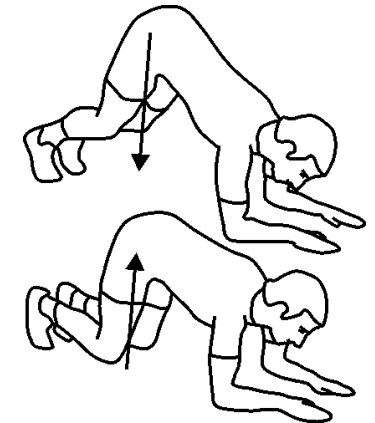
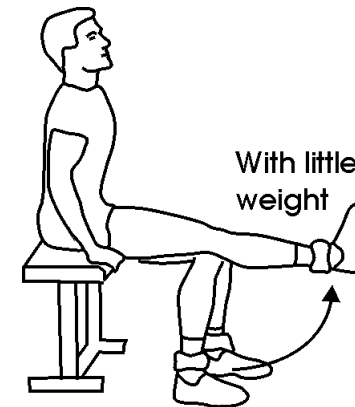
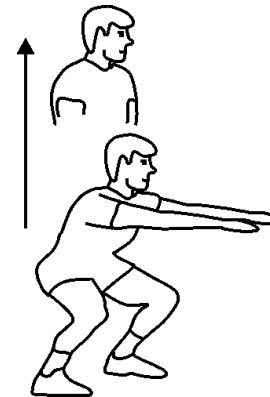
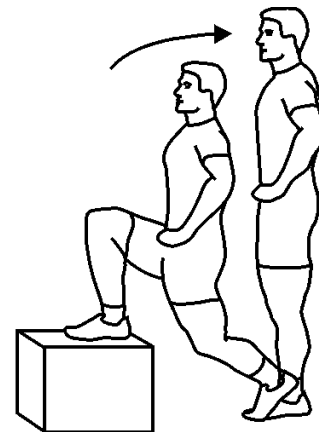
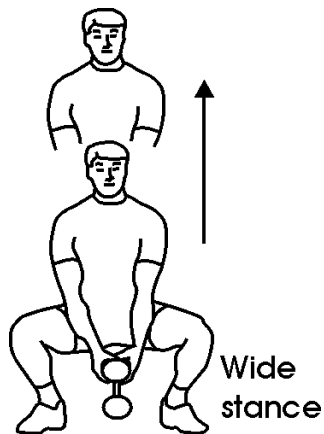
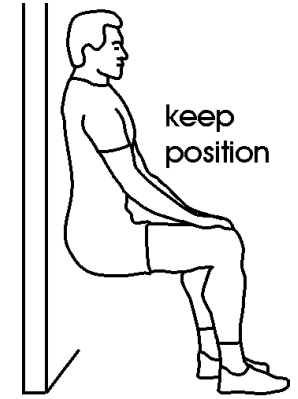
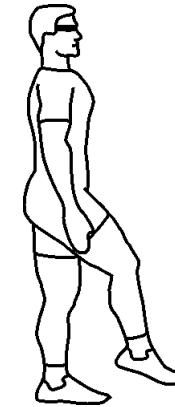
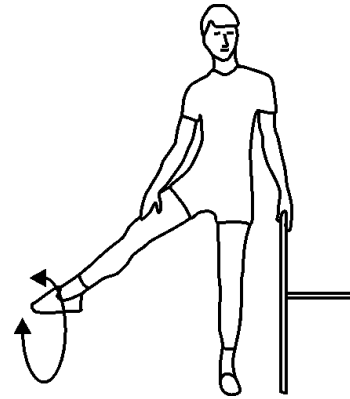
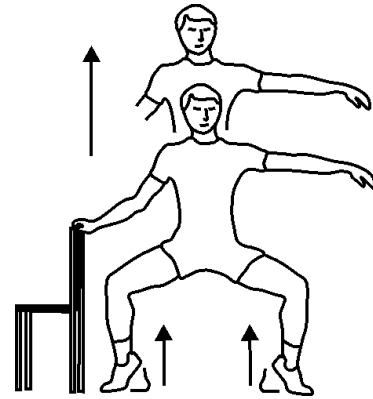
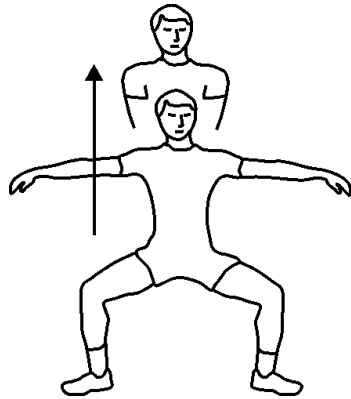


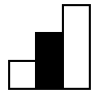
Refuerza tu piernas!

