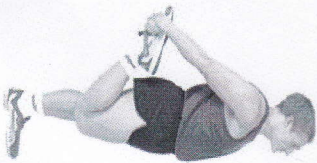
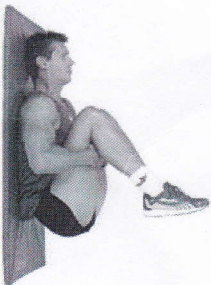
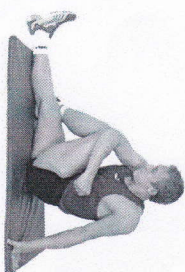
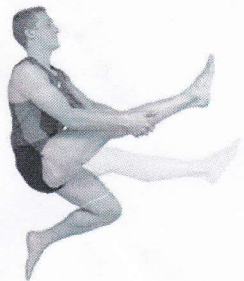
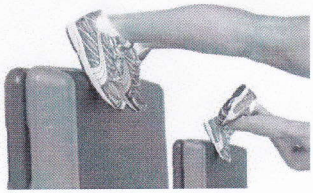


# Tabla de estiramientos



Mantener cada posición de  
20" a 30" una a dos  
repeticiones