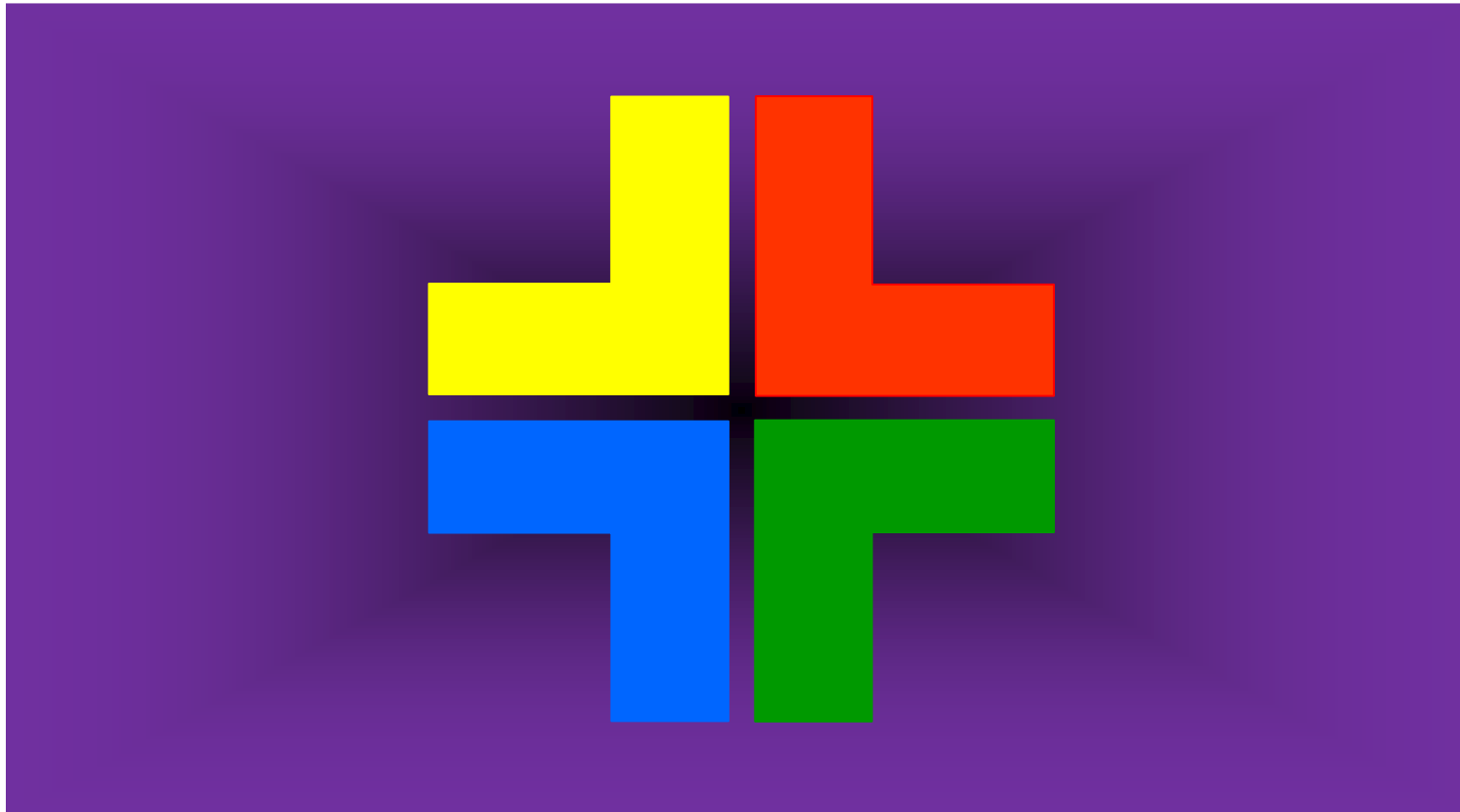
Fundador: Omar Apátiga Rivera.

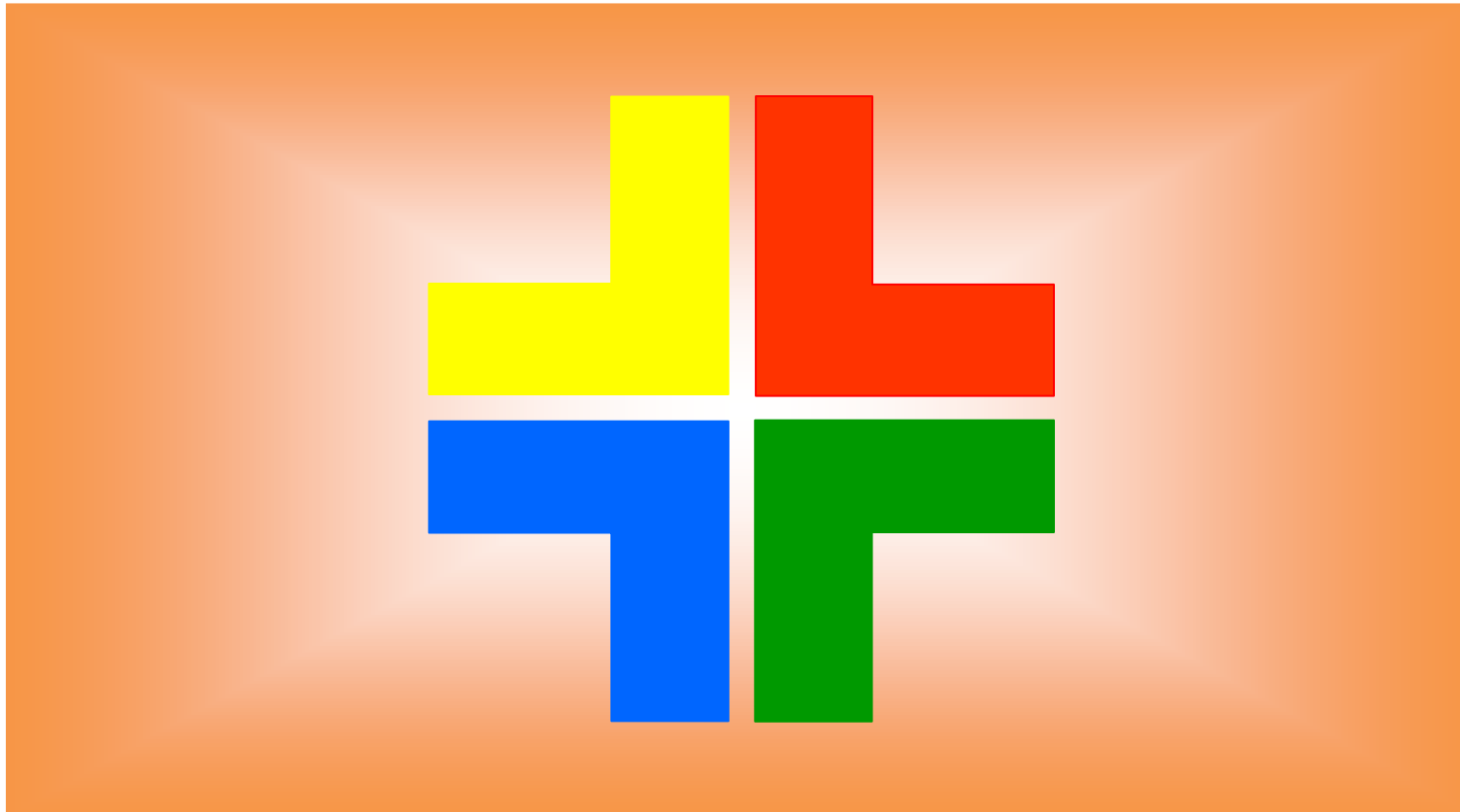


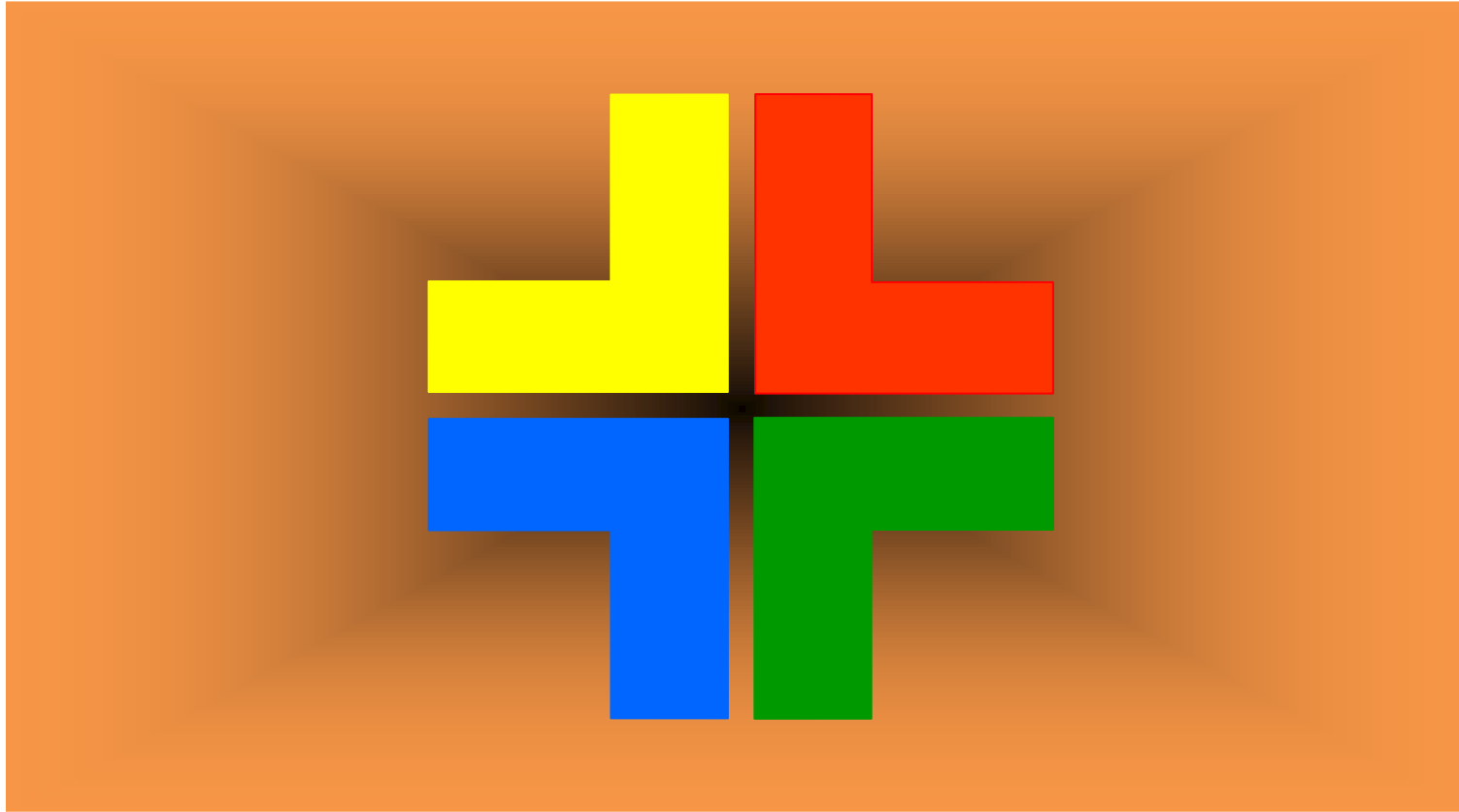
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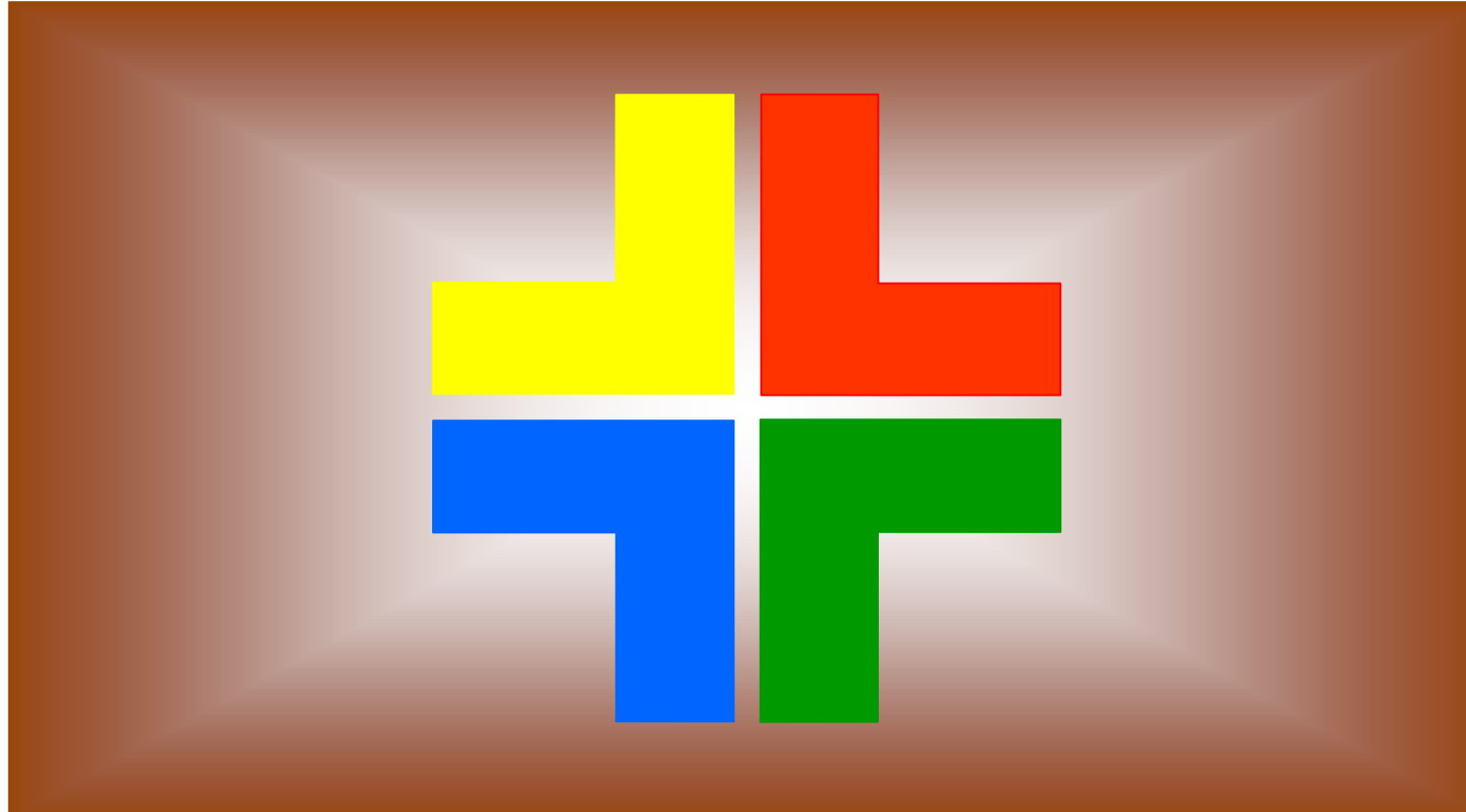




