
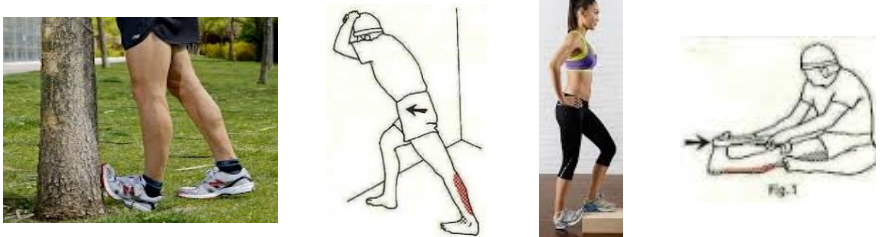

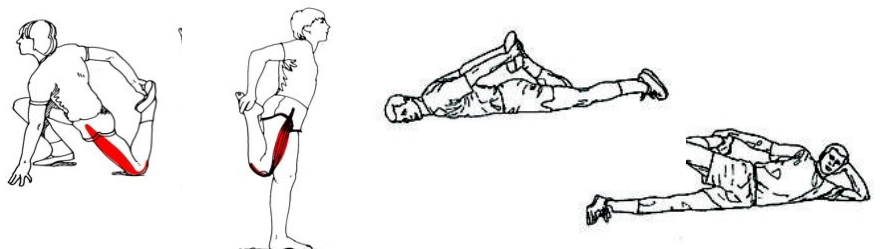

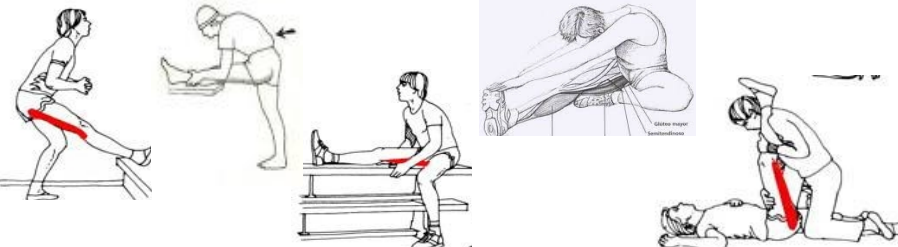


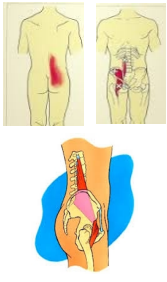
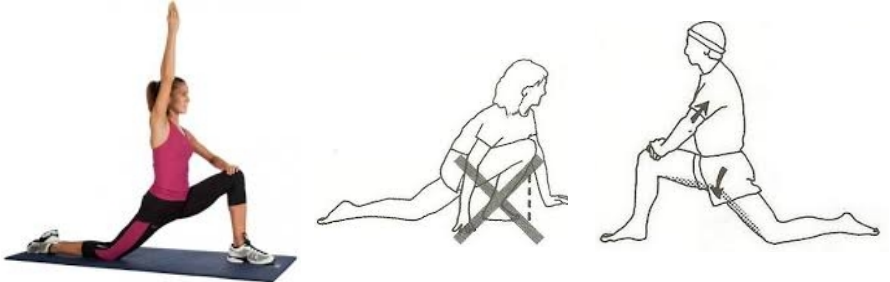
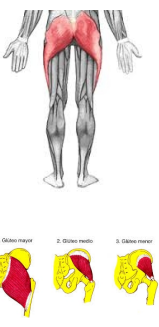
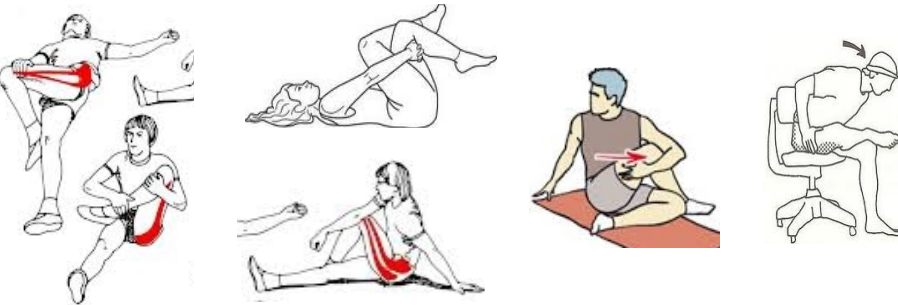
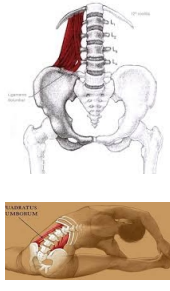
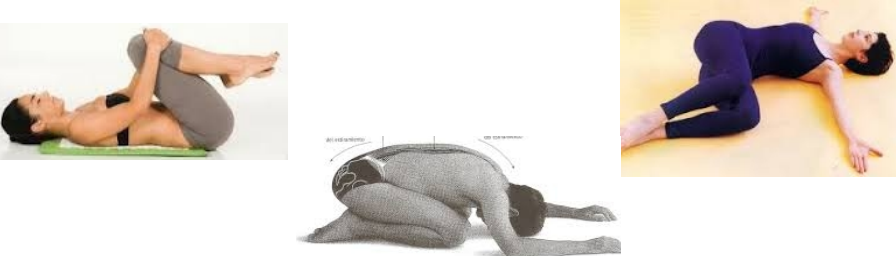
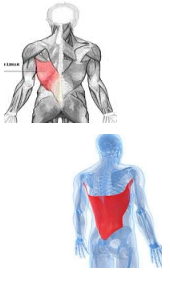
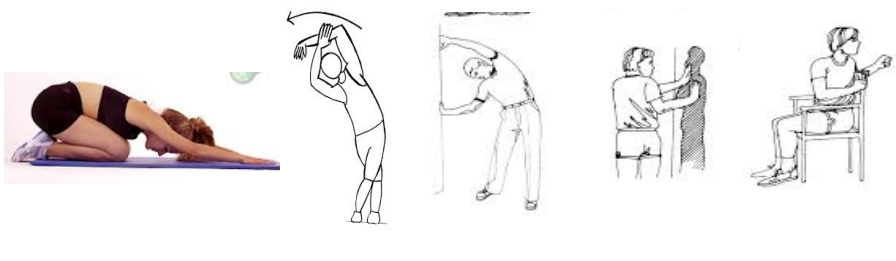



