

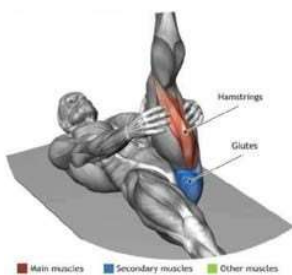
PRINCIPALES ESTIRAMIENTOS

PIERNA

CUÁDRICEPS



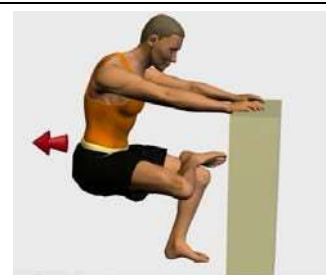
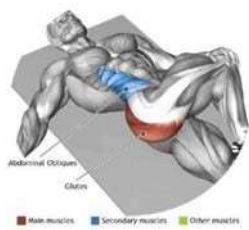
ISQUIOTIBIALES



ADUCTORES



ABDUCTORES Y GLÚTEOS

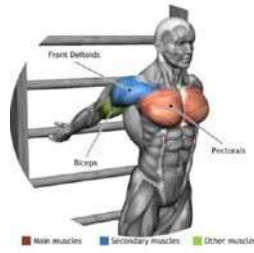


GEMELOS

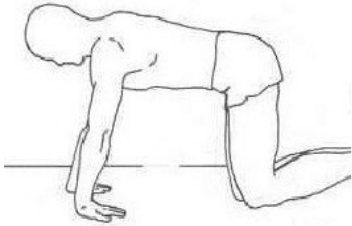


BRAZO Y HOMBRO

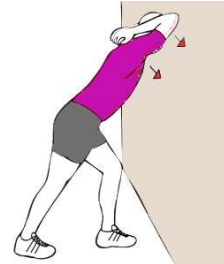
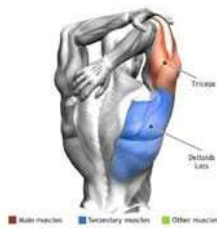
DELTOIDES



BICEPS

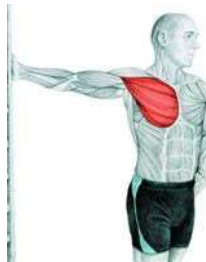


TRICEPS



TRONCO Y CUELLO

PECTORALES



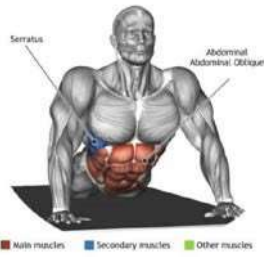
TRAPECIO



DORSALES



ABDOMINALES



LUMBARES



ESTERNOCLEIDOMASTOIDEO

