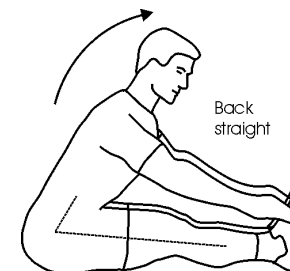
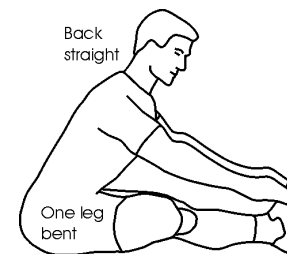
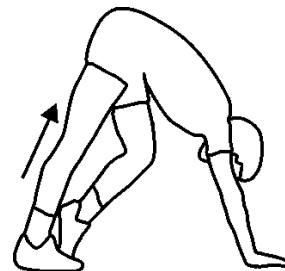
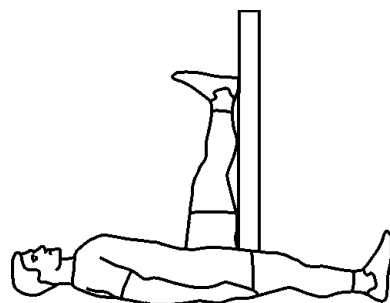
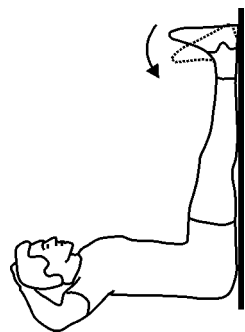
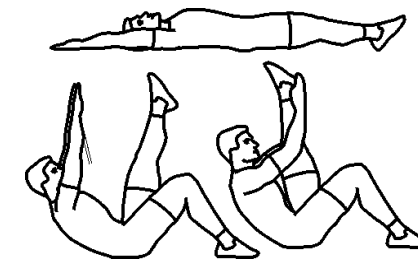
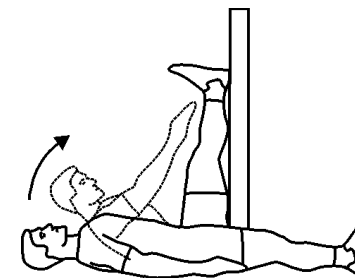
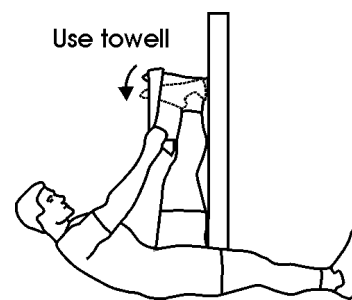
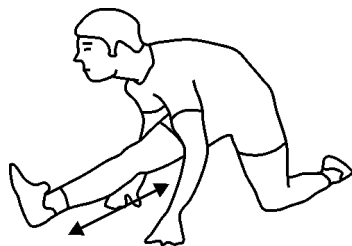
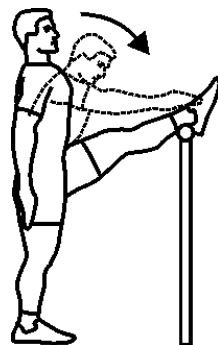


Estiramientos para las piernas / isquiotibiales

Nivel

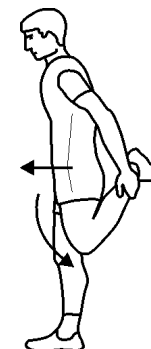
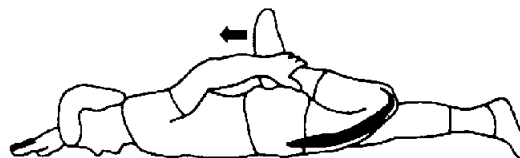
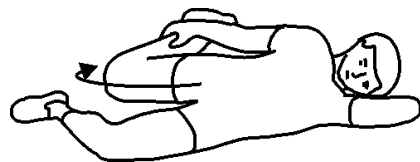


Nivel

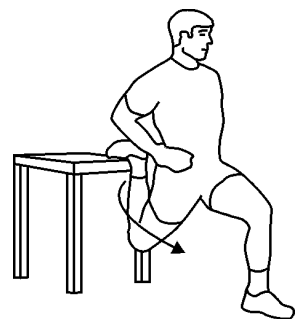


Estiramientos para las piernas / cuádriceps

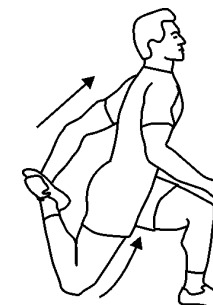
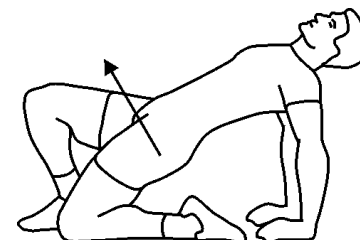
Nivel



