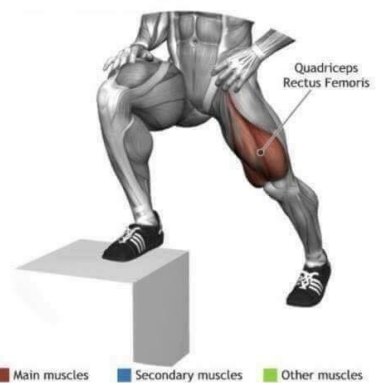
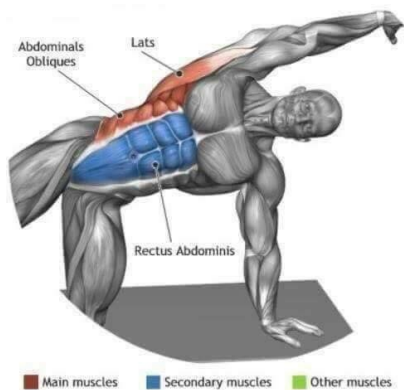
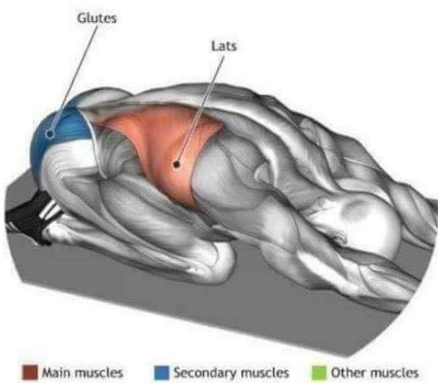
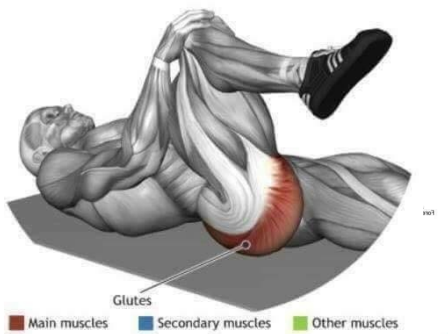
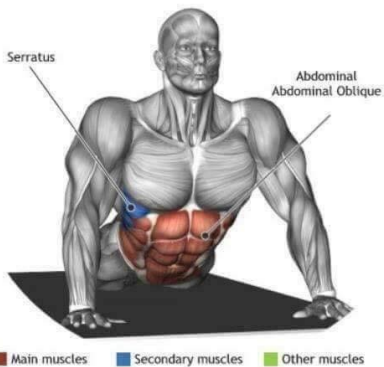
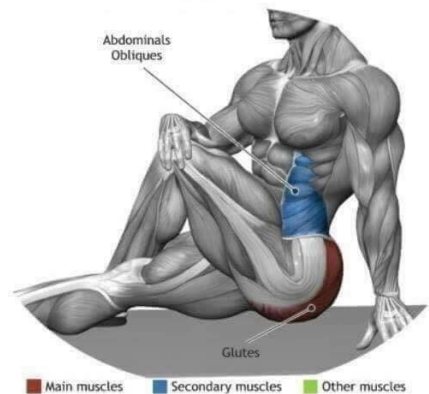
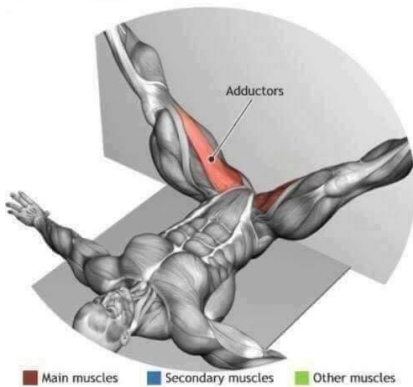
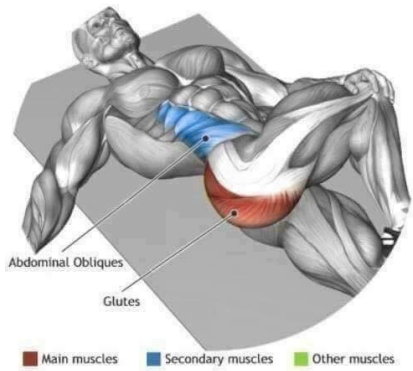
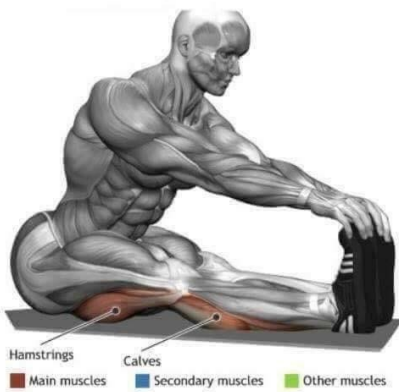
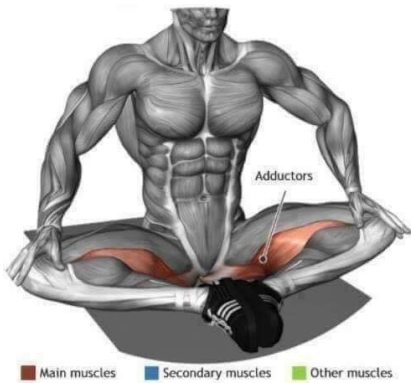
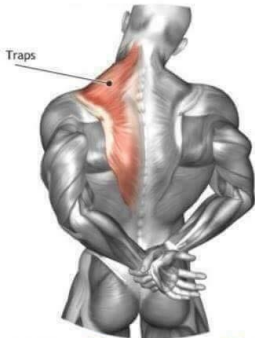