30 ejercicios prácticos
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Nivel 

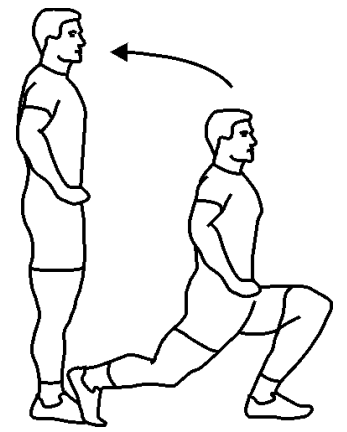
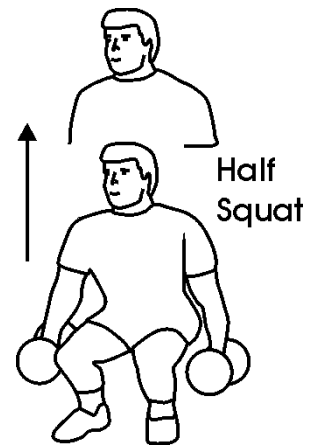
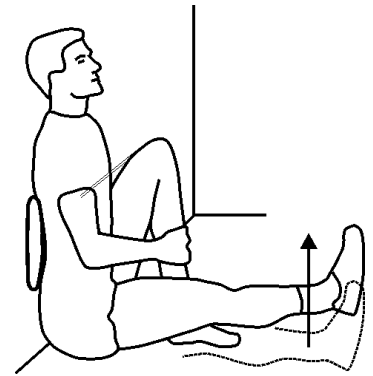
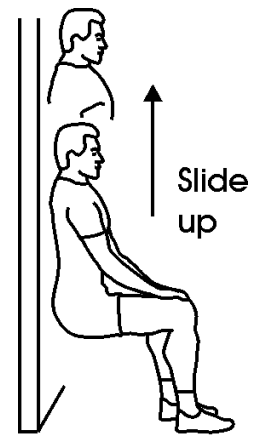
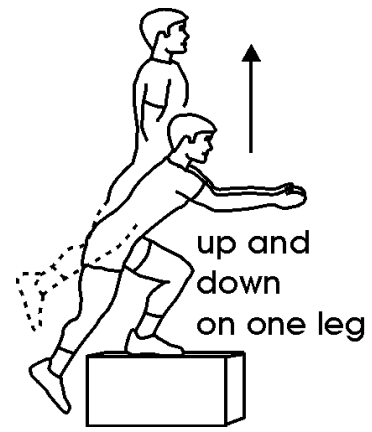




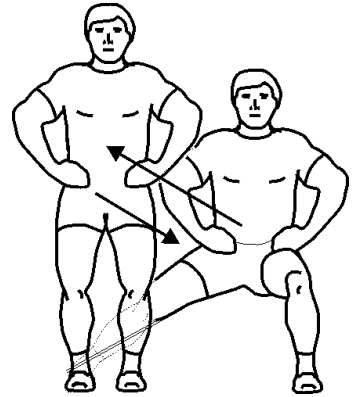
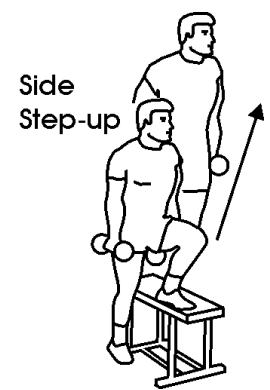
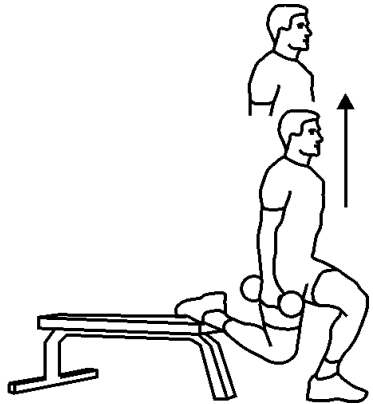
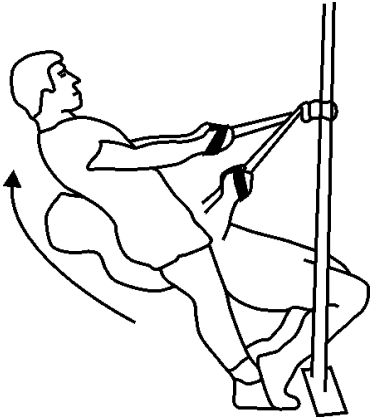
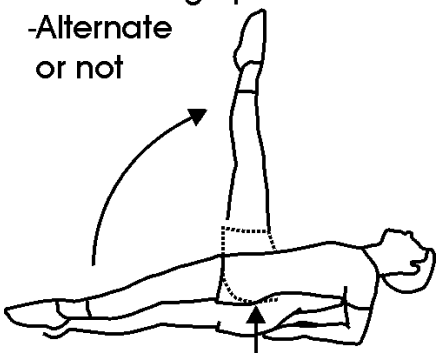
Nivel 

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-Keep back up
 -Lift one leg up
 -Alternate
 or not



Refuerza tu piernas!

30 ejercicios prácticos
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Nivel 

