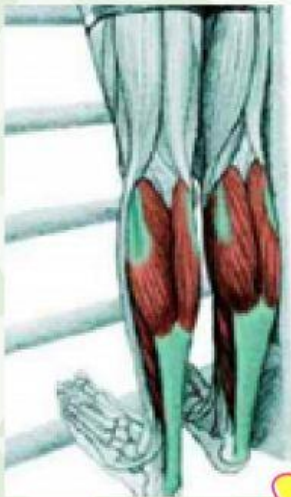
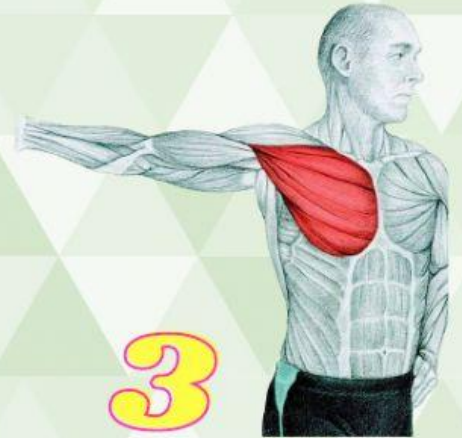




◀ Estiramientos ▶



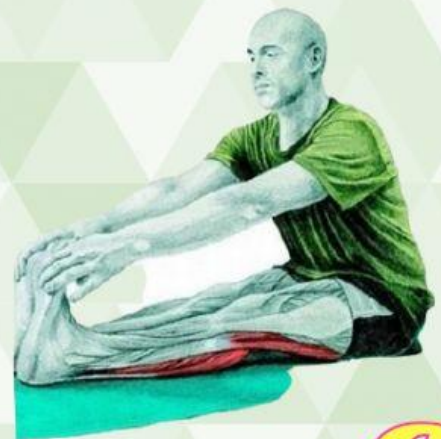
¿QUÉ MUSCULOS ESTAMOS ESTIRANDO?



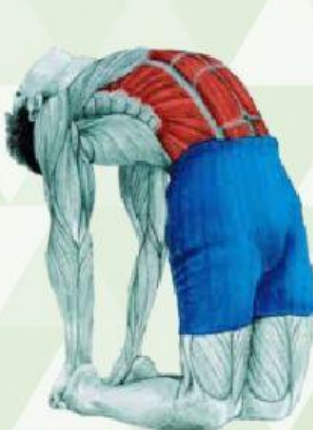
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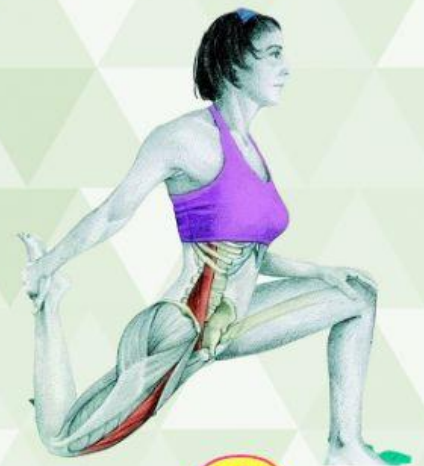
6



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9

COMPLETA CON LOS NOMBRES DE LOS
MÚSCULOS QUE SE ESTAN ESTIRANDO
EN EL RECUADRO QUE CORRESPONDA

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