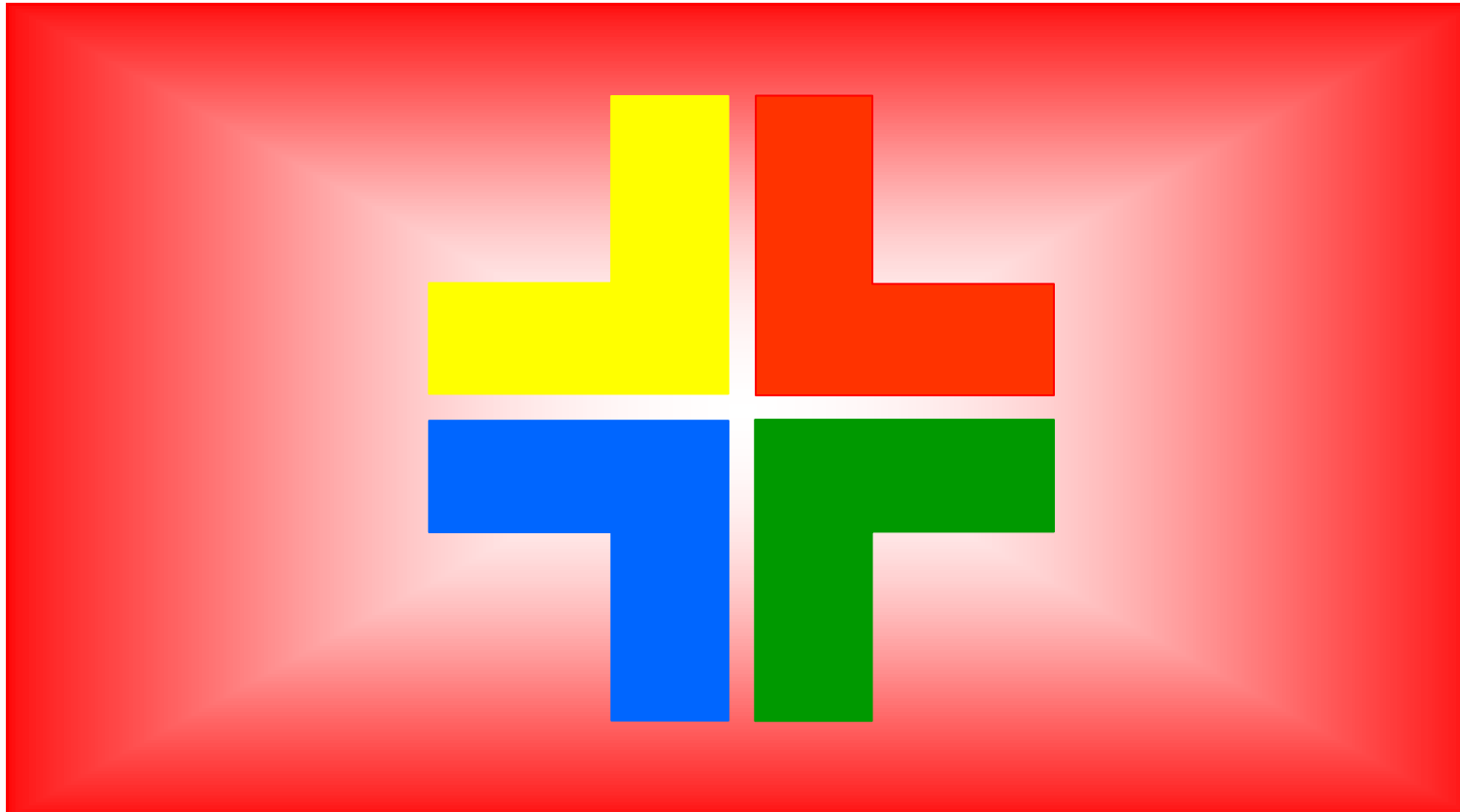


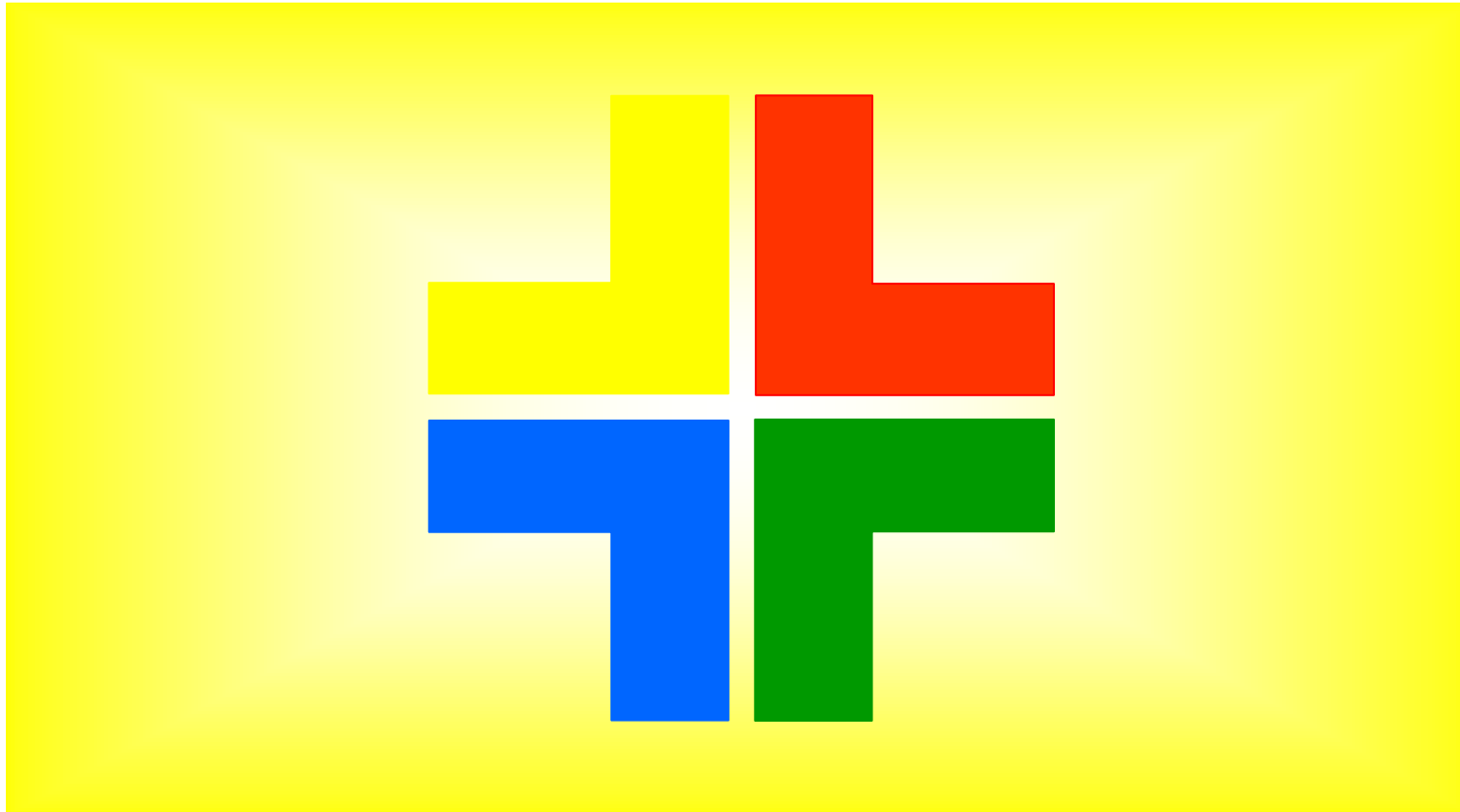


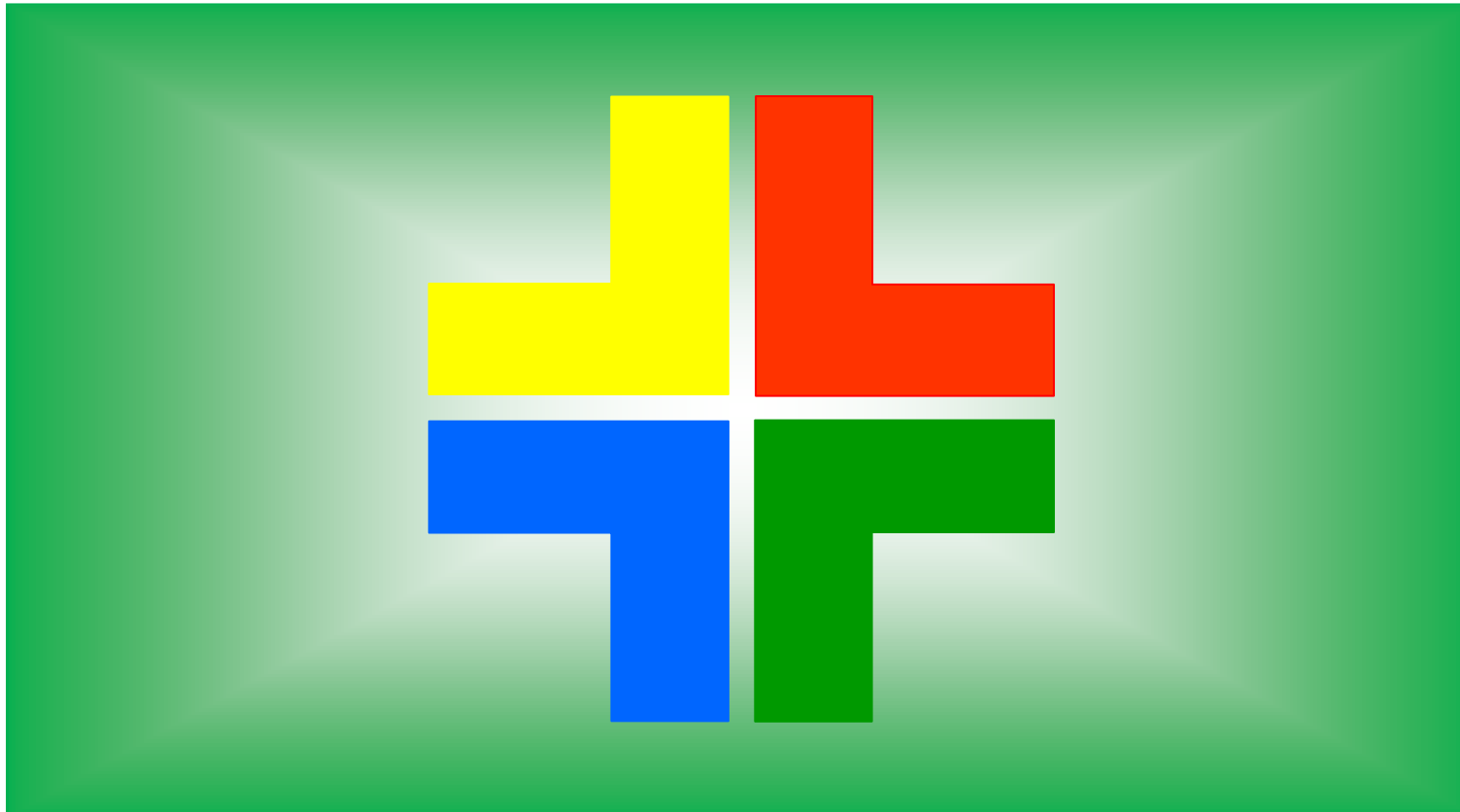


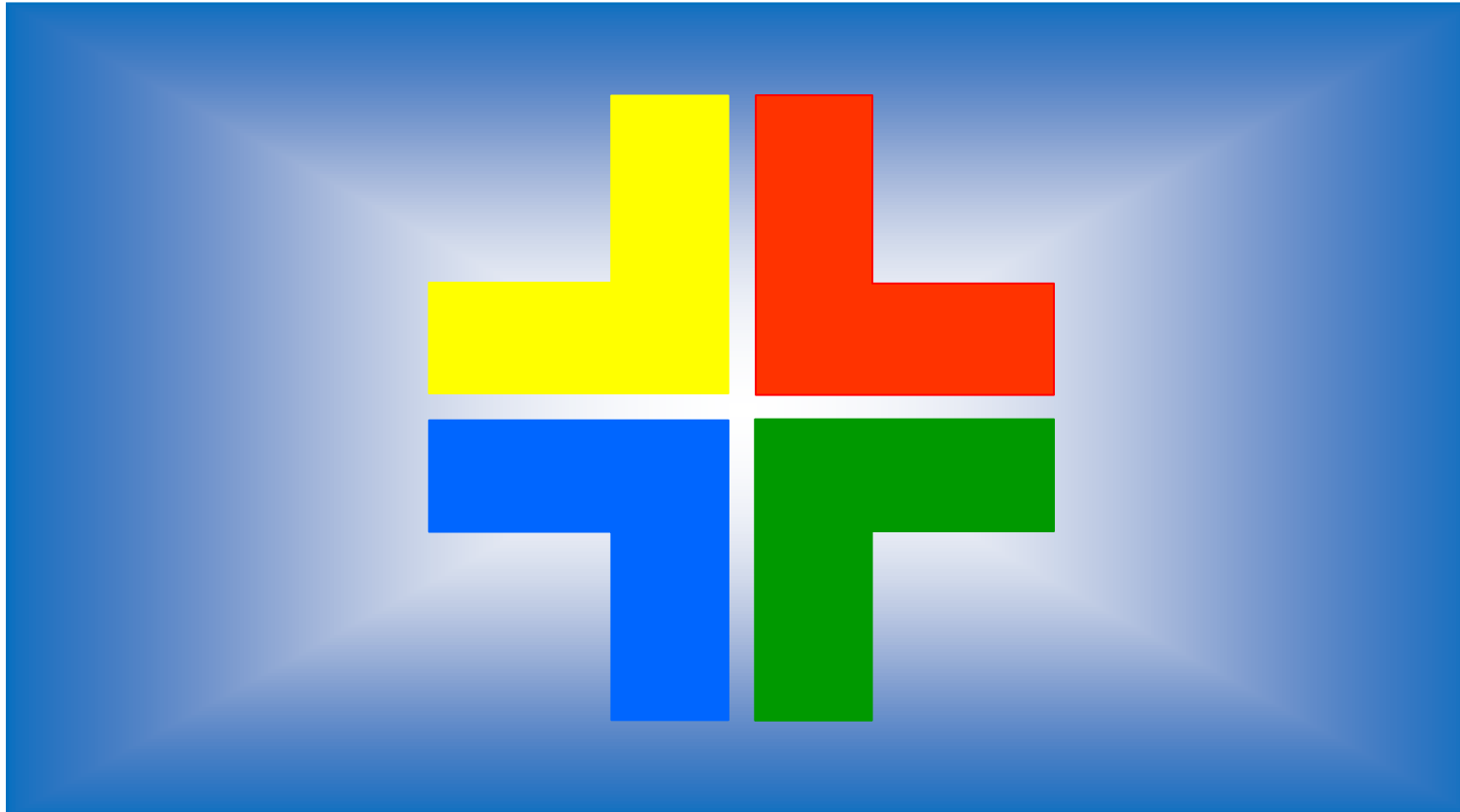


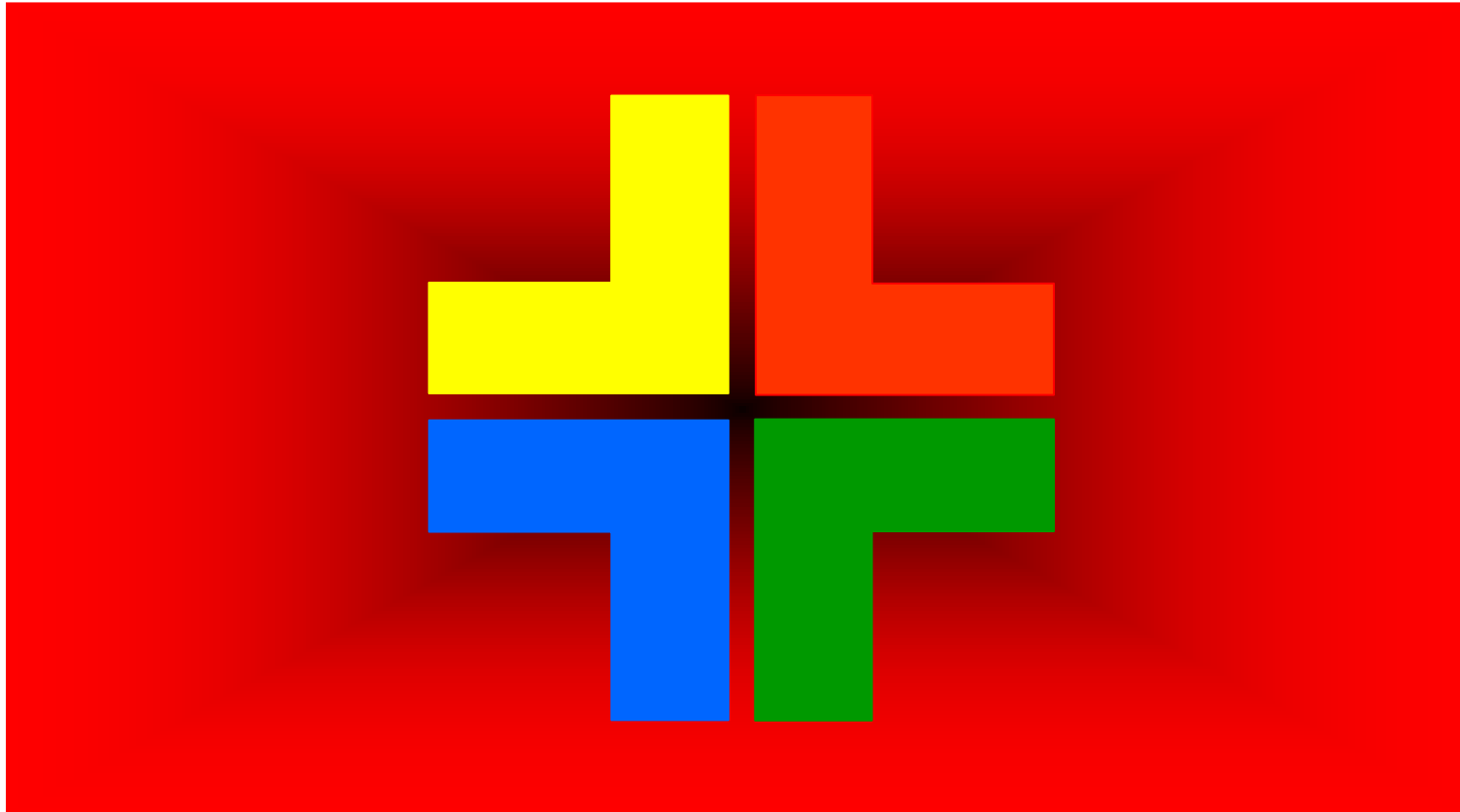


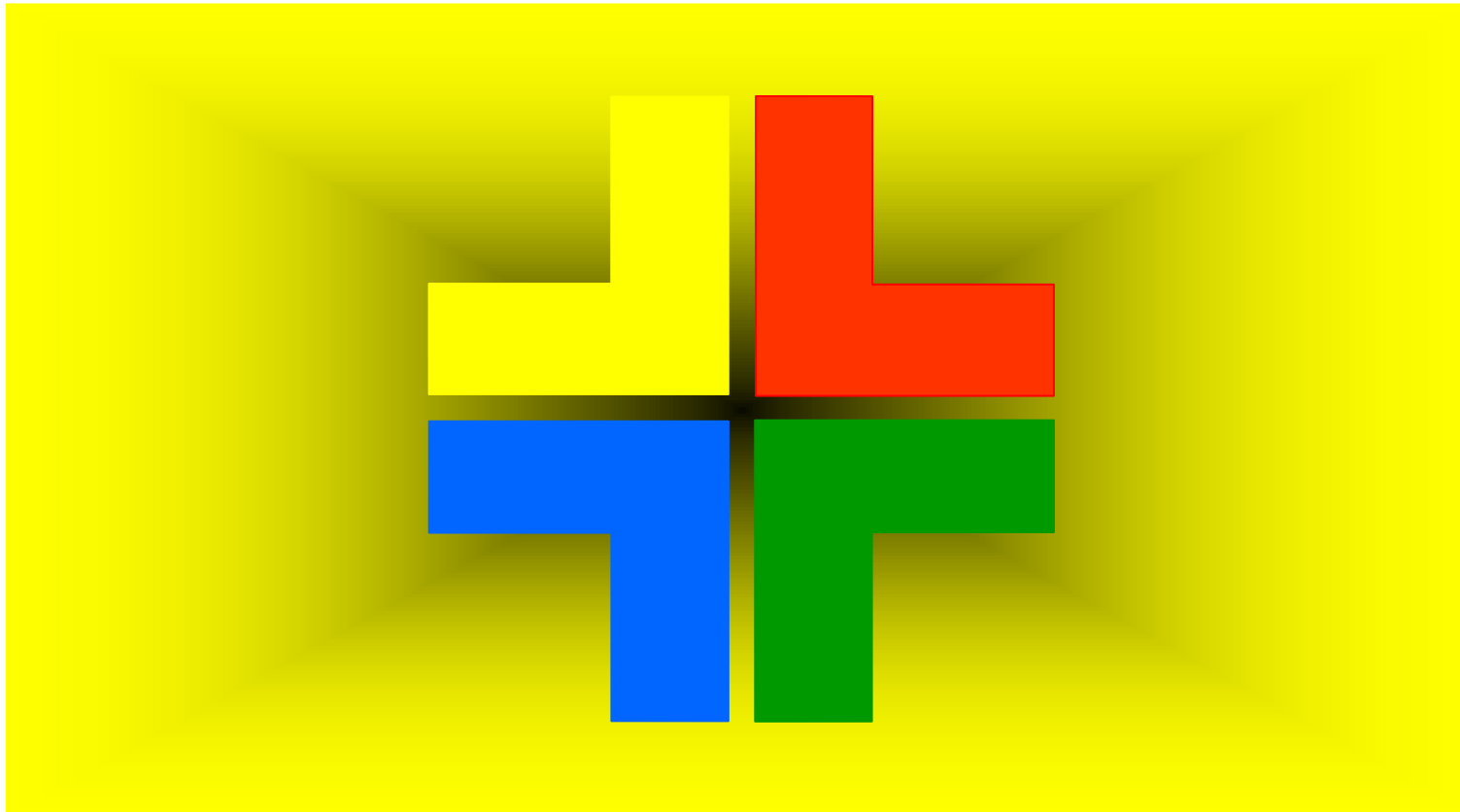


