

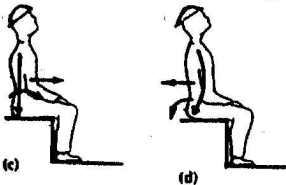
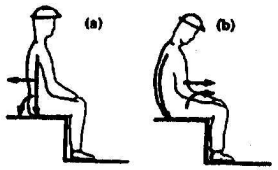
Estiramiento 4:

(63\$/'\$ %\$-\$

D 6LpQWHVH GHUHFKR \ PLUH GLU
DGHODQWH

E ([KDOH PLHQWUDV PXHYH VX SH
LQFOLQD SDUD PLUDU RPEOLJR

F 'HVSXpV PLHQWUDV LQKDOD HC
SHOYLV KDFLD DUULED \ OHYDOV



HVWR VX FDEH] SHOYLV VH GHEI
PRYHU MXQWDV

PLUD KDFLD DUULED
H[KDOH WRWDOPHQWH SRU

VX ERFD 6XV URGLOODV
GHEHUIQ GH VHSUDUDUVH

\ VXV KRPRSODWRV
GHEHUIQ GH MXQWDUVH

HQ VX HVSDOGD & VX S
HFKR GHEHUI GH
H[SDQQGHUVH

G ,QKDOH PLHQWUDV UHJUHV D
PXHYD KDFLD DGHODQWH R DWU
DUULED \ DEDMR

(VWH HV XQ EXHQ HMFUFLR GH
HVSDOGD

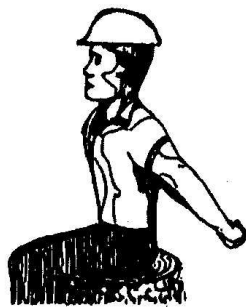
Repita 5 veces.

Estiramiento 5:

+20%526 < %5\$=26

3RU DWUiv GH VX HVSDOGD DJDU
FRQ ODV SDOPDV KDFLD

DUULED /HQWDPF
FRGRV PLHQWUDV
EUD]RV MDODQGR
KRPRSODWRV SDU
MXQWHQ



(VWH HV XQ H[FHO
HMFUFLR SDUD
EUD]RV

Mantenga entre 5 y 15 segundos, repita dos veces.

Estiramiento 6:

%5\$=26 < (63\$/'\$ \$/7\$

6HFWRDPHQWH KDFLD PDQR FRQ OD R
IUHQWH D XVWHG 6XV S



GH HVWUDU KDFLD HO IUH
PLHQWUDV KDFH HVWH H

1R SHUPLWD TXH VXV KI
PRYHU KDFLD GHODQWH

HJD \$O KDFHU
6LHQWD HO HVWLUDPLHQ

EUD]RV \ OD SDUWH DOW
HVSDOGD

Mantenga por 20 segundos, repita al menos dos veces

Estiramiento 7:

3\$57(\$/7\$ '(/ %5\$=2 < +20%52

& RQ ORV EUD]RV VREUH OD FDEH]D
XQ EUD]R FRQ OD

PDQR GHOR
*HQWLOPHQV

FRGRV KDFLD
WX +VREH]D

XQ HVWLUDP
+iJDOR OHQV

PDVUHQJLOR
VHJXQGRV 5HSLWD SRU HO RWUR C



(VWH HV XQ HVWLUDPLHQWR VHQFL
SDUWH DOWD GH VXV KRPEURV

Repita 3 veces para cada lado.

Estiramiento 8:

&8(//2 < (63\$/'\$ \$/7\$

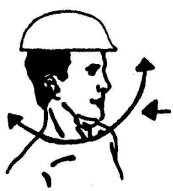
OLUDQGR KDFLD HO IUHQWH LQFOL
XQD GREOH SDSGD \ JHQWLOPHQW

L]TXLHUGD \ OXHJR KDFLD OD GHU
HVWLUDPLHQWR HQ ORV

FXHOOR -DOH VXV KRPE
DEDMR VXDYHPHQWH SDU

OD HIHFWLYLGDG GHOR HV
HVWLUDUI VX FXHOOR \ C

OD HVSDOGD



Repita de 2 a 3 veces.



6RXWKZLGH 6DIHW \ &RPPLWWHH
)RUH\$HW RXUFHV \$VVRFLDWLRQ ,QF
3HQQQ\OYDQLD \$YH 1: 6XLWH
:DVKLQJWRQ '&