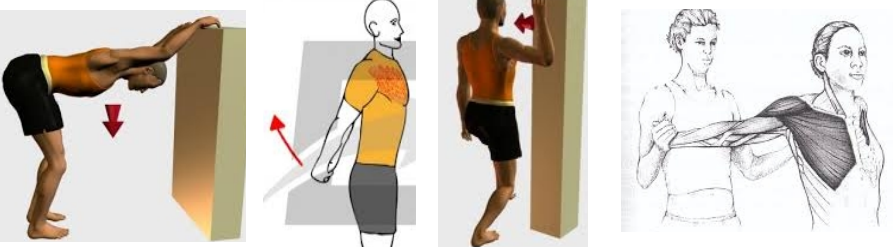
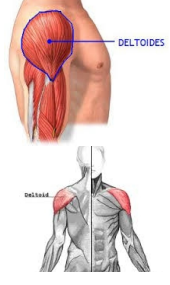



TABOEA DE ESTIRAMENTOS

MÚSCULOS	ESTIRAMENTOS (escoller un de cada grupo muscular)			
<p>Xemellos</p> 				
<p>Cuádriceps</p> 				
<p>Isquio-tibiais</p> 				
<p>Aductores</p> 				
<p>Psoas Iliaco</p> 				
<p>Gluteos</p> 				

MÚSCULOS	ESTIRAMENTOS (escoller un de cada grupo muscular)		
<p>Lumbares</p> 			
<p>Dorsáis</p> 			
<p>Trapezio</p> 			
<p>Pectoráis</p> 			
<p>Deltoides</p> 			
<p>Tríceps</p> 