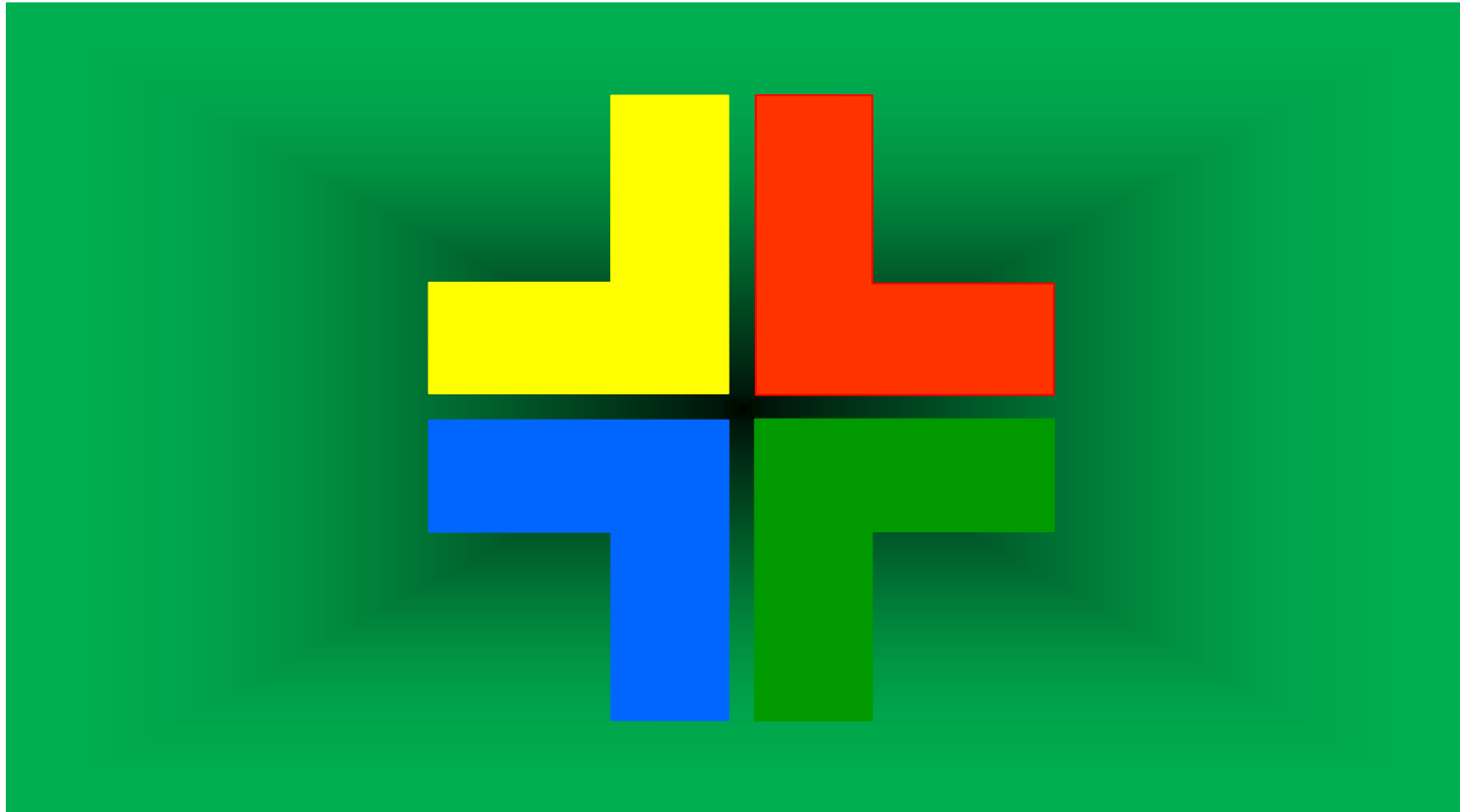


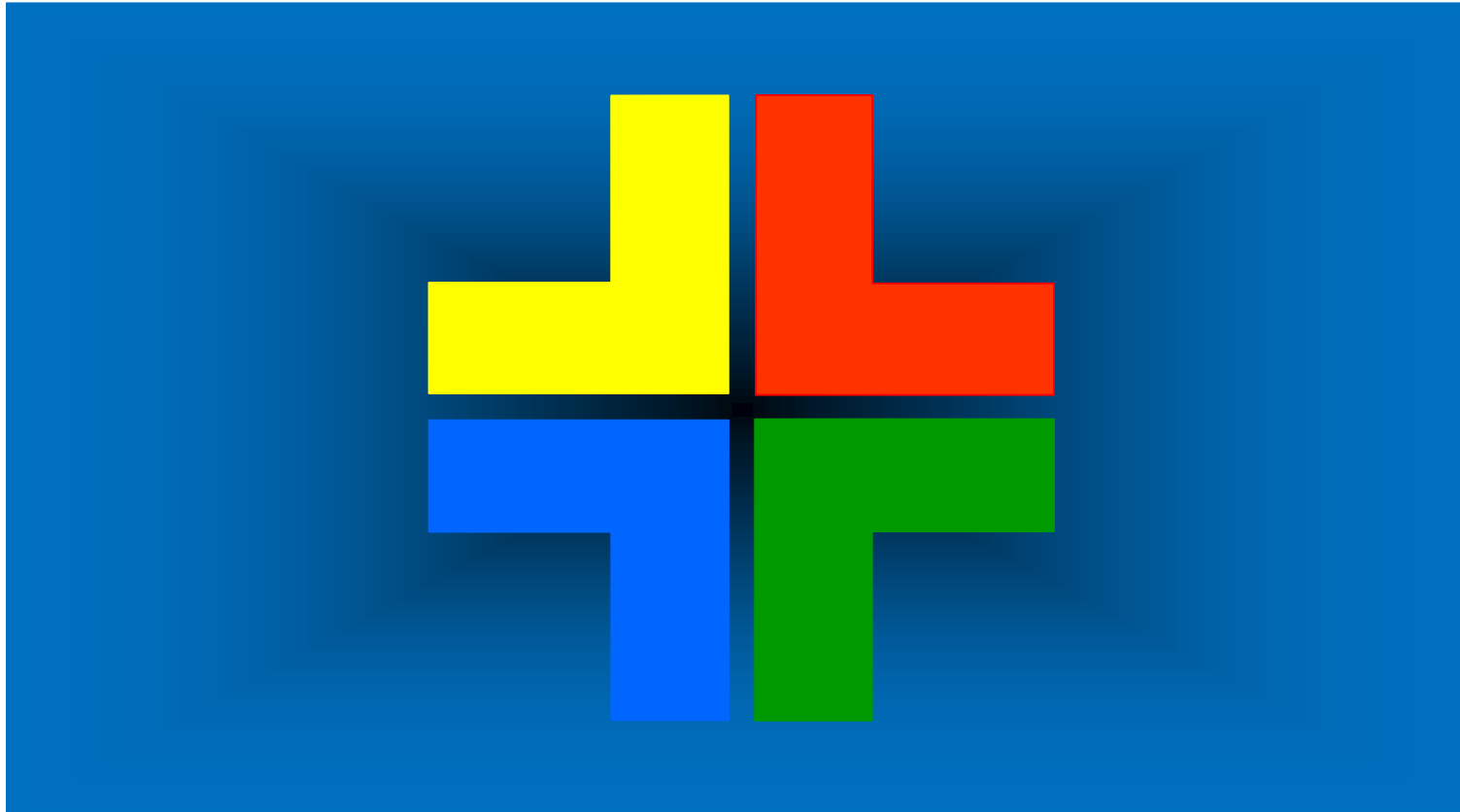


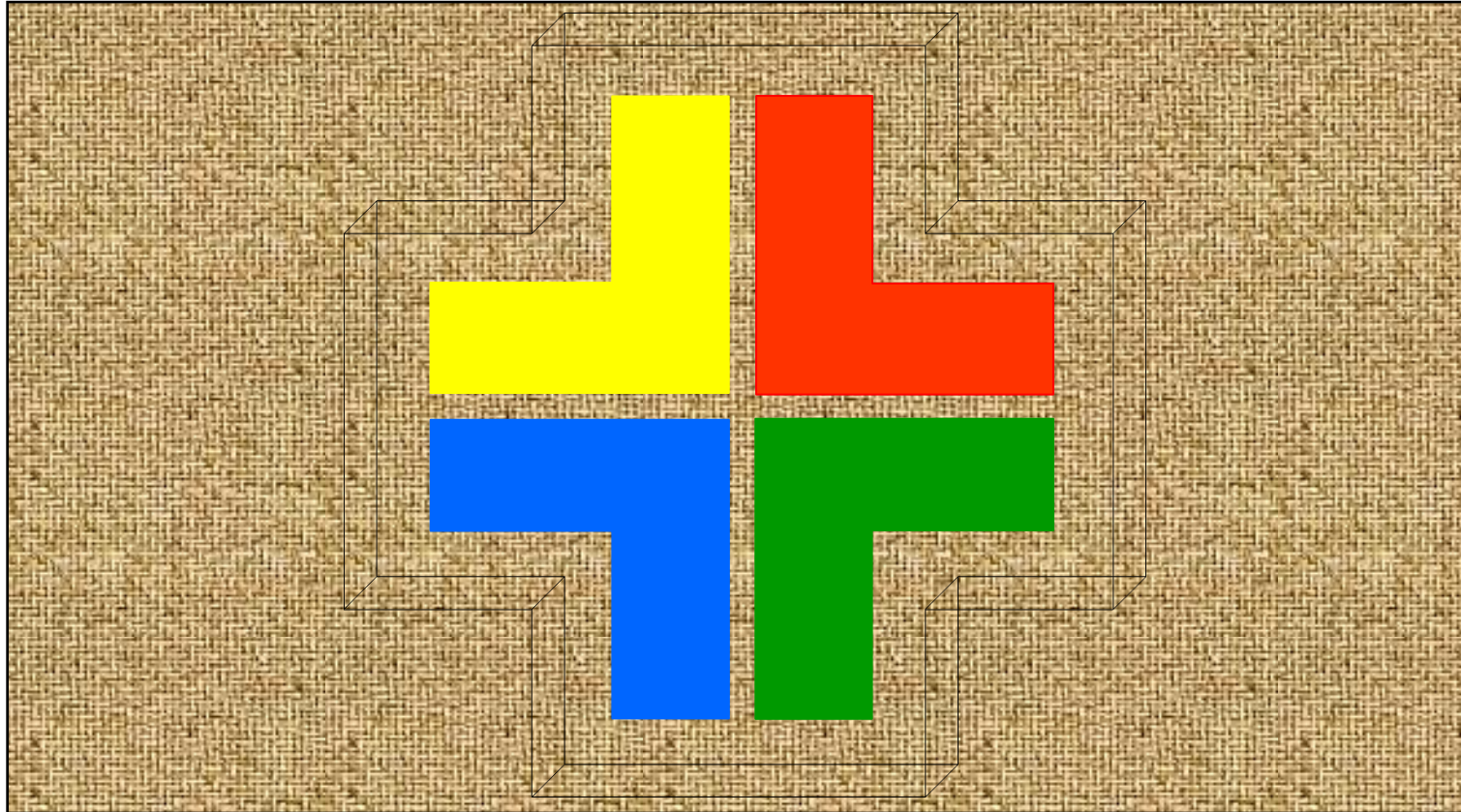


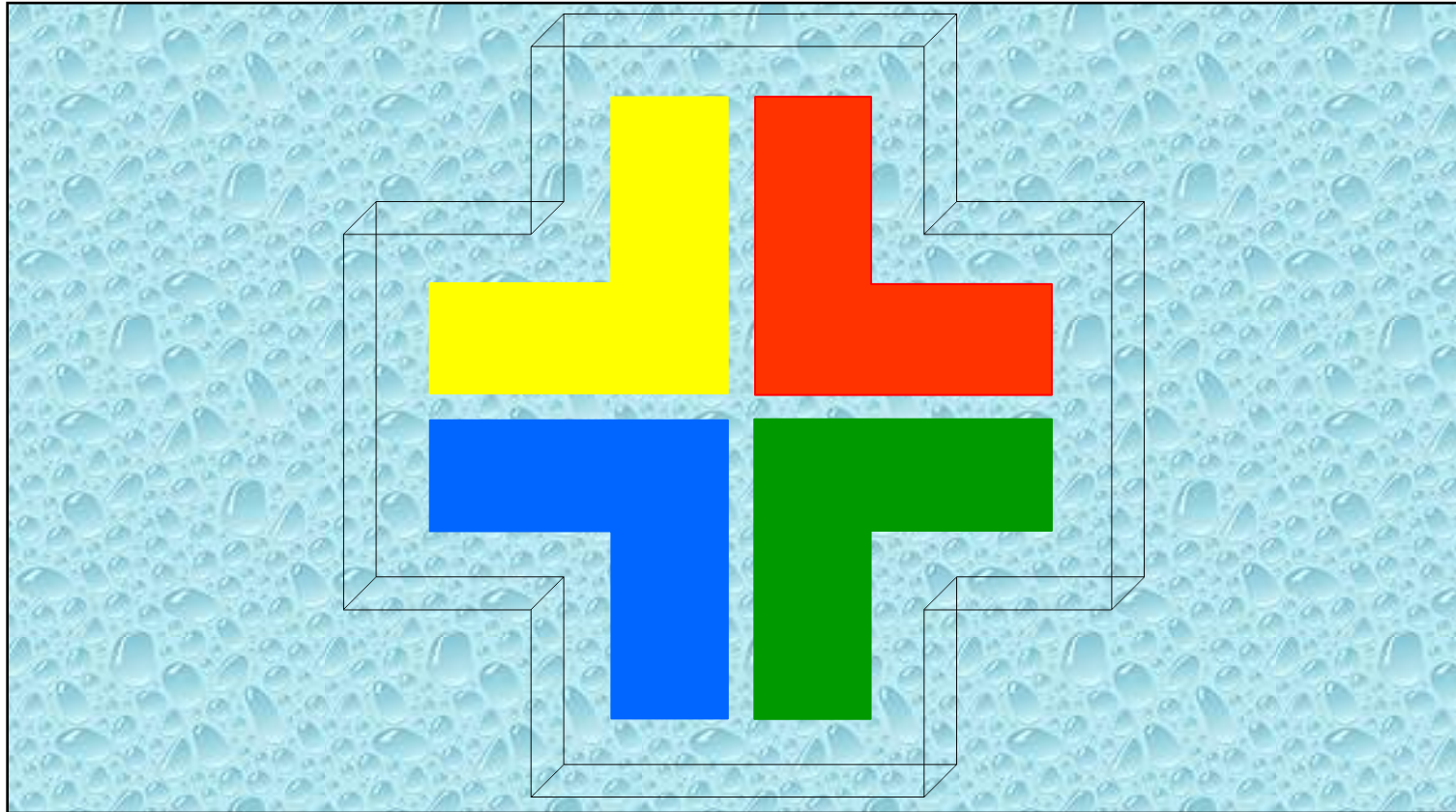


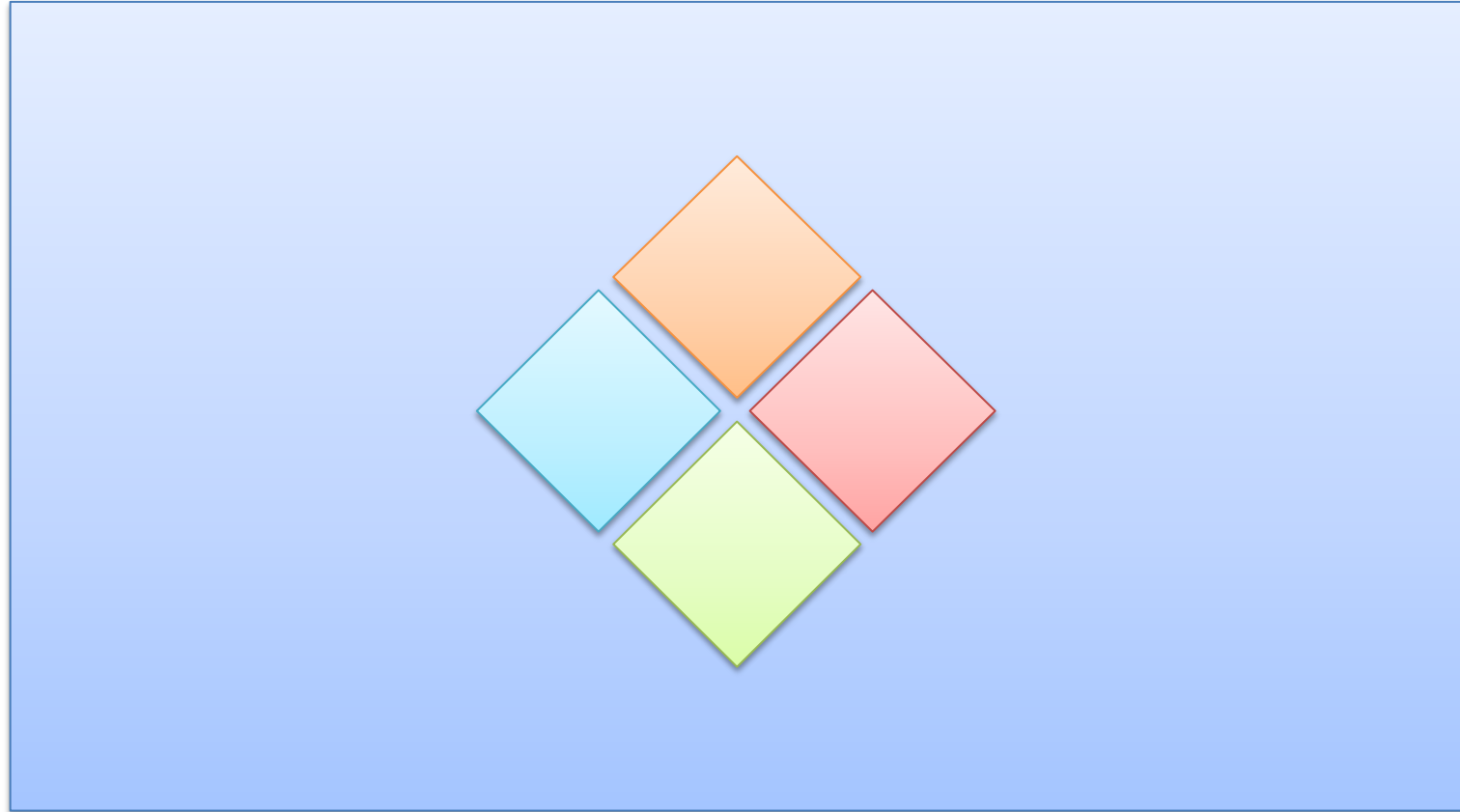


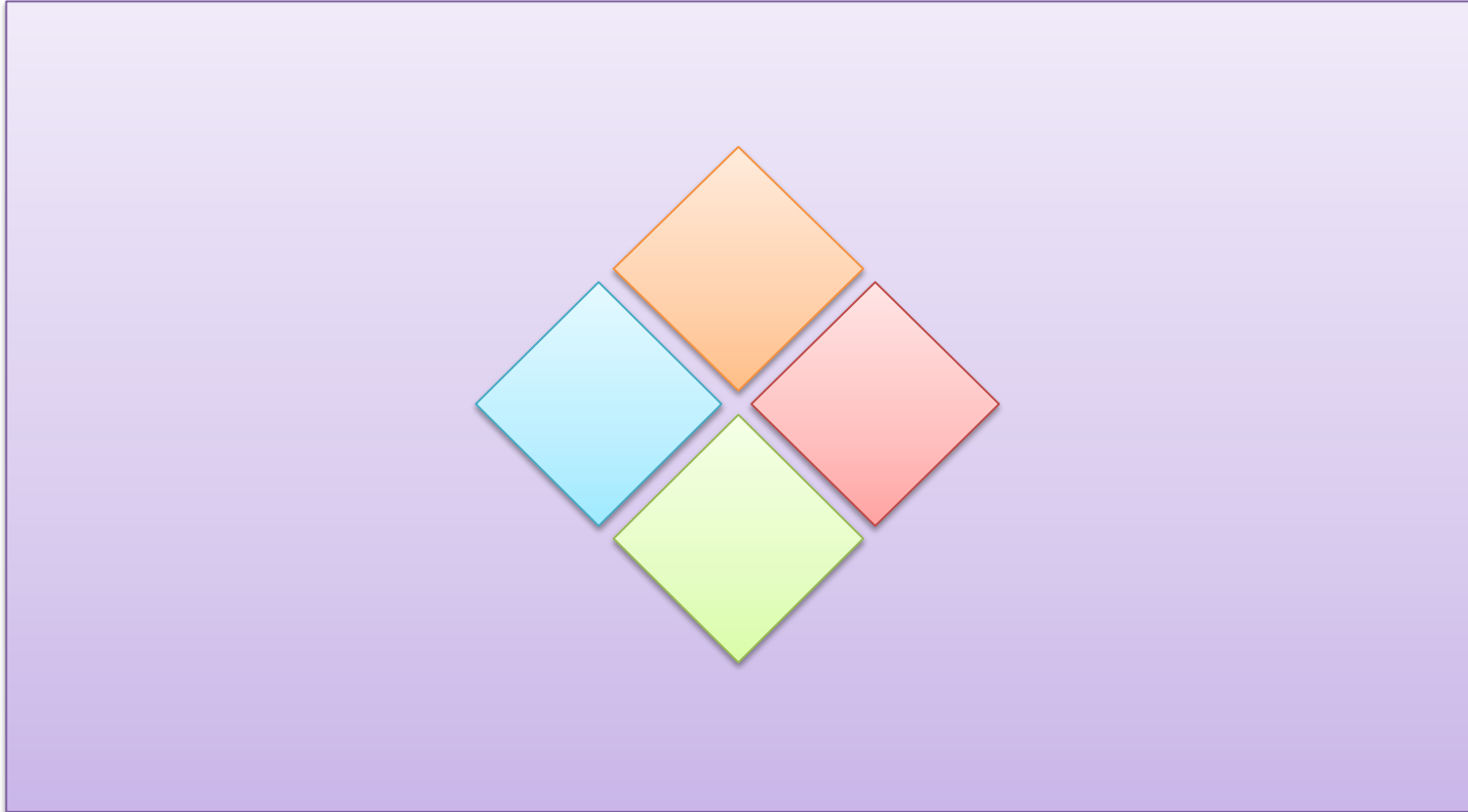


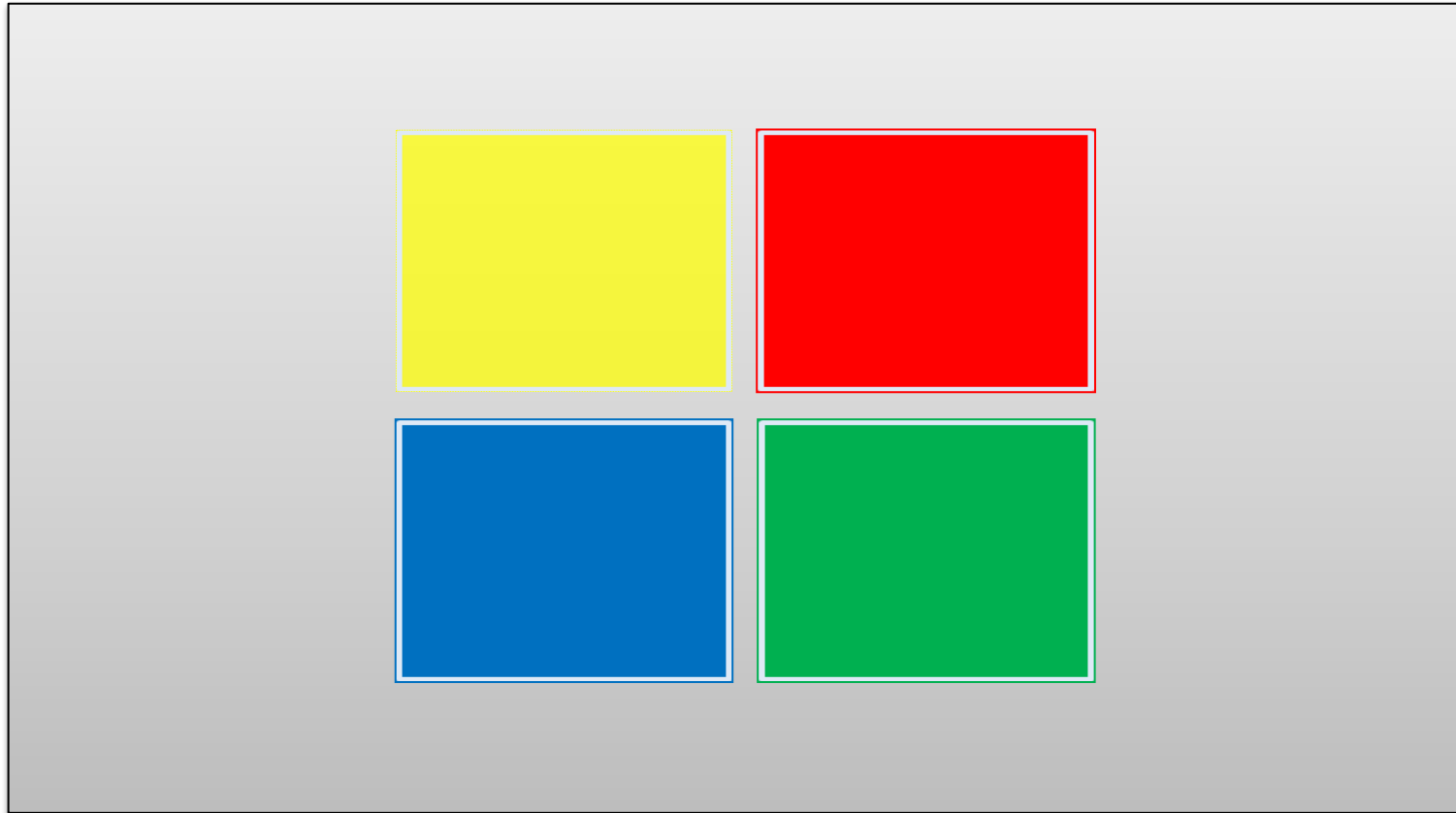


