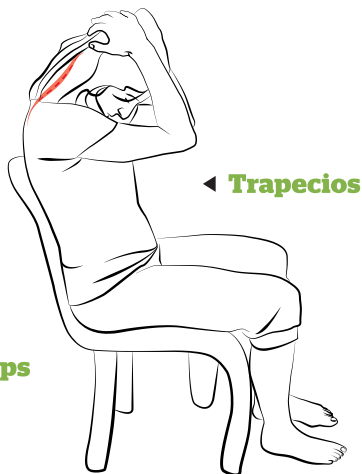
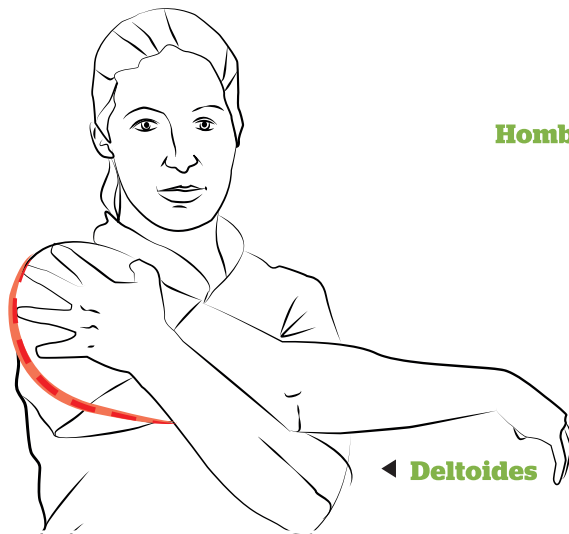


◀ **Tríceps**

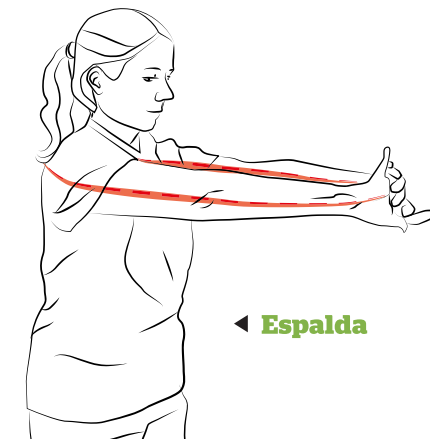
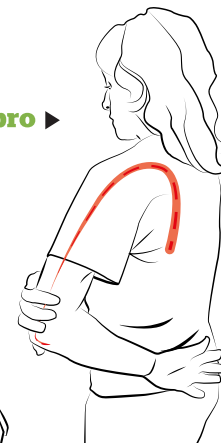


◀ **Trapecios**



◀ **Deltoides**

Hombro ▶



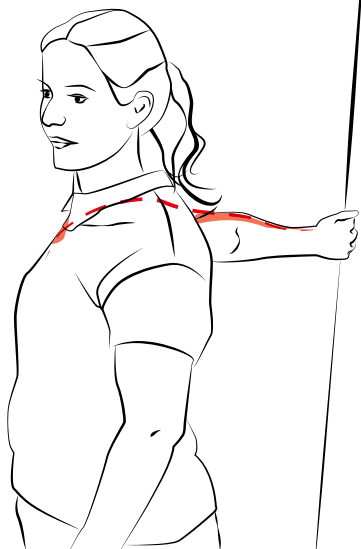
◀ **Espalda**

ESTIRAMIENTOS para después de **correr**

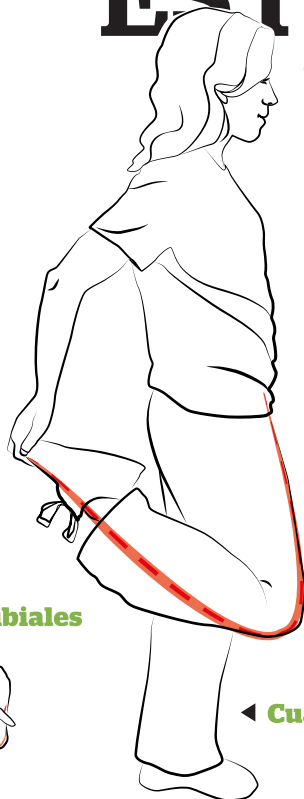
¡Estírate!

ILUSTRACIONES **IRENE CUESTA**
DISEÑO **SYNTAGMAS**

Abductores ▶



▲ **Bíceps**



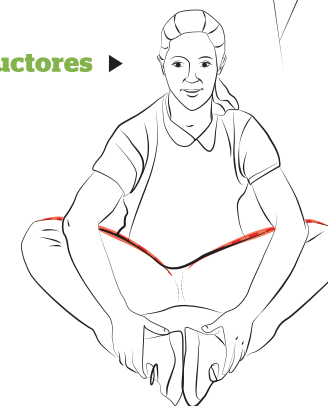
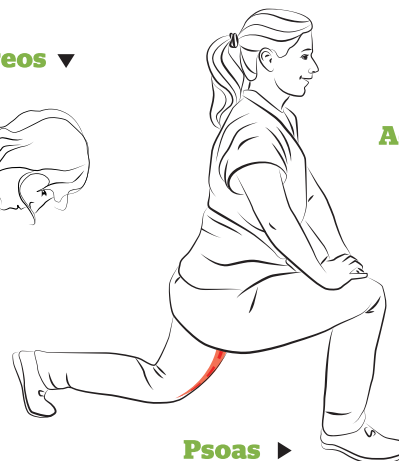
◀ **Cuádriceps**

Pelvitrocantereos ▼



Aductores ▶

Psoas ▶



◀ **Gemelos**



◀ **Isquiotibiales**