# EJERCICIOS DE ESTIRAMIENTOS



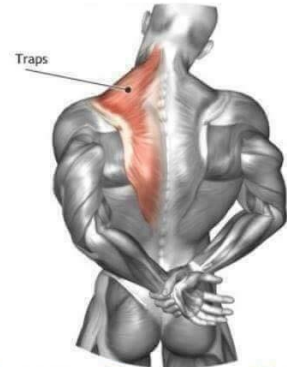
# EJERCICIOS DE ESTIRAMIENTOS



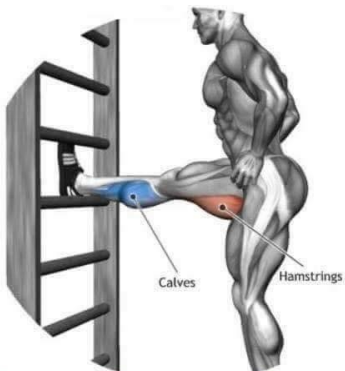
■ Main muscles ■ Secondary muscles ■ Other muscles



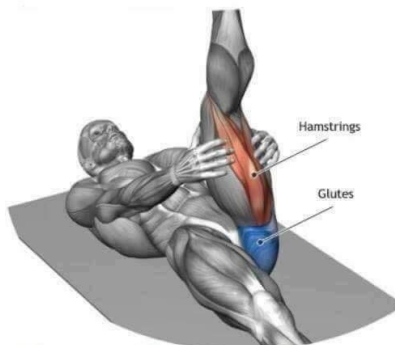
■ Main muscles ■ Secondary muscles ■ Other muscles



■ Main muscles ■ Secondary muscles ■ Other muscles



■ Main muscles ■ Secondary muscles ■ Other muscles



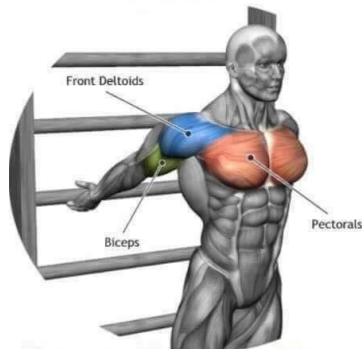
■ Main muscles ■ Secondary muscles ■ Other muscles



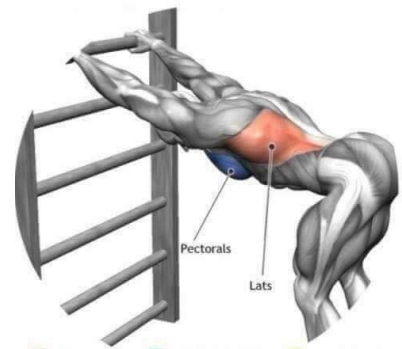
■ Main muscles ■ Secondary muscles ■ Other muscles



■ Main muscles ■ Secondary muscles ■ Other muscles



■ Main muscles ■ Secondary muscles ■ Other muscles



■ Main muscles ■ Secondary muscles ■ Other muscles