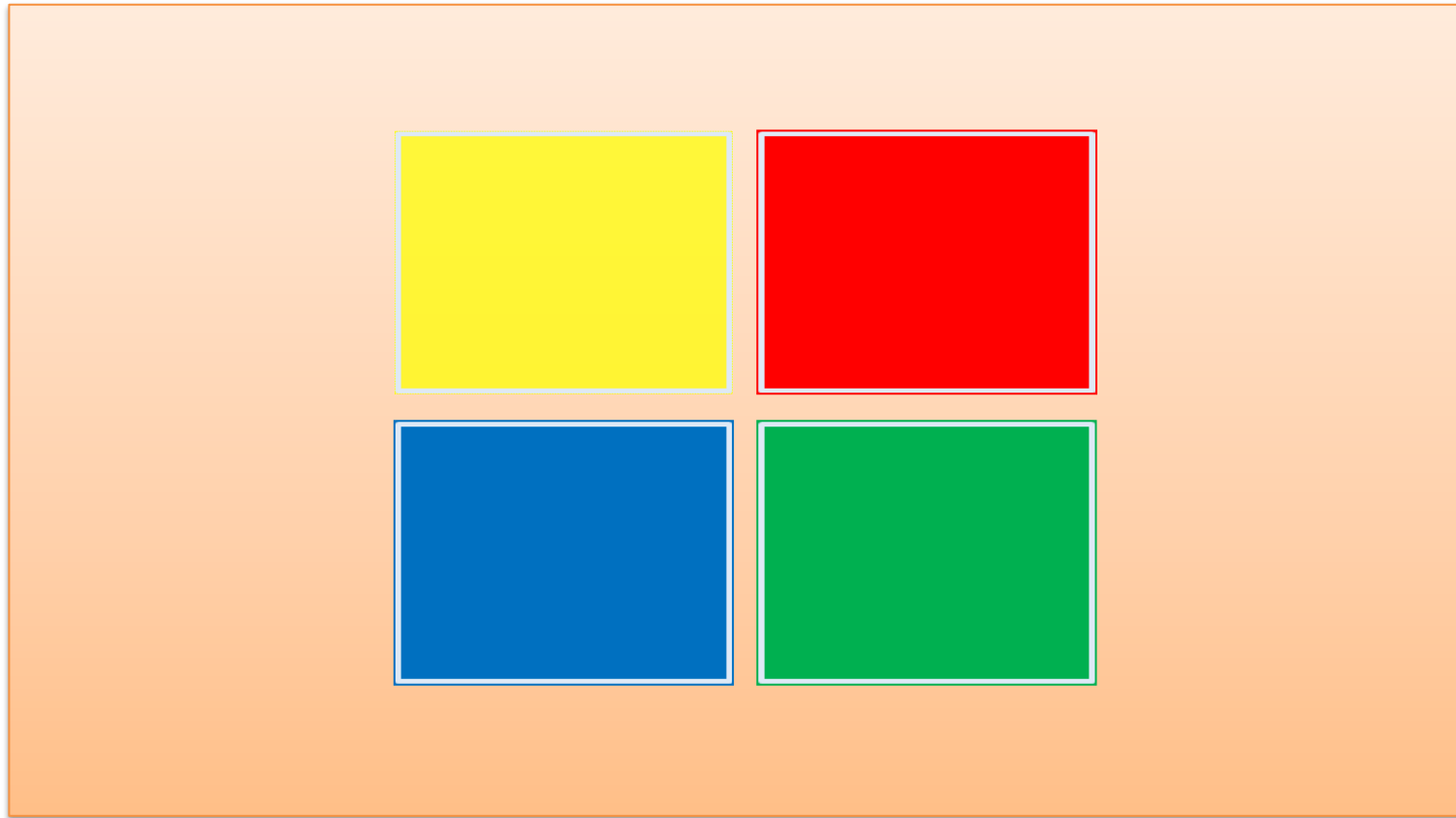


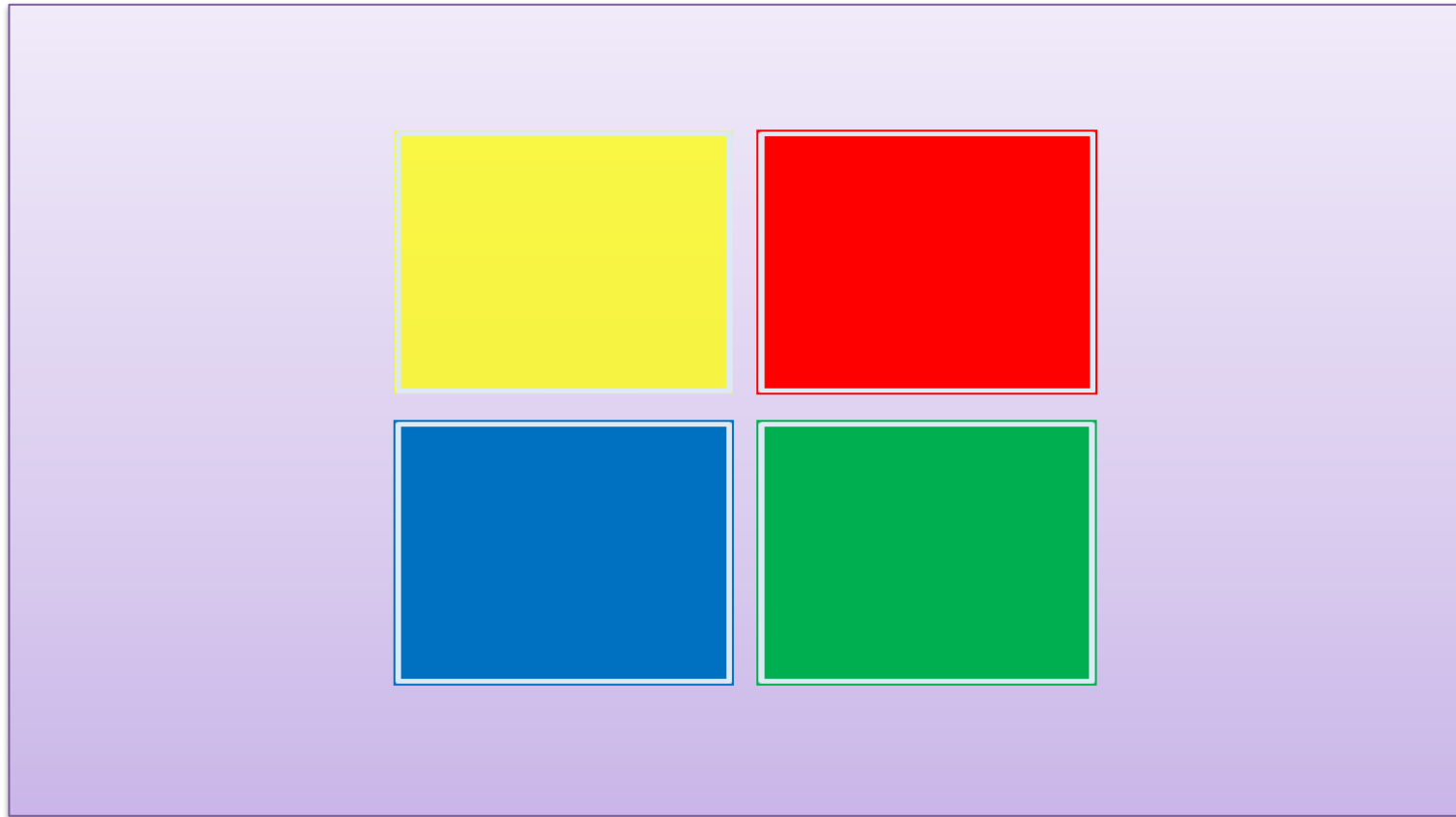


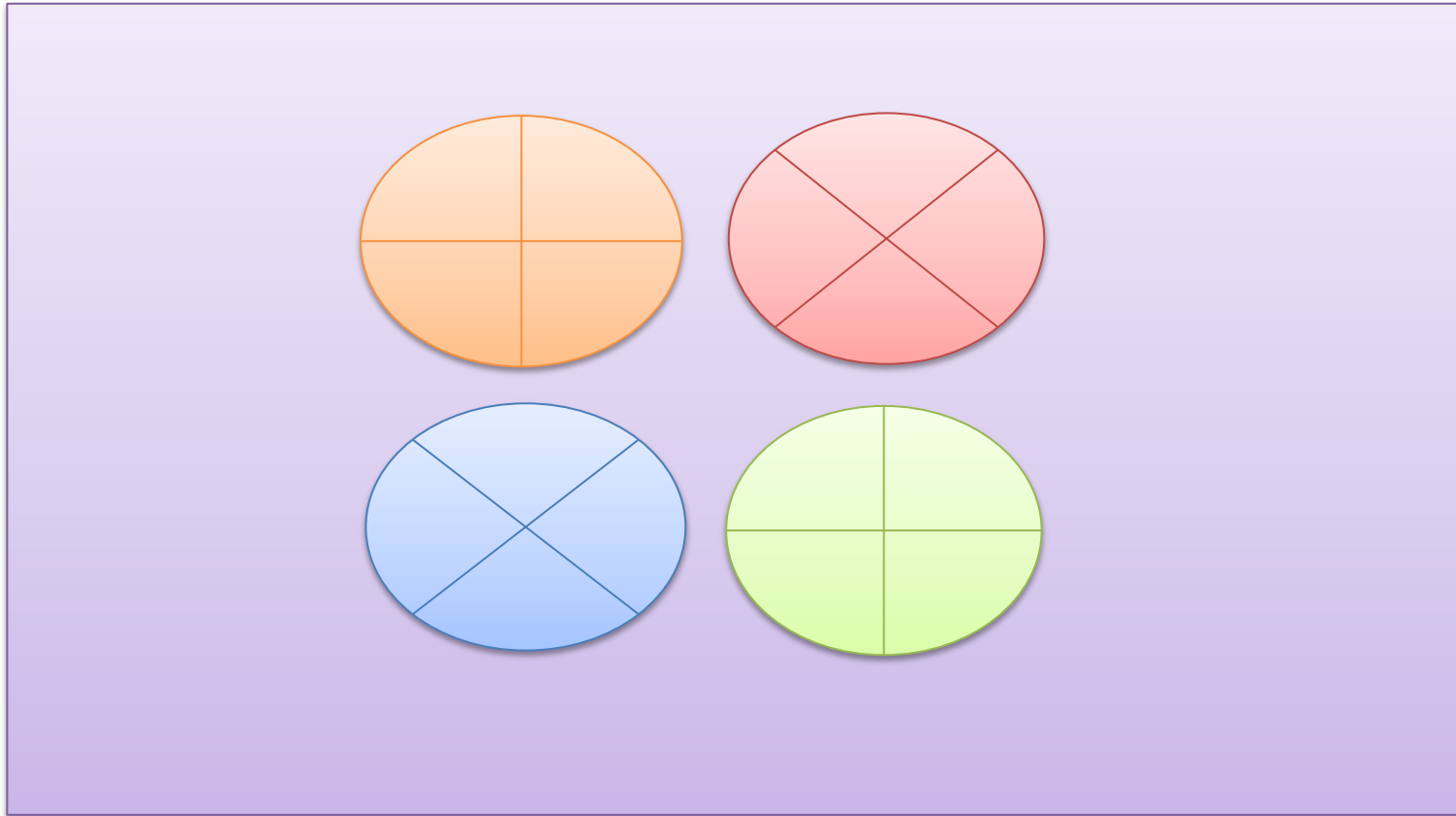


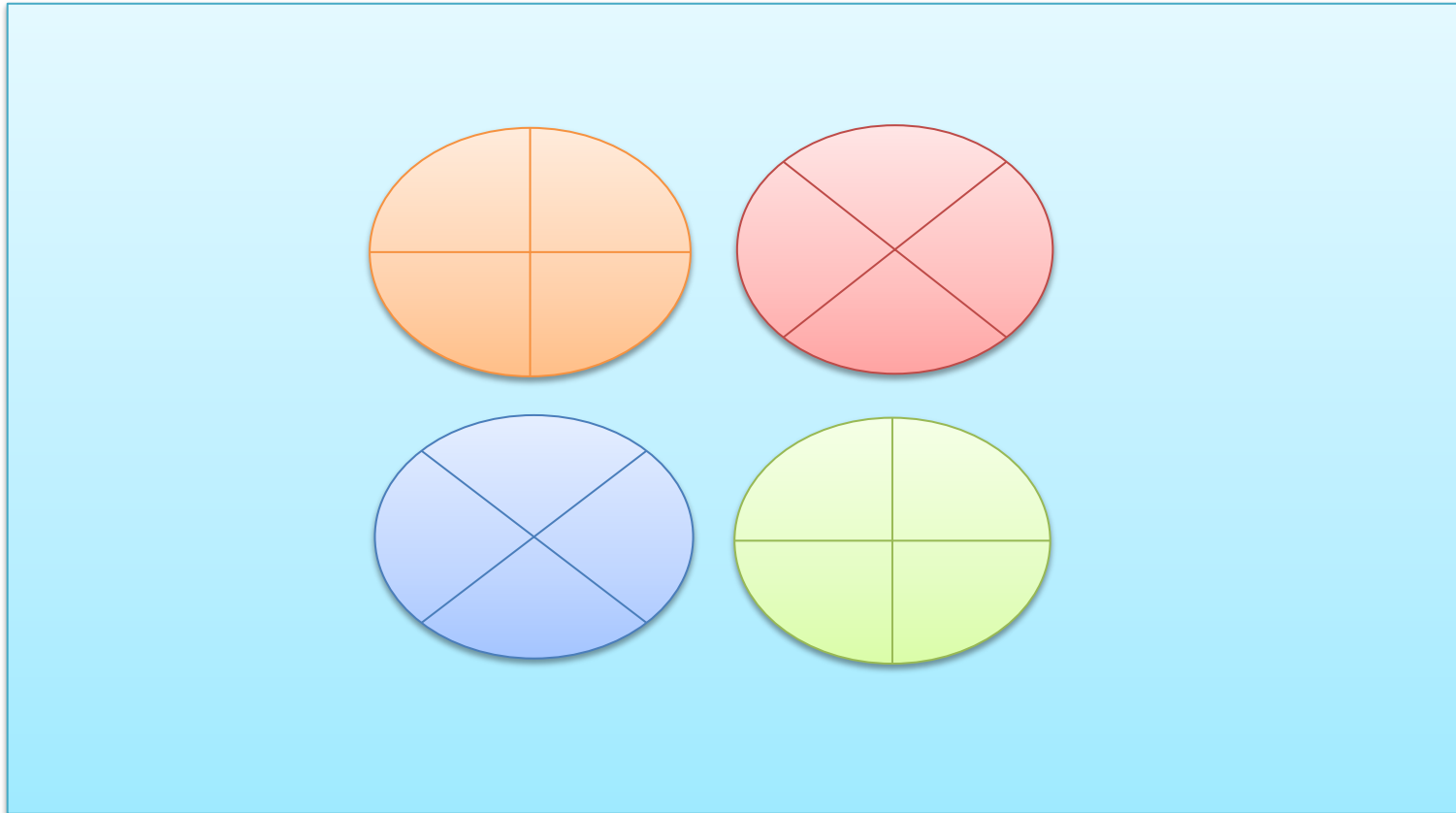










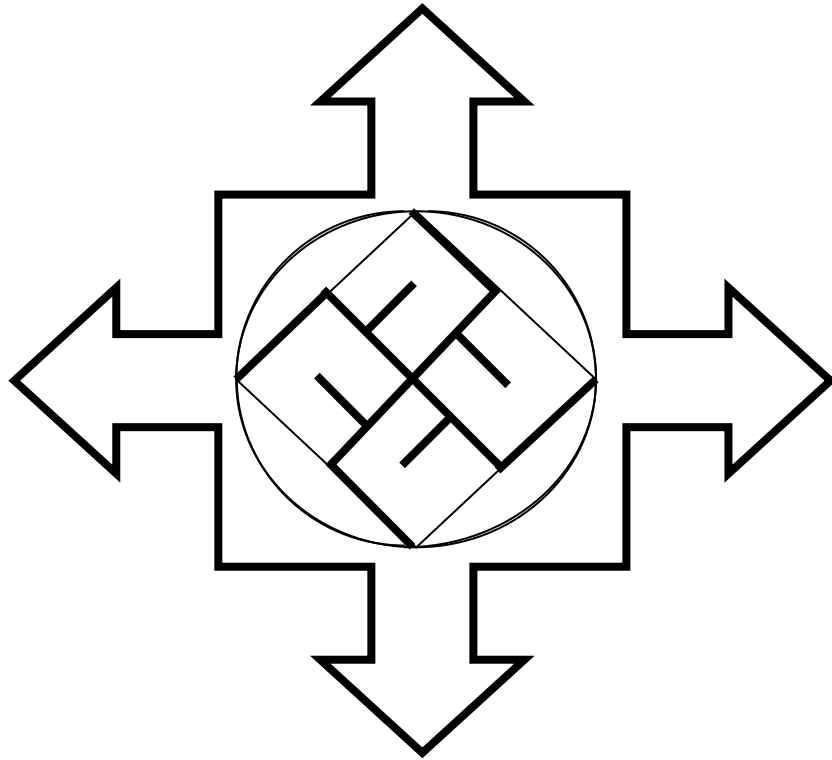


Infoanálisis...

Omar Apátiga Rivera ®™©

