



ENTRENAMIENTO REGENERATIVO EN CASA

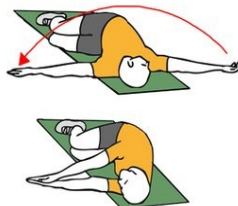
PREVENGOL

RODILLAS PECHO



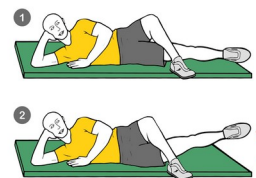
4X30" REC. 20". ALTERNAR
RODILLAS PECHO

MOVILIDAD



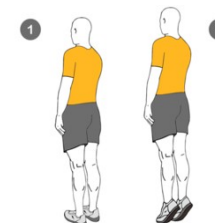
4X4 CADA LADO. REC. 20",
ACOMPAÑANDO CON
RESPIRACIÓN

ADUCTORES



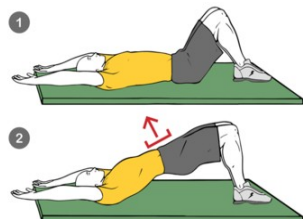
4X15 CADA PIERNA. REC.
20"

GEMELOS

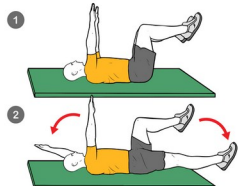


4X20. REC. 20"

GLÚTEO

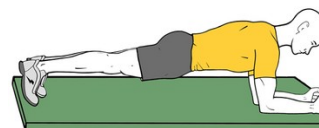


4X20. REC. 20"



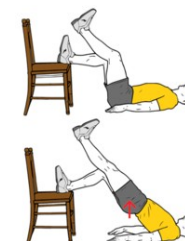
4X4 CADA DIAGONAL. REC.
20"

PLANCHA FRONTAL



10X10" REC. 10"

ISQUIOS



4X10 CADA PIERNA. REC.
20"