Nivel

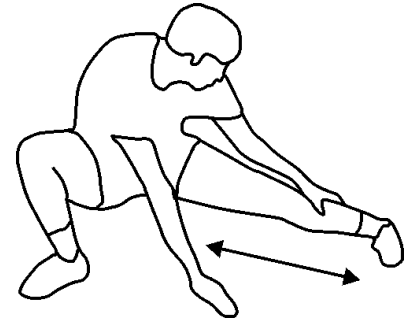
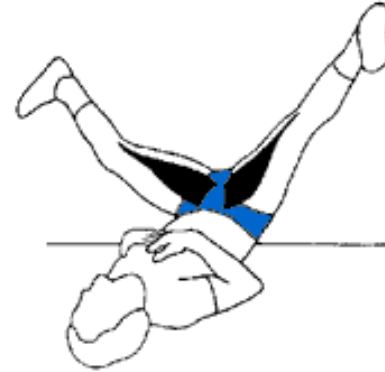
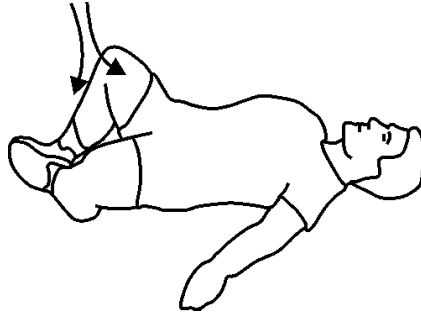
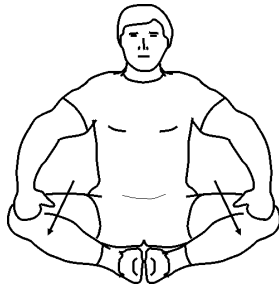


Nivel

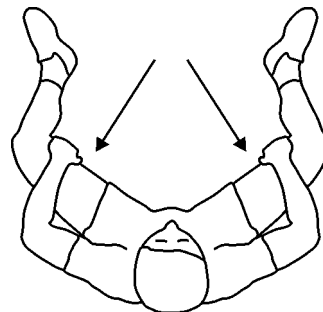
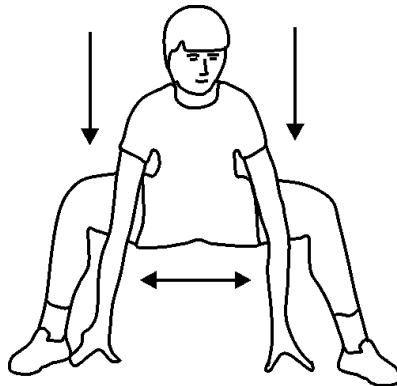


Estiramientos para las piernas / abductores

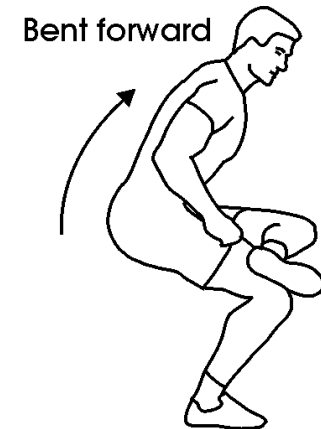
Nivel 



Nivel 

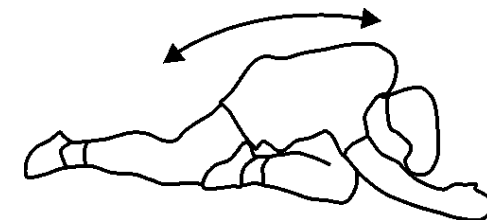
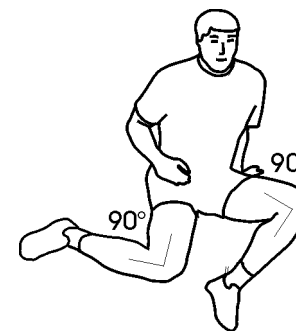
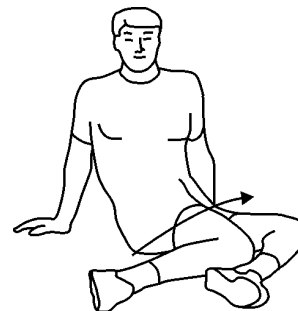
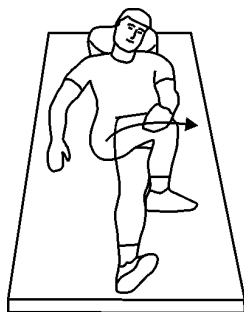
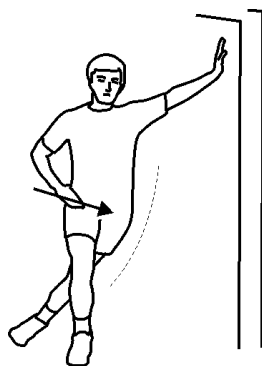


