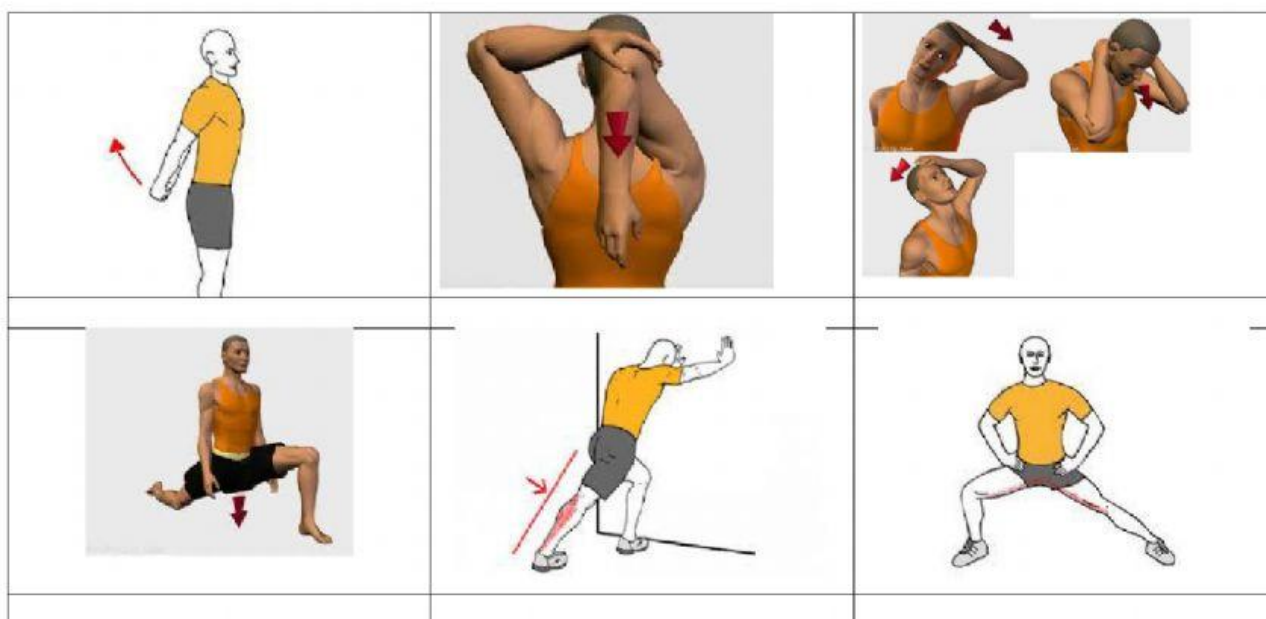
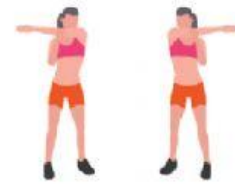
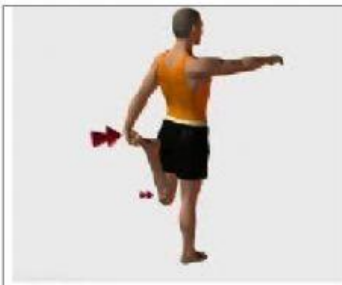


Vamos a ver cuantos estiramientos acertáis....





GEMELOS

TRÍCEPS

PECTORAL

ISQUIOTIBIALES

CUÁDRICEPS

DELTOIDES

PSOAS ILÍACO

CUELLO

ADUCTOR