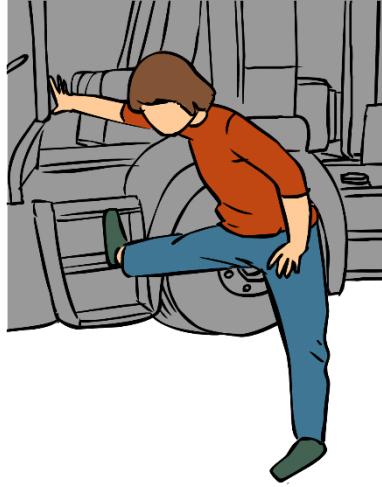




# EJERCICIOS DE ESTIRAMIENTO Y POTENCIACIÓN



1. Cuádriceps



2. Isquiotibiales



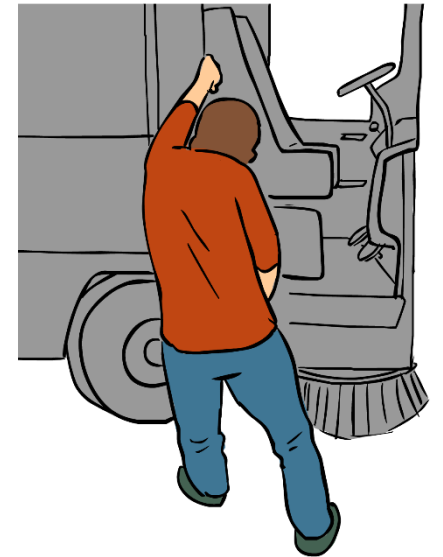
3. Gemelos



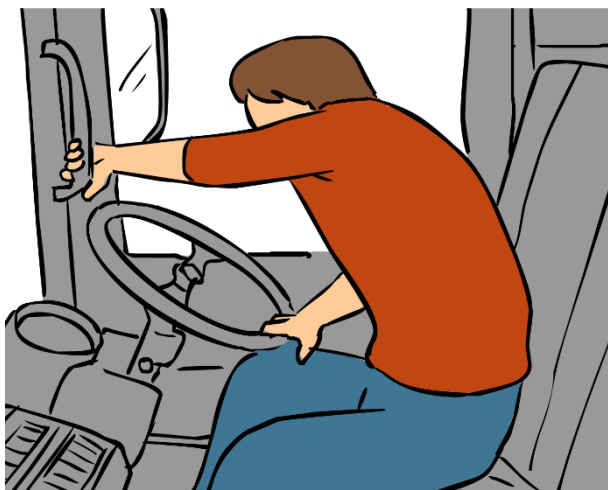
4. Psoas



5. Piramidal



6. Dorsal ancho



7. Paravertebral

**10 REPETICIONES.  
5 SEGUNDOS CADA UNA**