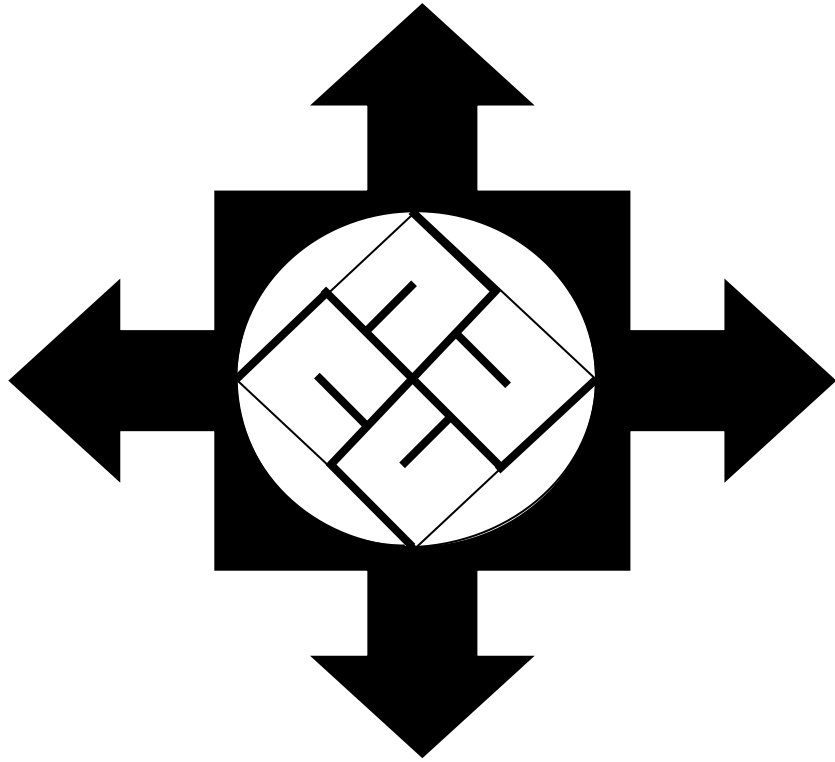
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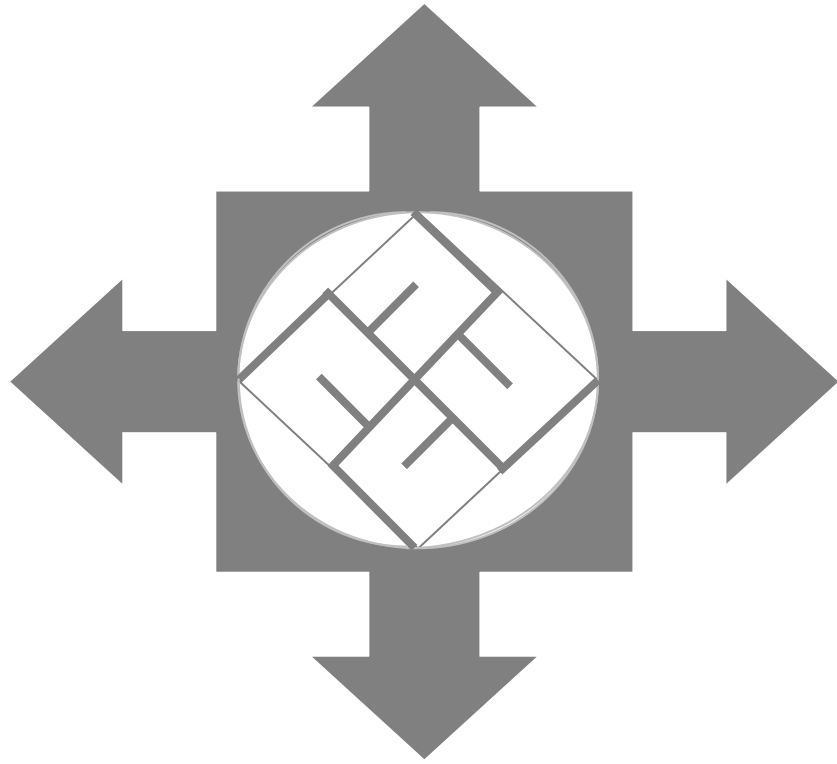


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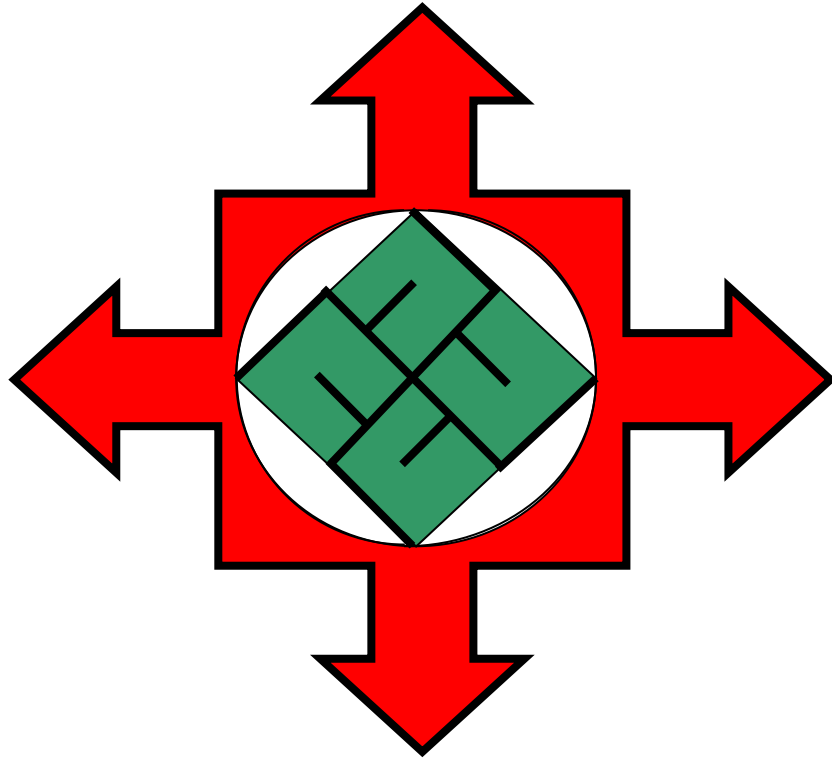
Cruzario(a) 26/05/2011

Fundador: Omar Apátiga Rivera.