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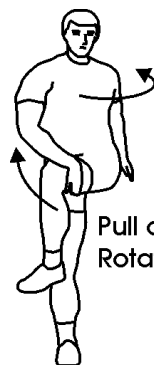


Estiramientos para la cadera

Nivel



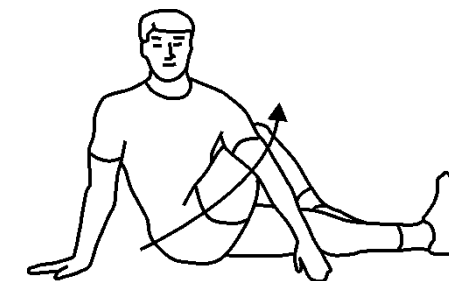
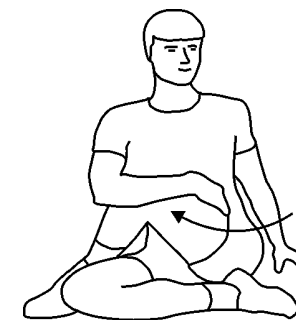
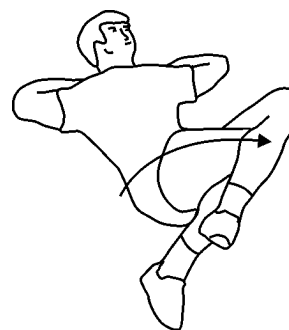
Nivel



Pull on side
Rotate shoulders

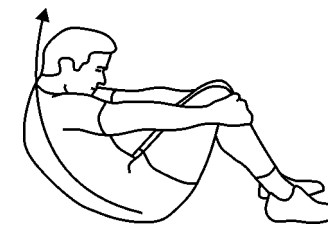
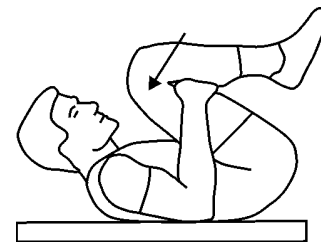
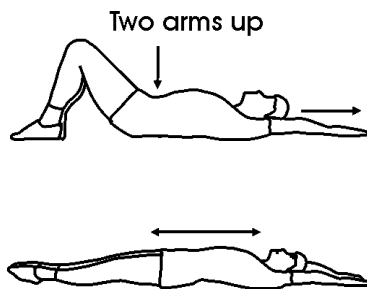


Pull toward
opposite
shoulder

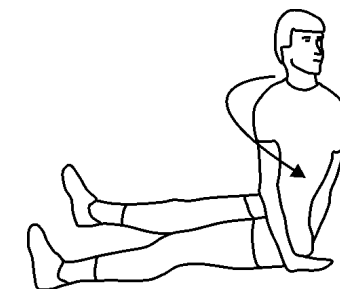
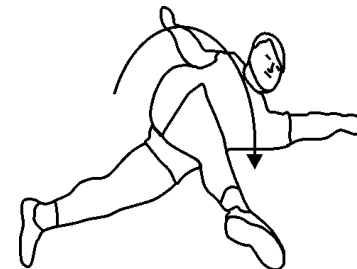
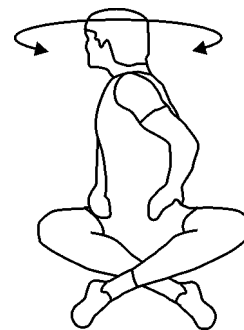
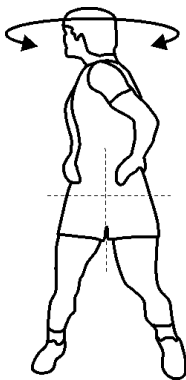


Estiramientos para la espalda

Nivel

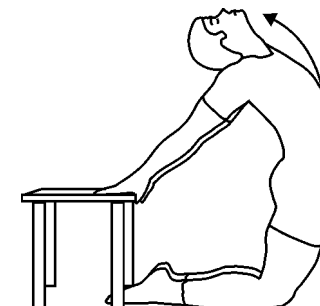
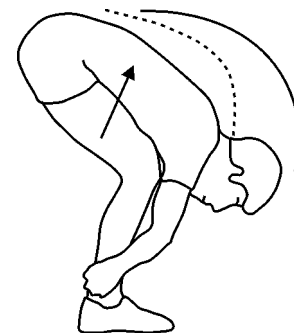
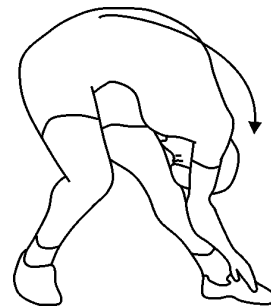
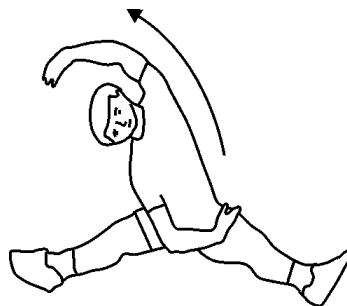
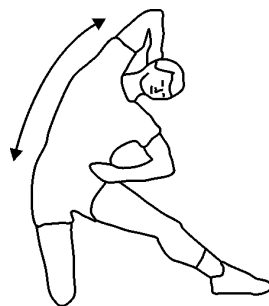


