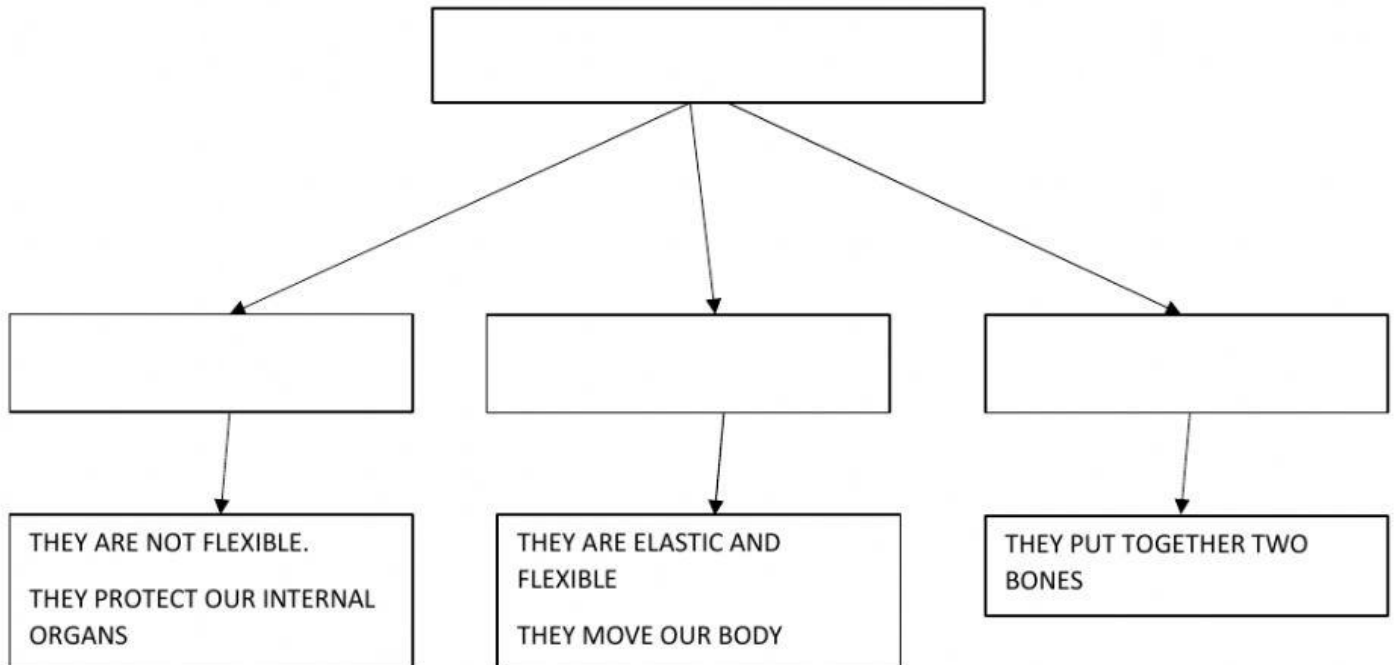


THE LOCOMOTOR SYSTEM



¿HOW MANY BONES DO WE HAVE IN OUR BODY?

¿HOW MANY MUSCLES DO WE HAVE IN OUR BODY?

¿HOW MANY JOINTS DO WE HAVE IN OUR BODY?

THERE ARE VOLUNTARY AND INVOLUNTARY MUSCLES

WARM UP

STRETCHING

BE PREPARED

DON'T OVERUSE

Using sporty clothes and shoes.

To get the bpdy ready.

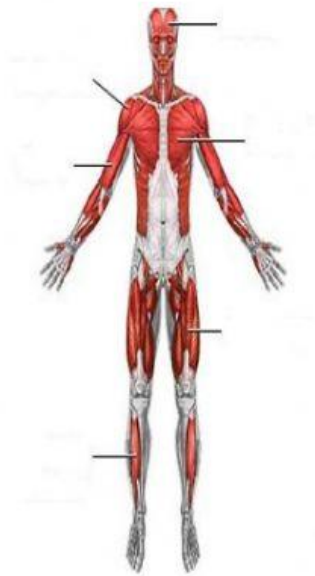
(No sobrecargar)

To avoid injuries and pain muscles.



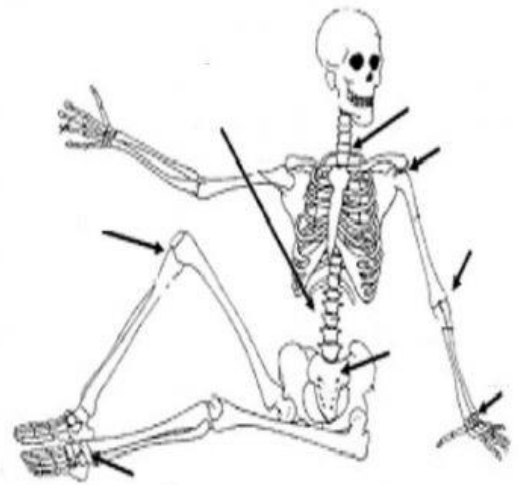
BONES

TIBIA
 HÚMERO
 RADIO
 FÉMUR
 PERONÉ
 CRÁNEO
 COLUMNA VERTEBRAL
 CÚBITO



MUSCLES

CUÁDRICEPS
 DELTOIDES
 PECTORAL
 FRONTAL
 TIBIAL ANTERIOR
 BICEPS



JOINTS

KNEE
 WRIST
 SHOULDER
 NECK
 ANKLE
 HIPS
 SPINE
 ELBOW