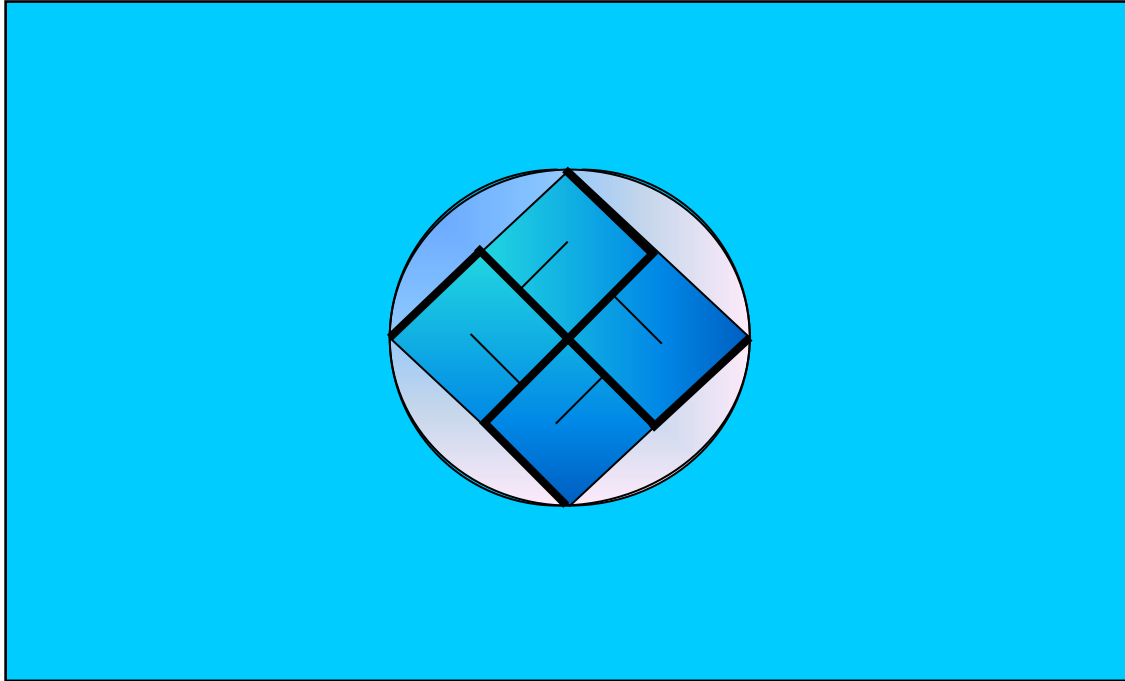
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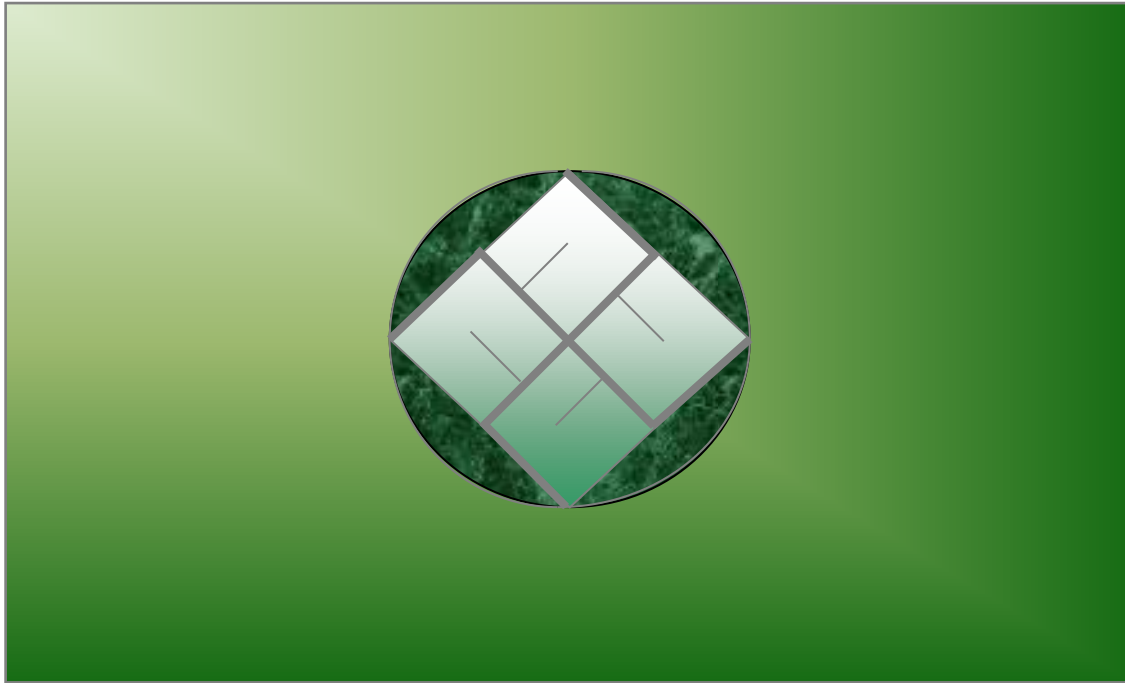


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Cruzario(a) 26/05/2011

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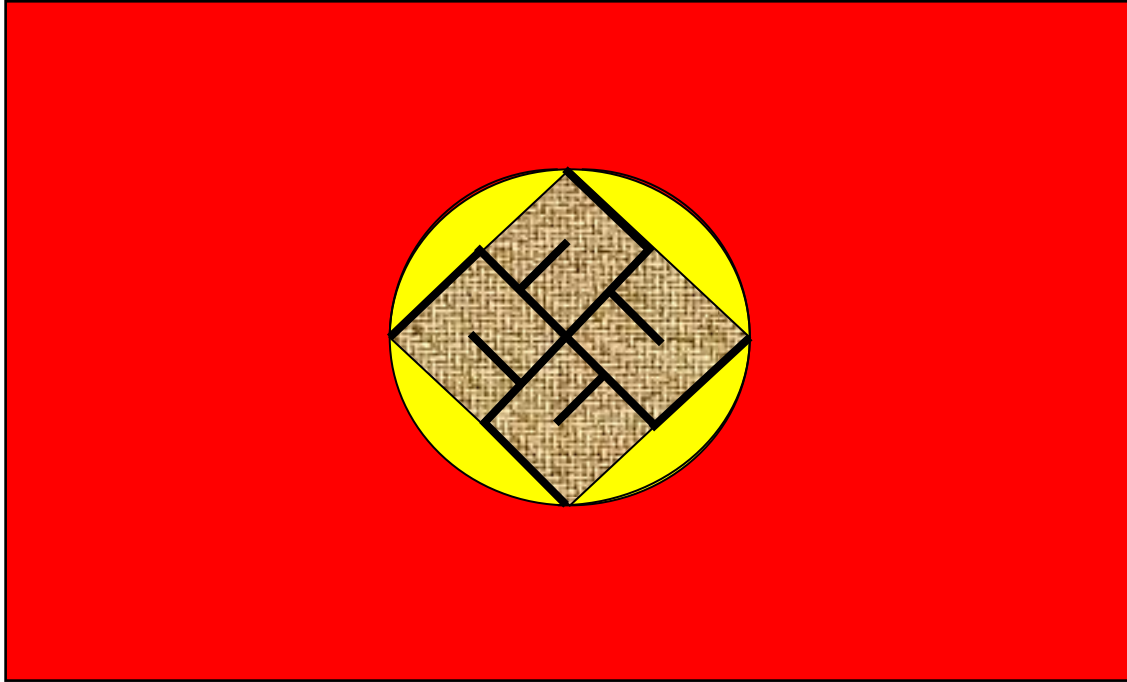


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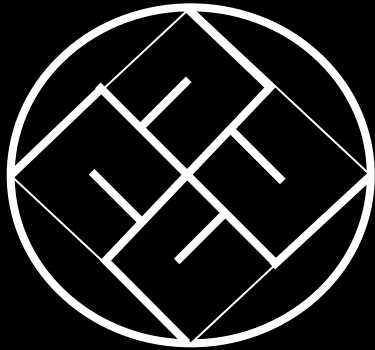


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Cruzario(a) 26/05/2011

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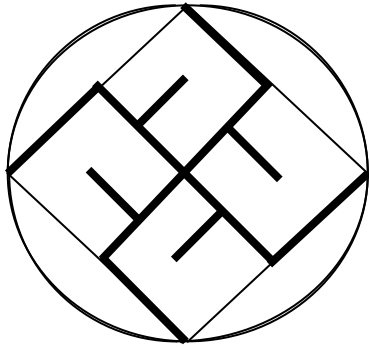


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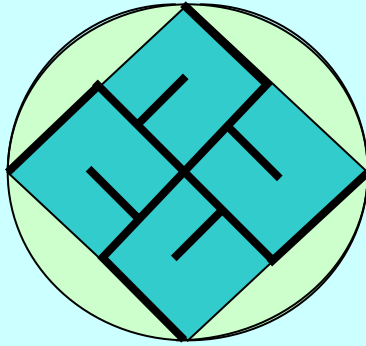


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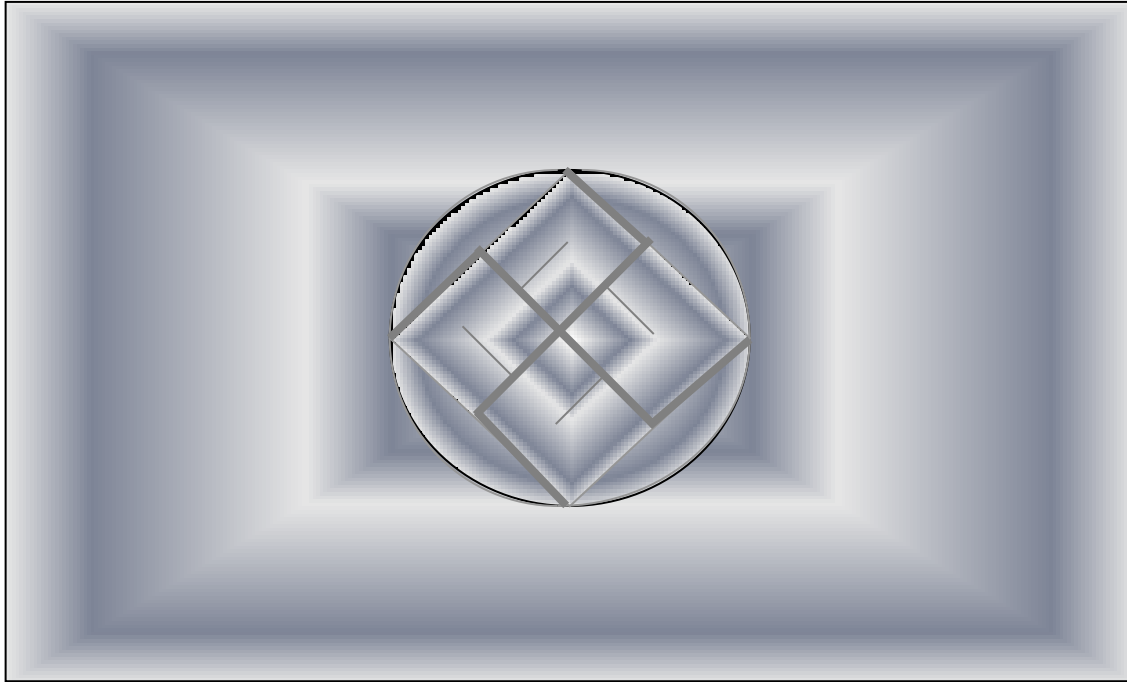


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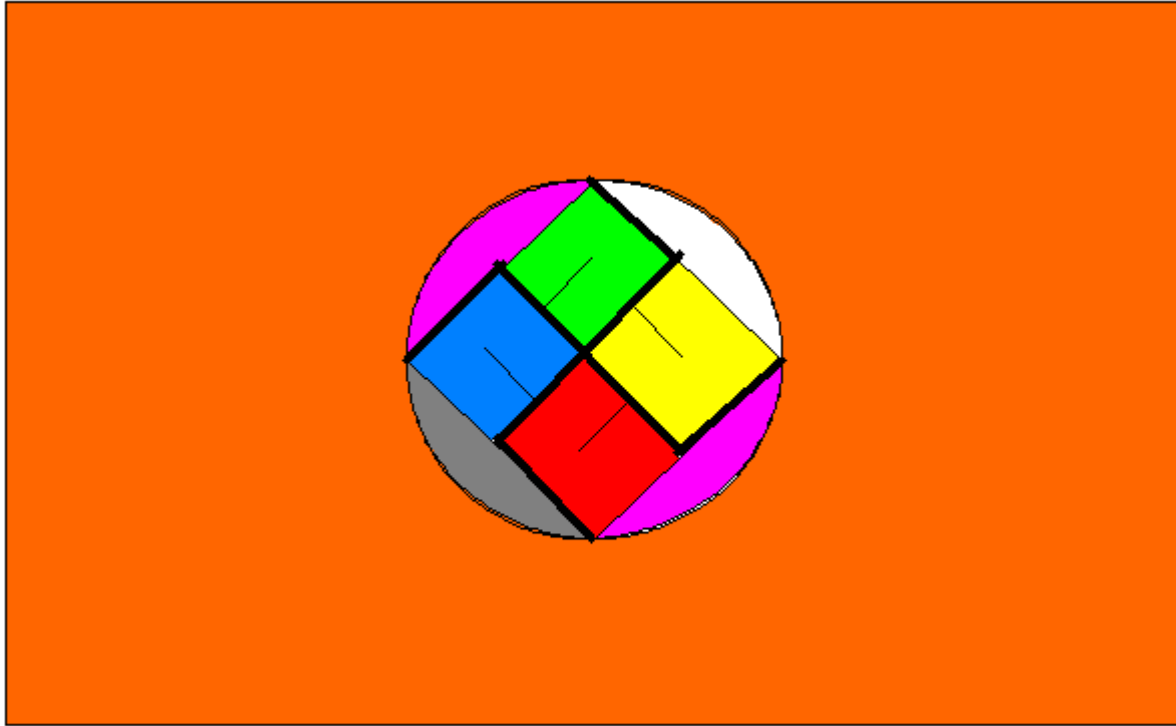


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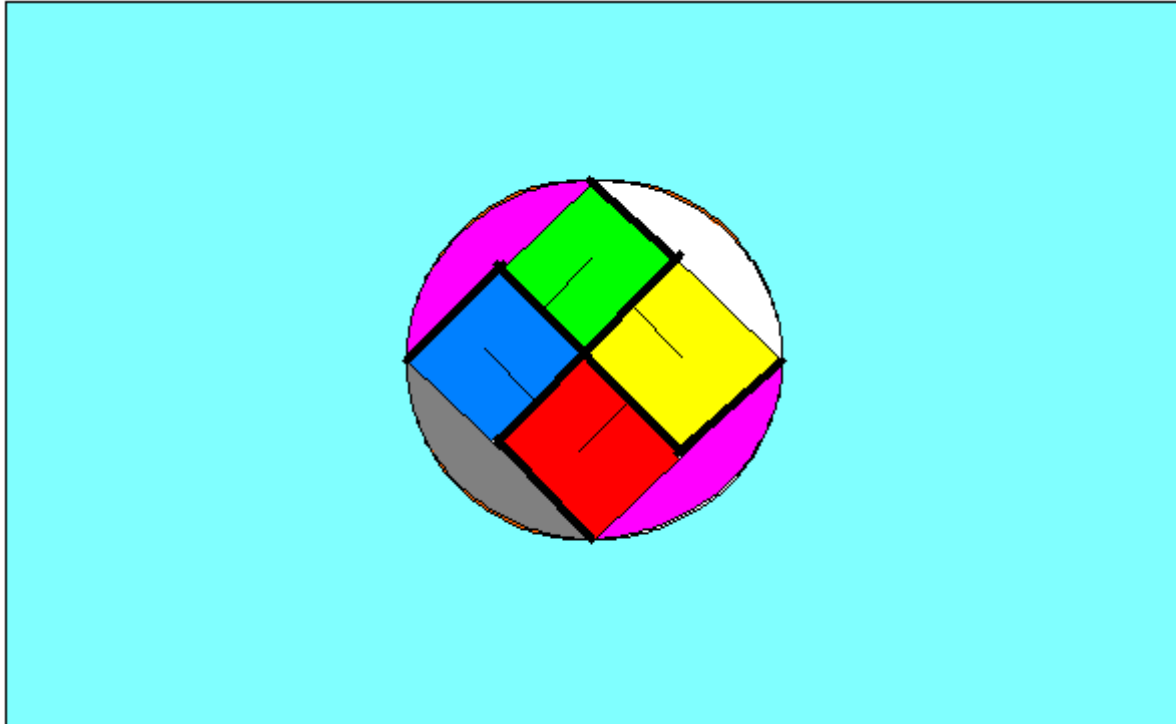
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Fundador: Omar Apátiga Rivera.



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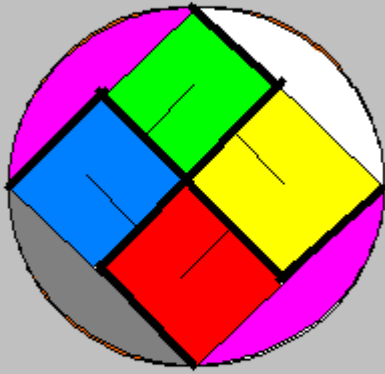


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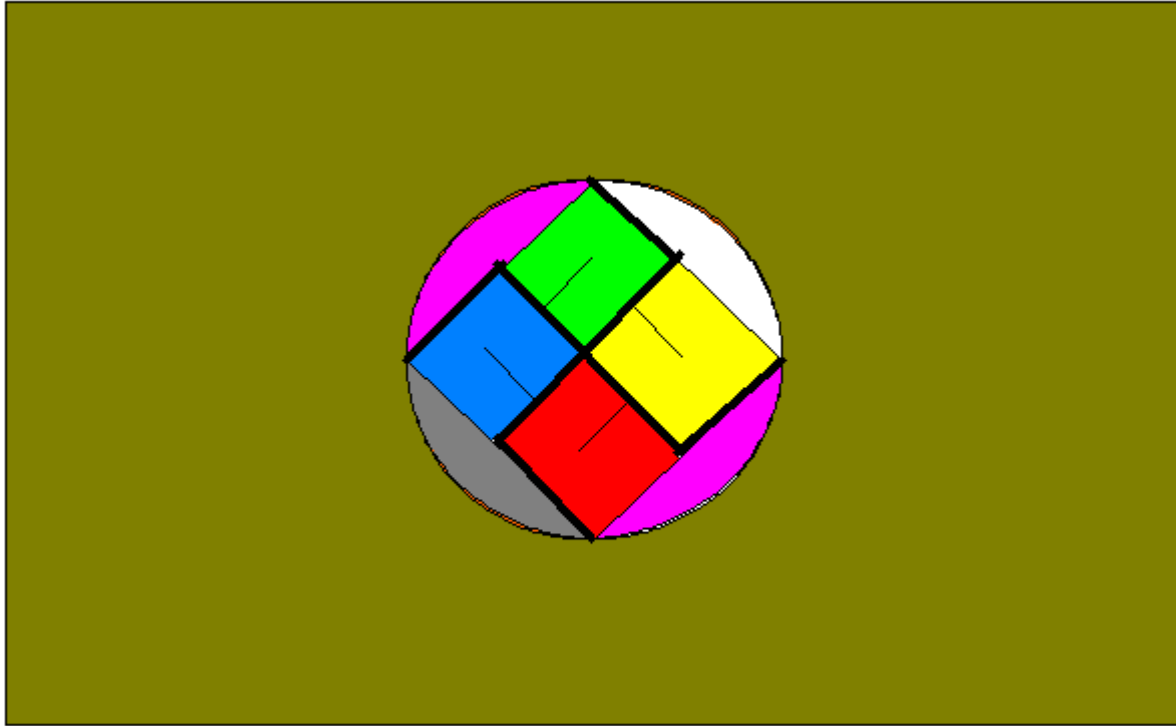
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Fundador: Omar Apátiga Rivera.



