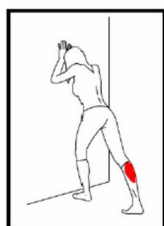


Estiramientos



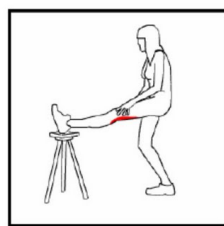
Cuádriceps



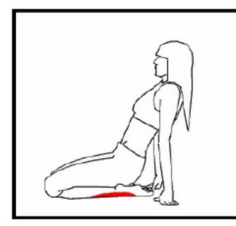
Gemelos



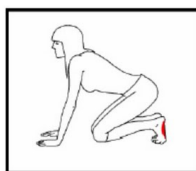
Sóleos



Isquiotibiales Genérico



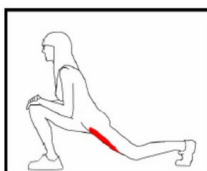
Peroneo



Planta del pié



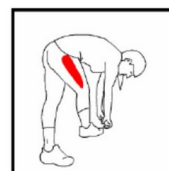
Isquiotibiales+Abduct.



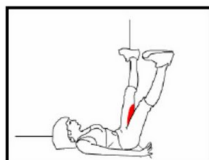
Flexores de la Cadera



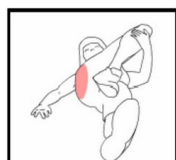
Aductores de sentado



Fascia lata-iliotibial



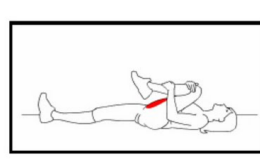
Aductores 2



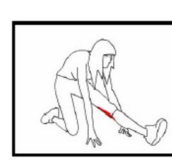
Piramidal-glúteo



Glúteos



Biceps femoral específico



Isquiotibiales 3

* Tiempo mínimo: 20 segundos / máximo: 35 segundos – Circuito completo 1 ó 2 días en semana – 6 ejerc. x 2 series los demás días (20" rec)
Sin rebotes, sin dolor, sin excesivas elongaciones. Para iniciados no más de 6 ejercicios. Mayor beneficio cuanto más concentración+respiración.