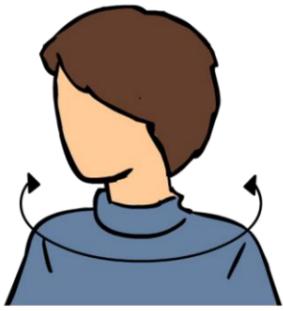


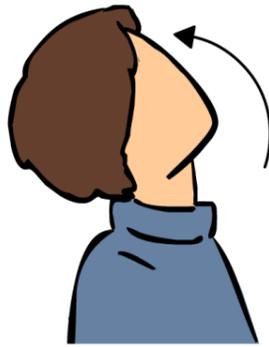


Columna cervical y Miembro superior

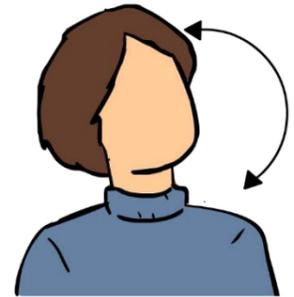
EJERCICIOS DE ESTIRAMIENTO Y POTENCIACIÓN



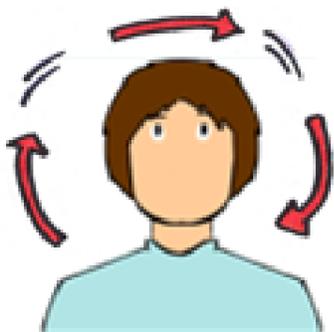
1. Rotaciones



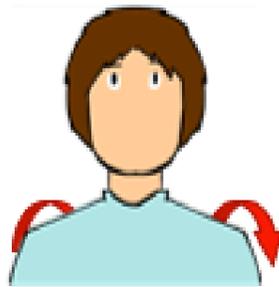
2. Flexión y extensión



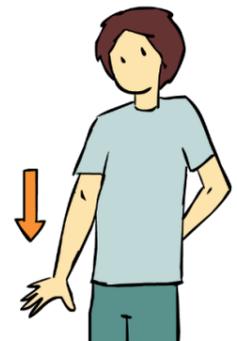
3. Lateralización



4. Movimientos circulares



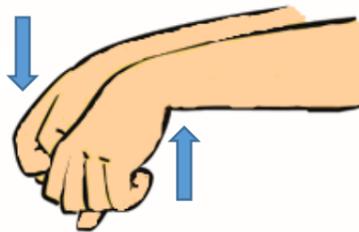
5. Descenso hombros



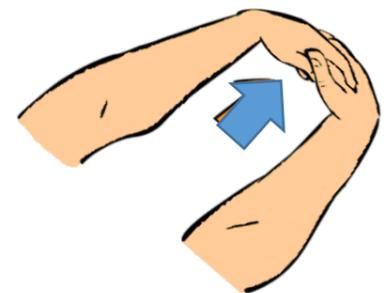
6. Trapecio



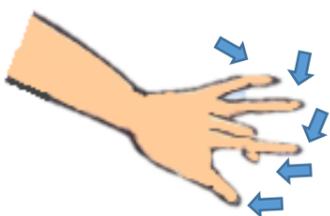
7. Deltoides



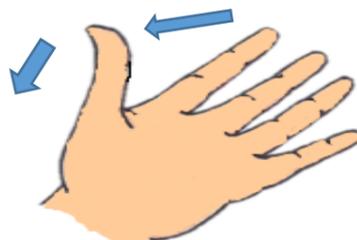
8. Epicondileos-muñeca



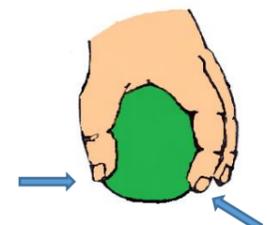
9. Musculatura anterior



10. Dedos



11. Pulgar



12. Mano-puño

**10 REPETICIONES.
5 SEGUNDOS CADA UNA**