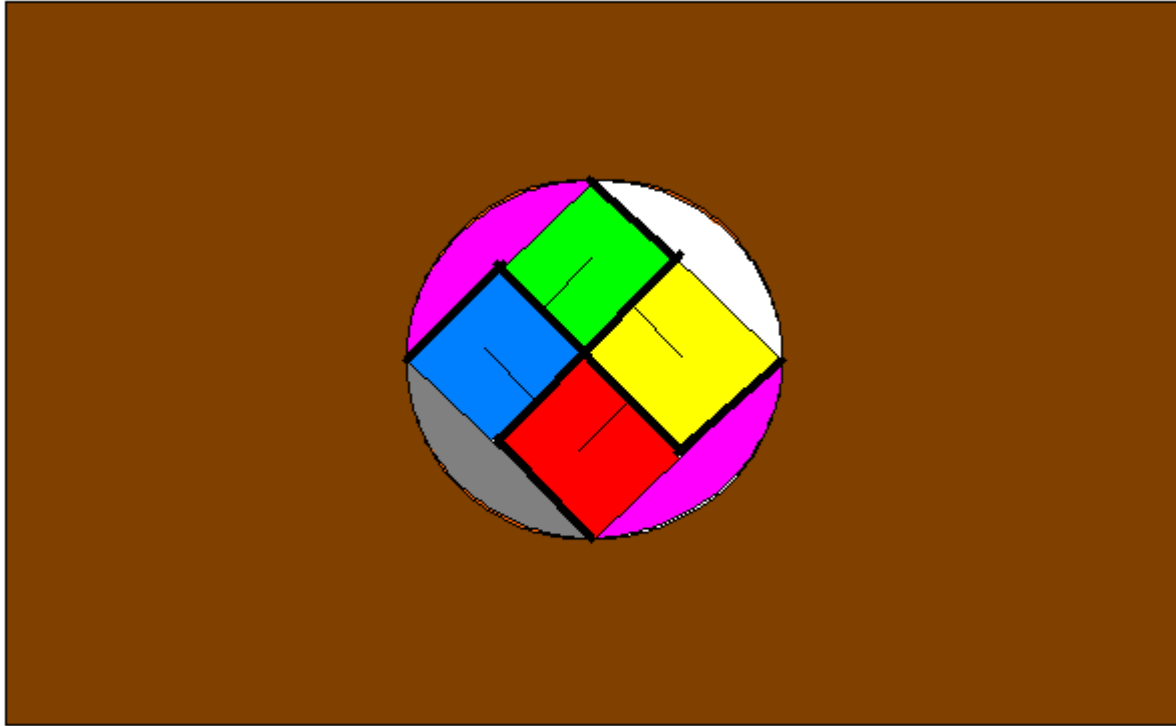
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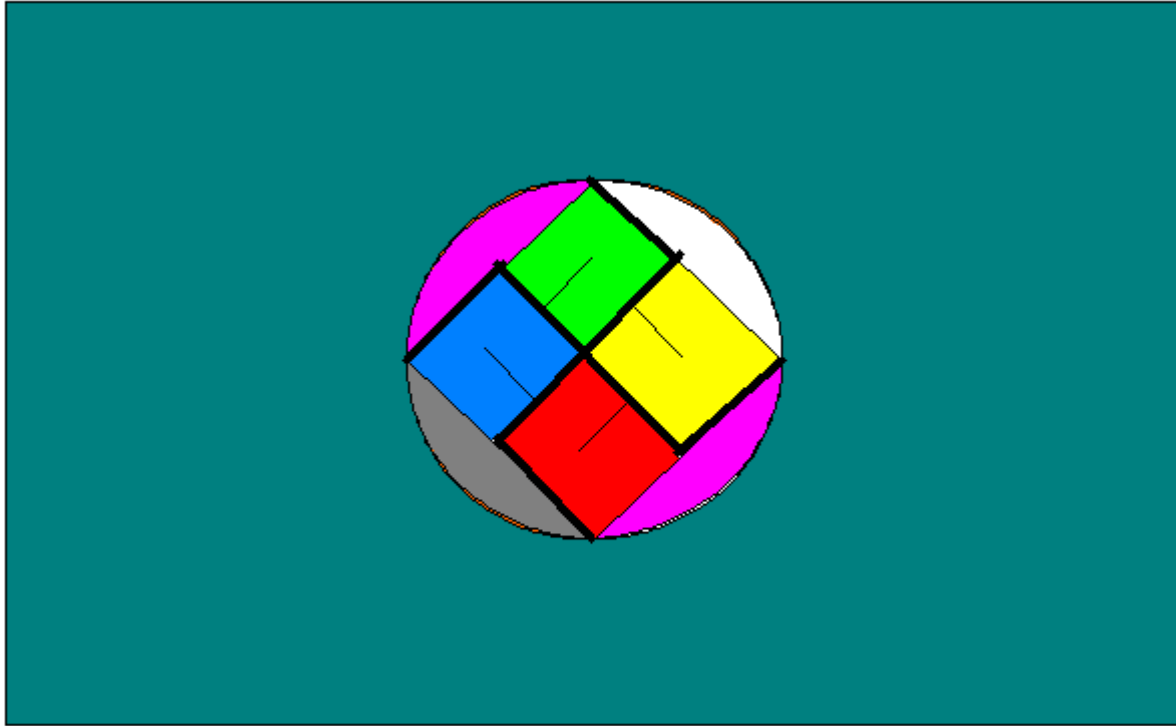
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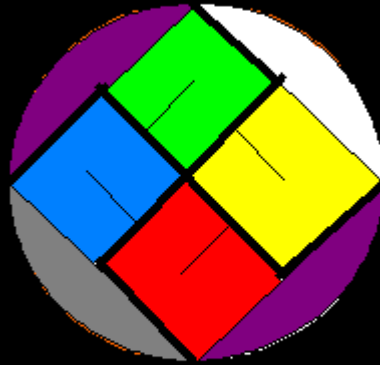
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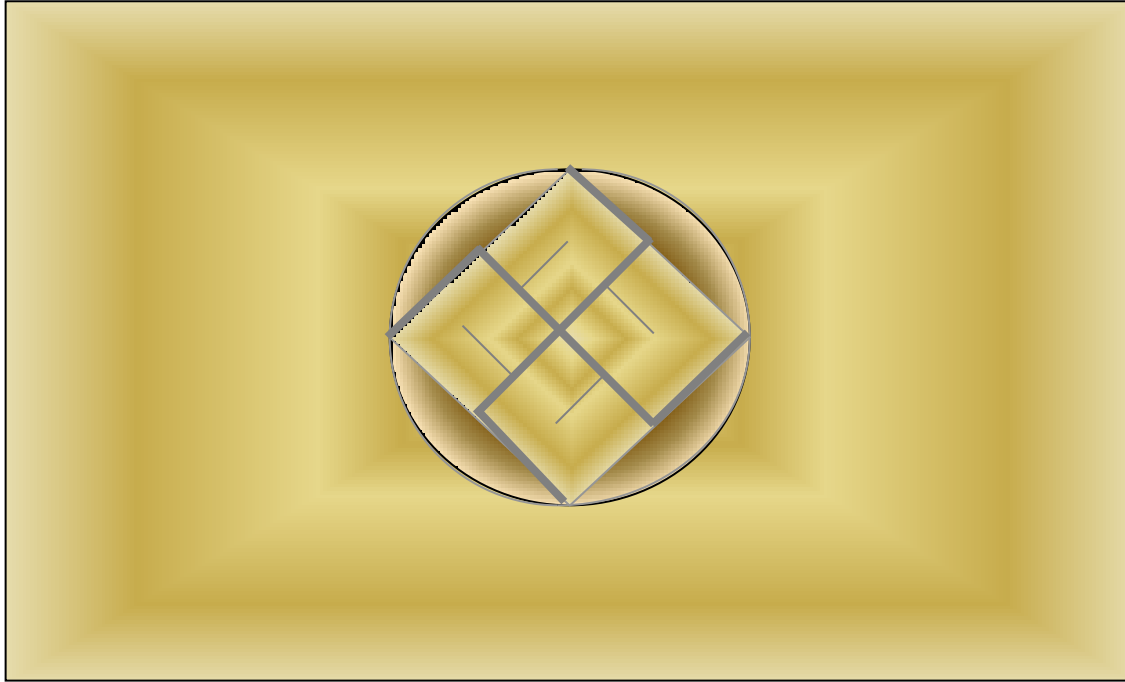


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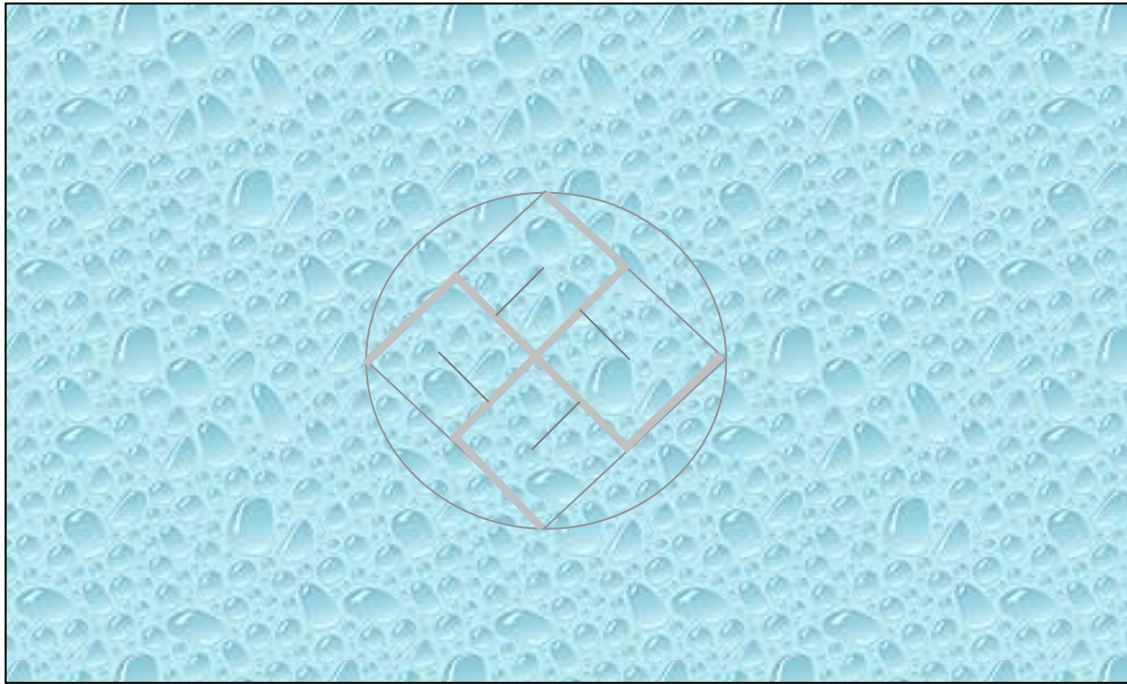
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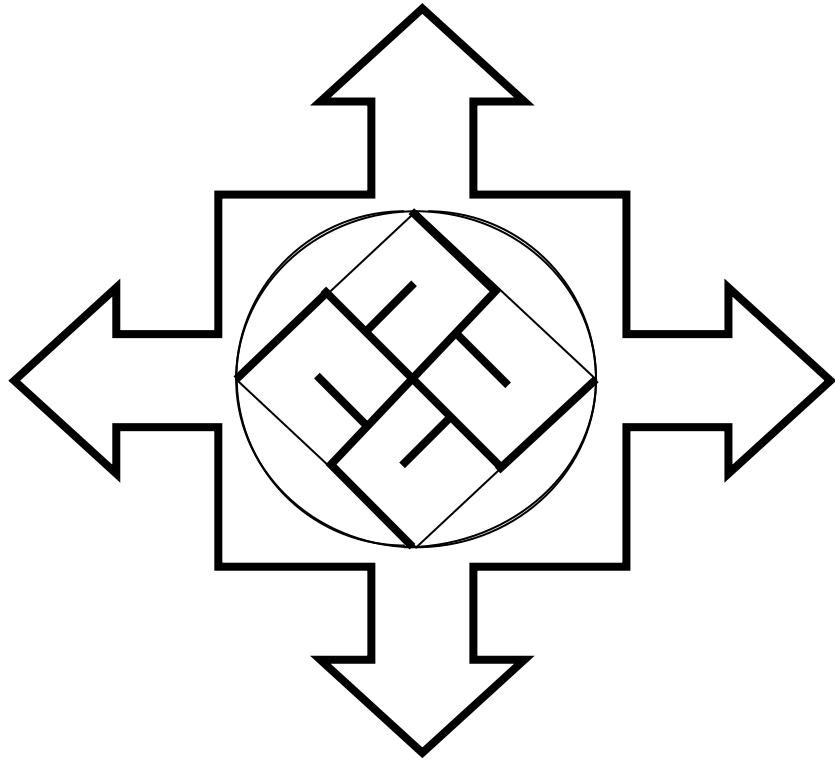


Global Vision Club

Global Vision Club

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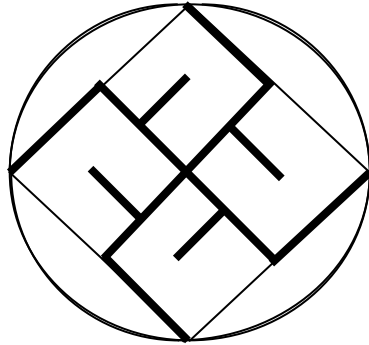


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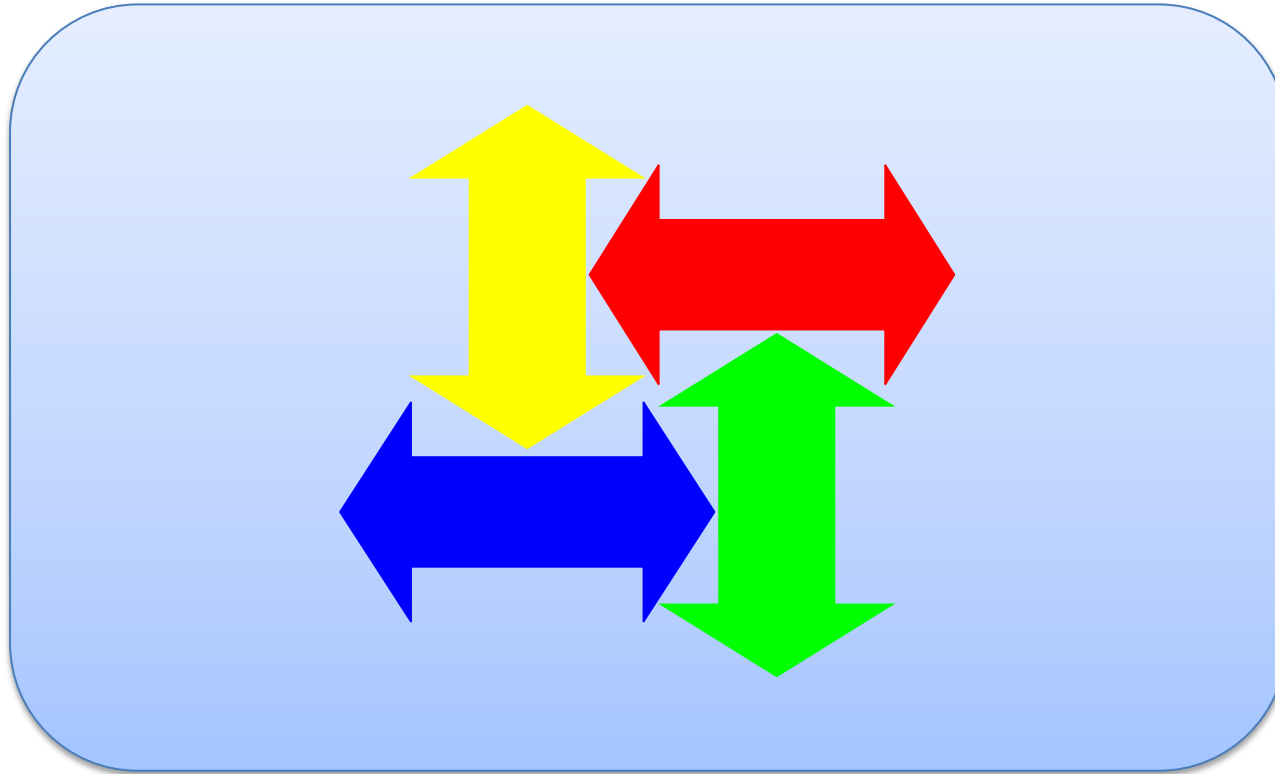


