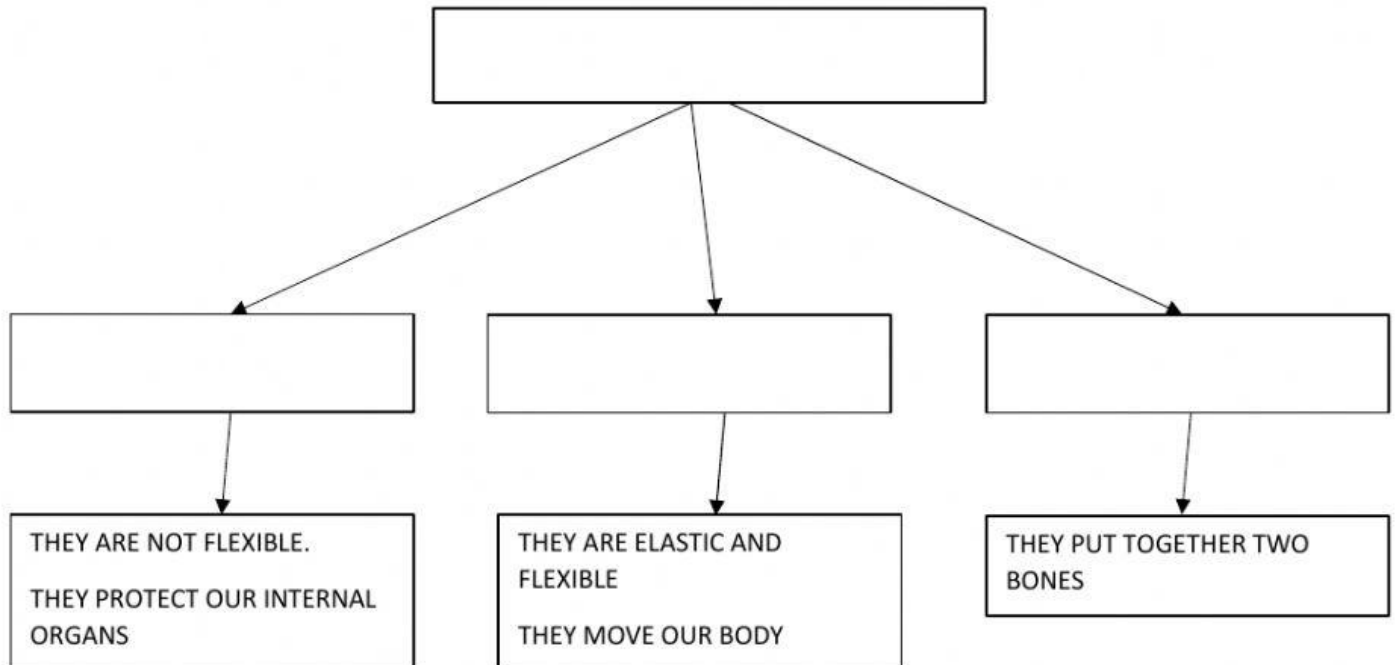


THE LOCOMOTOR SYSTEM



¿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.

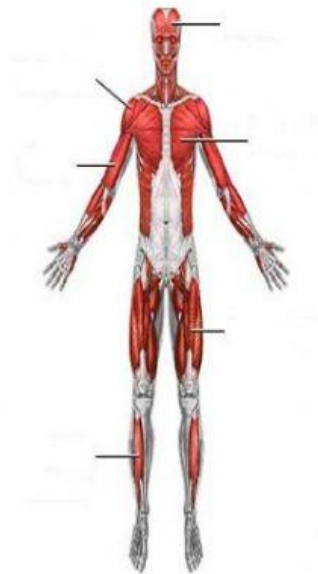
(No sobrecargar)

To avoid injuries and pain muscles.



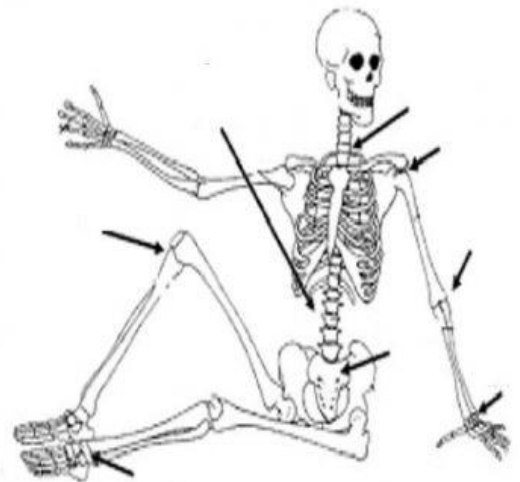
BONES

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