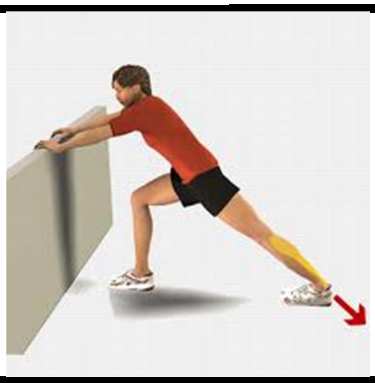
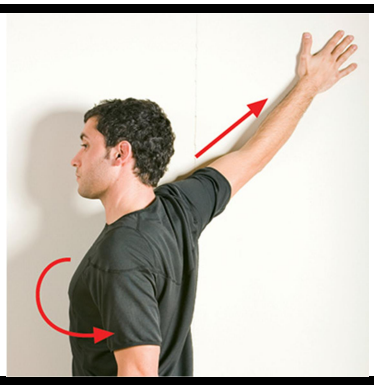
FICHA ESTIRAMIENTOS

Cuádriceps		
Gemelos		
Isquiotibiales		
Adductores		

Dorsal ancho	
Pectoral y Deltoides anterior	
Tríceps	
Musculatura cervical	
Glúteos	