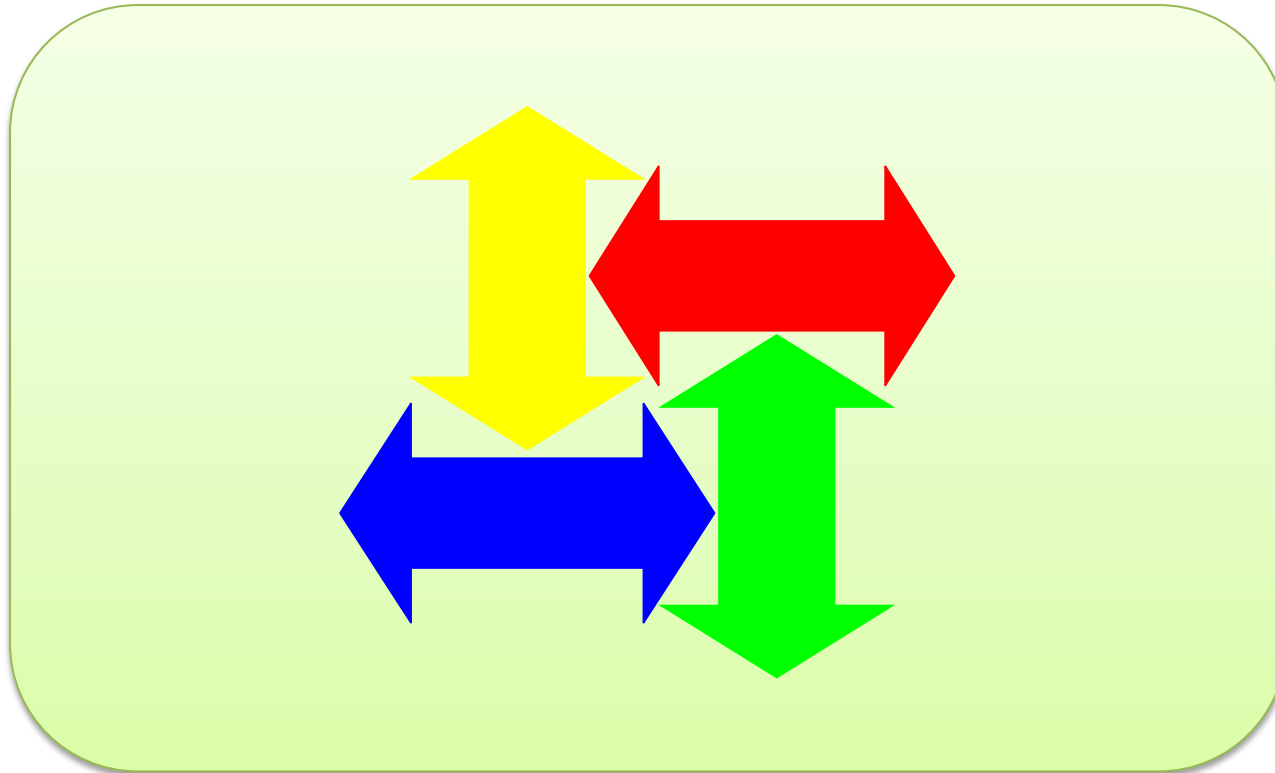
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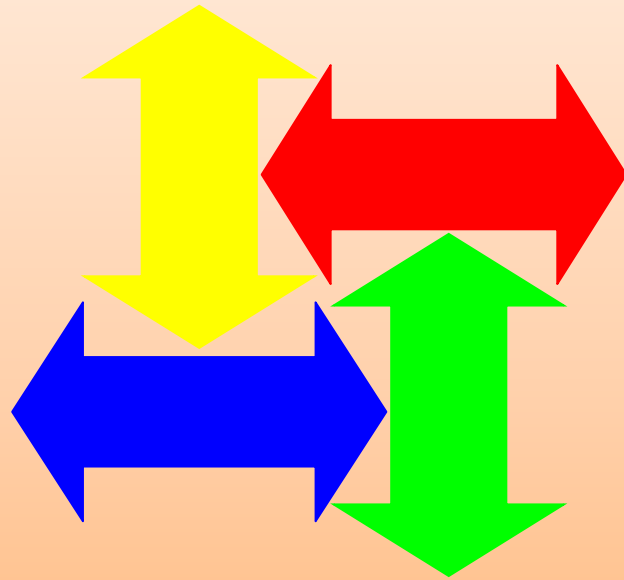


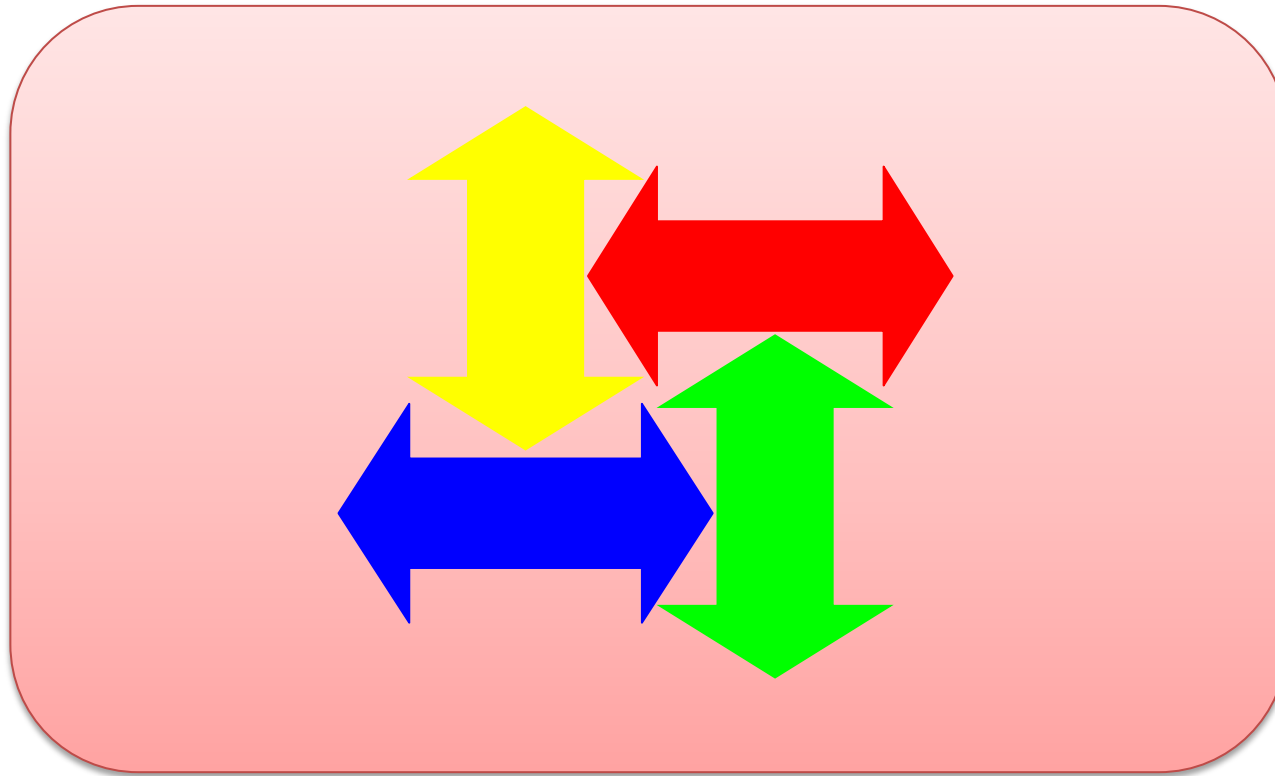
Triunfar

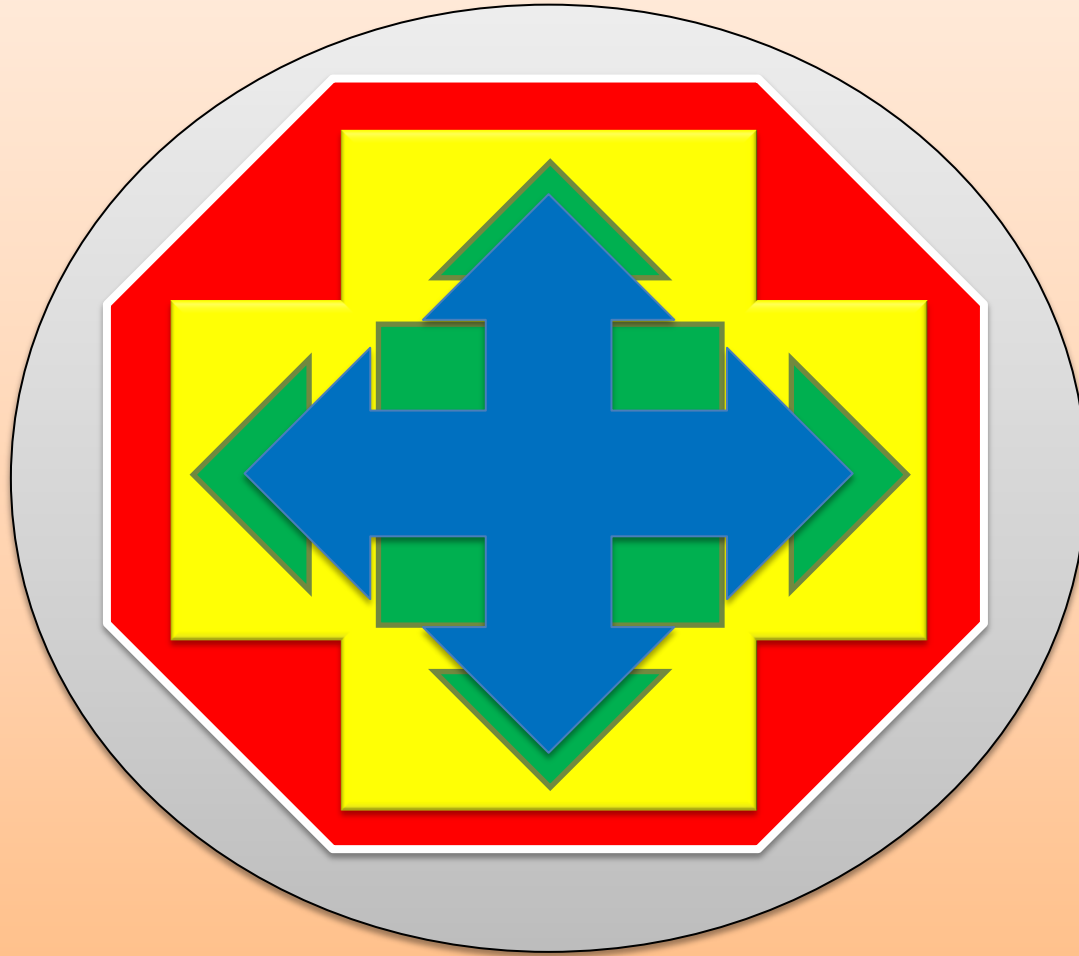












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Formula de la Moderación..'

DIGAS		SABES		DICE		SABE		DICE		CONVIENE	
HAGAS		PUEDES		HACE		PUEDE		HACE		DEBE	
NO	CREAS	TODO LO QUE	OYES	PORQUE EL QUE	CREE	TODO LO QUE	OYE	MUCHAS VECES	CREE	LO QUE NO	PUEDE SER
JUZGUES		VES		JUZGA		VE		JUZGA		PUEDE	
GASTES		TIENES		GASTA		TIENE		GASTA		ES	



Tabla de la Pareja y la Compatibilidad

- Grado A - Excelente
- Grado B - Muy bueno
- Grado C - Correcto
- Grado D - Debajo del promedio
- Grado E - Necesita ayuda



Mujer\Hombre	Piscis	Acuario	Capricornio	Sagitario	Escorpio	Libra	Virgo	Leo	Cáncer	Géminis	Tauro	Aries
Aries	B	A	D	C	B	B	D	A	E	B	B	B
Tauro	A	B	C	D	C	D	B	E	B	B	B	B
Géminis	E	A	D	B	B	B	B	B	D	B	C	C
Cáncer	B	D	C	B	A	E	B	B	B	B	C	D
Leo	C	B	B	C	E	D	D	A	B	B	B	B
Virgo	B	D	C	D	A	B	B	B	C	B	B	E
Libra	D	A	D	C	B	C	B	B	E	B	B	B
Escorpio	A	D	C	E	B	B	B	B	C	B	B	D
Sagitario	E	A	B	B	C	B	D	B	B	D	B	C
Capricornio	A	C	D	B	B	B	B	B	E	D	C	D
Acuario	B	B	E	B	D	C	B	B	D	B	C	A
Piscis	B	B	B	B	B	E	B	C	A	D	C	D



Tabla de pesos recomendados

MUJER				HOMBRE			
Altura	Contextura			Altura	Contextura		
	Chica	Mediana	Grande		Chica	Mediana	Grande
1,42	41,0-44,0	43,0-48,0	47,0-53,0	1,55	50,0-54,0	53,0-58,0	56,0-63,0
1,43	42,3-45,3	44,3-49,3	48,3-55,3	1,56	50,3-54,3	54,3-60,3	58,3-63,3
1,44	42,0-45,0	44,0-49,0	48,0-55,0	1,57	52,0-55,0	54,0-60,0	58,0-65,0
1,45	42,3-45,3	44,3-49,3	48,3-55,3	1,58	52,3-55,3	54,3-60,3	58,3-65,3
1,46	42,6-45,6	44,6-49,6	48,6-55,6	1,59	52,6-55,6	54,6-60,6	58,6-65,6
1,47	43,0-47,0	45,0-51,0	49,0-56,0	1,60	53,0-56,0	56,0-61,0	59,0-66,0
1,48	43,3-47,3	45,3-51,3	49,3-56,3	1,61	53,5-56,5	56,5-61,5	59,5-66,5
1,49	43,6-47,6	45,6-51,6	49,6-56,6	1,62	54,0-60,0	57,0-62,0	61,0-68,0
1,50	44,0-48,0	47,0-53,0	50,0-58,0	1,63	54,3-60,3	57,3-62,3	61,3-68,3
1,51	45,0-48,5	47,5-53,5	51,0-58,5	1,64	54,6-60,6	57,3-62,6	61,6-68,6
1,52	46,0-49,0	48,0-54,0	52,0-59,0	1,65	56,0-60,0	58,0-64,0	62,0-70,0
1,53	46,3-49,3	48,3-54,3	52,3-59,3	1,66	56,5-60,5	59,0-65,0	63,0-71,0
1,54	46,7-49,7	48,7-54,7	52,7-60,7	1,67	57,0-61,0	60,0-66,0	64,0-72,0
1,55	47,0-51,0	49,0-55,0	53,0-60,0	1,68	57,7-61,7	60,7-66,7	64,7-72,7
1,56	47,5-52,0	50,0-57,5	53,5-63,0	1,69	58,4-62,4	61,4-67,4	65,4-73,4
1,57	48,0-53,0	51,0-57,0	54,0-62,0	1,70	59,0-63,0	62,0-68,0	66,0-74,0
1,58	48,7-53,3	51,7-58,3	54,7-62,7	1,71	60,0-64,0	63,0-69,0	67,0-75,0
1,59	49,4-53,7	52,4-58,7	55,3-63,4	1,72	61,0-65,0	64,0-70,0	68,0-76,0
1,60	50,0-54,0	53,0-58,0	56,0-64,0	1,73	61,7-65,7	64,3-70,7	68,3-76,7

M Hermano(a).



Cruzario(a) 26/05/2011

Fundador: Omar Apátiga Rivera.

1,61	50,5-54,5	53,5-59,7	57,0-65,0	1,74	62,4-66,3	64,7-71,3	68,7-77,4
1,62	51,0-55,0	54,0-61,0	58,0-66,0	1,75	63,0-67,0	65,0-72,0	69,0-78,0
1,63	51,7-55,7	54,7-61,7	58,7-66,7	1,76	63,5-68,0	65,7-73,0	70,0-79,0
1,64	52,4-56,4	55,4-62,4	59,4-67,4	1,77	64,0-69,0	67,0-74,0	71,0-80,0
1,65	53,0-57,0	56,0-63,0	60,0-68,0	1,78	64,7-69,7	67,7-74,7	71,7-81,0
1,66	54,0-60,5	56,5-64,5	61,0-68,5	1,79	65,4-70,4	68,4-75,4	72,4-82,0
1,67	55,0-60,0	57,0-64,0	62,0-69,0	1,80	66,0-71,0	69,0-76,0	73,0-83,0
1,68	55,7-60,3	57,7-64,7	62,3-69,7	1,81	67,0-72,0	70,0-77,0	75,0-84,0
1,69	56,4-60,7	58,3-65,3	62,7-70,3	1,82	68,0-73,0	71,0-78,0	77,0-85,0
1,70	57,0-61,0	59,0-66,0	63,0-71,0	1,83	68,7-73,7	71,7-78,7	77,3-85,7
1,71	57,5-62,0	60,0-67,0	64,0-72,0	1,84	69,4-74,4	72,4-79,4	77,7-86,4
1,72	58,0-63,0	61,0-68,0	65,0-73,0	1,85	70,0-75,0	73,0-81,0	78,0-87,0
1,73	58,7-63,7	61,7-68,7	65,7-74,0	1,86	71,0-76,0	74,0-82,0	79,0-88,0
1,74	59,3-64,3	62,3-69,3	66,3-75,0	1,87	72,0-77,0	75,0-83,0	80,0-89,0
1,75	60,0-65,0	63,0-70,0	67,0-76,0	1,88	72,3-77,3	75,7-83,7	80,7-90,0
1,76	61,0-66,0	64,0-71,0	68,5-77,0	1,89	72,7-77,7	76,4-84,4	81,4-91,0
1,77	62,0-67,0	65,0-72,0	70,0-78,0	1,90	73,0-78,0	77,0-85,0	82,0-92,0

M Hermano(a).



Grasa Corporal



El requerimiento calórico varía según el sexo y la edad

Mujeres adultas	Varones Adultos
2000 kcal	3000 kcal

El porcentaje de grasa corporal es el método más fiable para establecer el peso ideal de una persona pero es el mas difícil y complicado de medir.

Existen varias formas de medirlo, las más fiables son de laboratorio:

- ▶ Pesaje hidrostático: demasiado complicado, se sumerge a un individuo en una piscina y se lo pesa allí adentro
- ▶ Pliegues cutáneos, se realiza en muchos gimnasios hoy en día, debe realizarlo una persona idónea, ya que no es solamente medir el pliege de grasa con una pinza
- ▶ También se puede realizar mediante un aparato de ultrasonido.



Hombres

Deben medirse con un centímetro la circunferencia de la cintura a nivel del ombligo (medir 3 veces y promediar)

$$PCM = 98.42 + [(1.082 * PC) - (4.15 * CC)]$$

$$\% \text{ de grasa} = (PC - PCM) / PC * 100$$

Siendo PCM	Peso Corporal Magro
PC	Peso Corporal
CC	Circunferencia de la Cintura

Mujeres

Es más complicado deben realizar varias medidas

Circunferencia del diámetro de las muñecas en su nivel más ancho (CM)

Circunferencia abdominal debajo del ombligo en el lugar más ancho(CA)

Circunferencia de las caderas a nivel de los glúteos (nalgas) en el lugar más ancho(CC)

Circunferencia del antebrazo en el lugar más ancho justo debajo del codo con el brazo extendido y la palma hacia arriba(C Ant)

$$PCM = 8,987 + 0,732 * (PC) + 3,786(CM) - 0,157 * (CAbd) - 0,249 * CC + 0,434 * (CAnt)$$

$$\% \text{ de grasa} = (PC - PCM) / PC * 100$$

Nota ambos test no son fiables en personas con grandes desarrollo muscular

