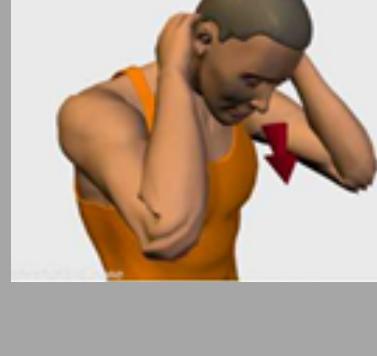


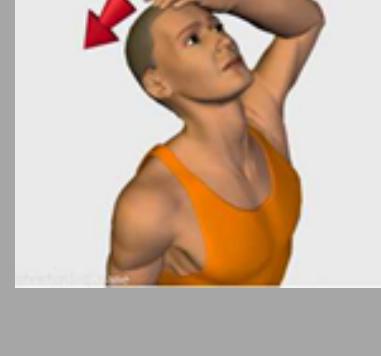
GUIA DE ESTIRAMIENTOS



10 segs. cada lado



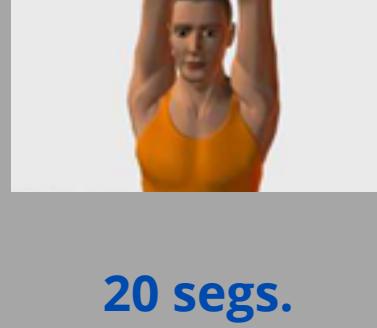
20 segs.



5 segs.



10 segs. cada lado



20 segs.



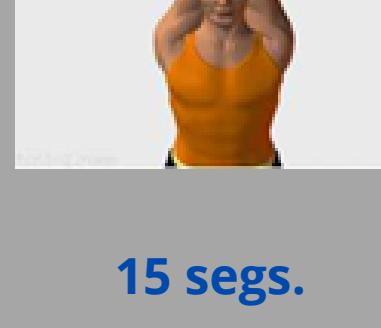
2 veces, 5 segs. cada una



15 segs. cada brazo



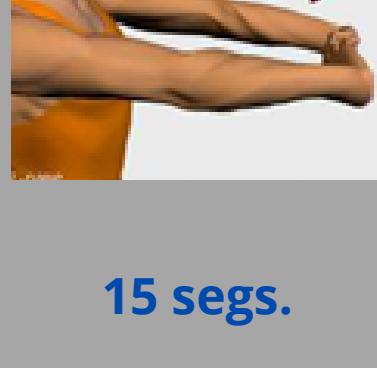
2 veces, 5 segs. cada una



15 segs.



15 segs. cada brazo



15 segs.



10 segs. cada brazo



10 segs. cada mano, cada sentido



30 segs.



10 segs. cada lado

Con la salud no se juega