Nivel

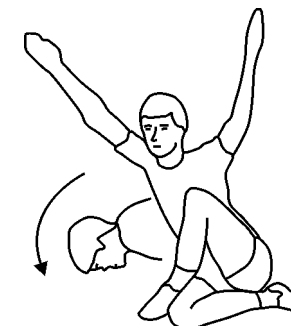
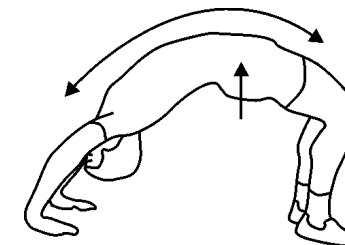
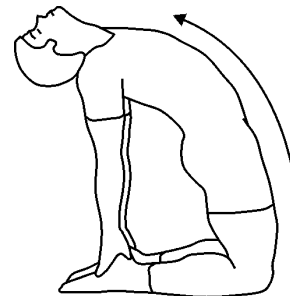
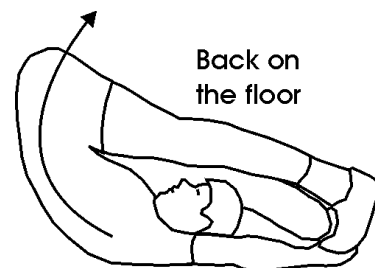
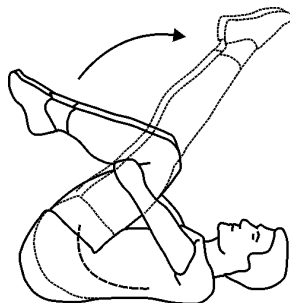


Estiramientos para la espalda

Nivel

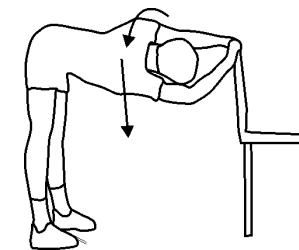
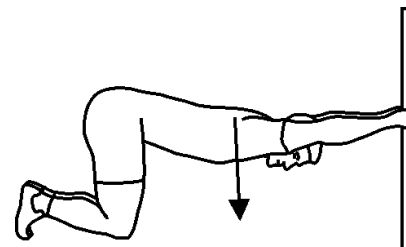
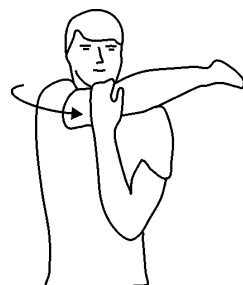
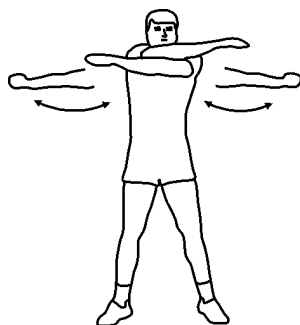


Nivel

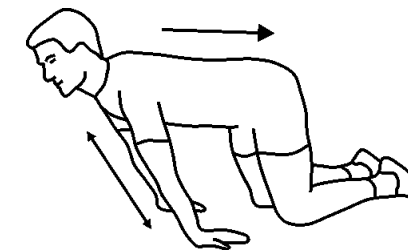
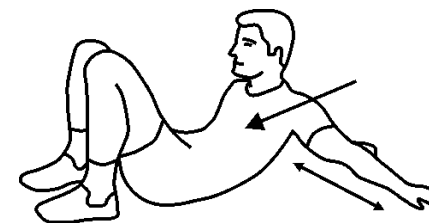
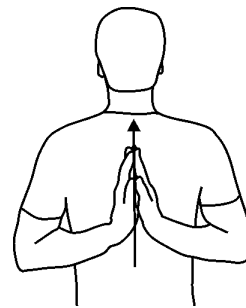
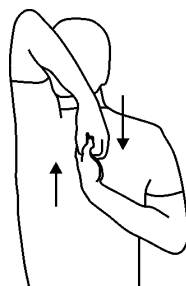


Estiramientos para los hombros

Nivel



Nivel



Estiramientos del cuello

Nivel

