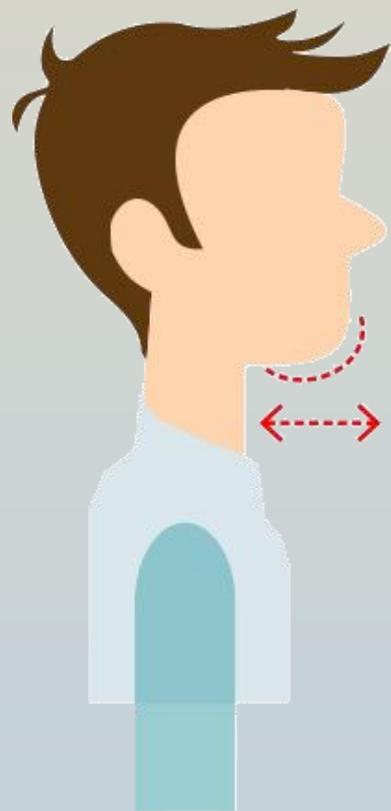


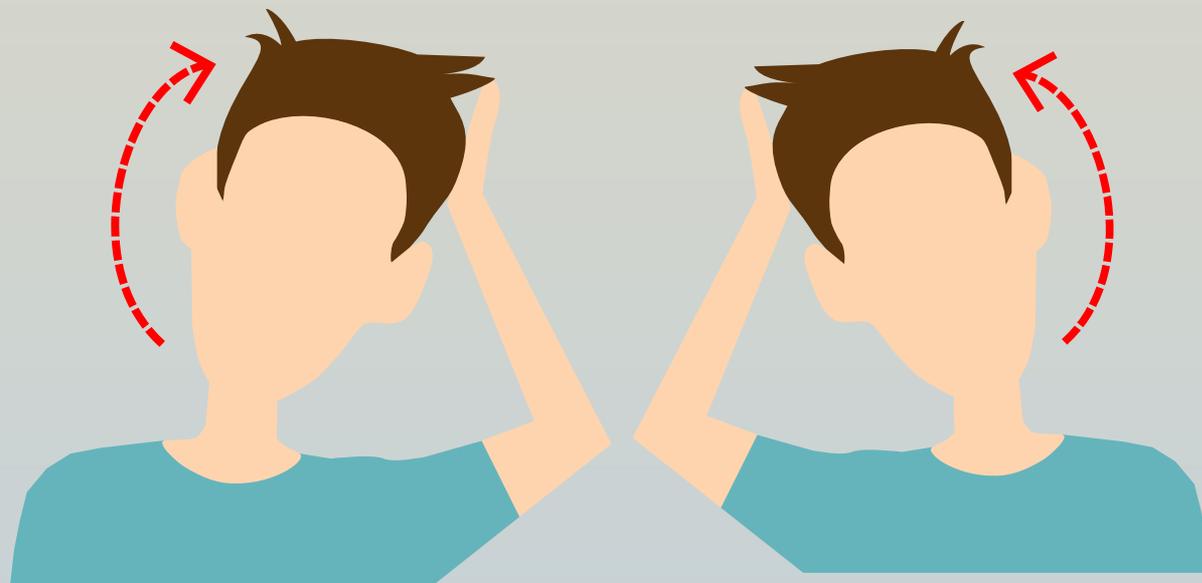


# EJERCICIOS DE ESTIRAMIENTO

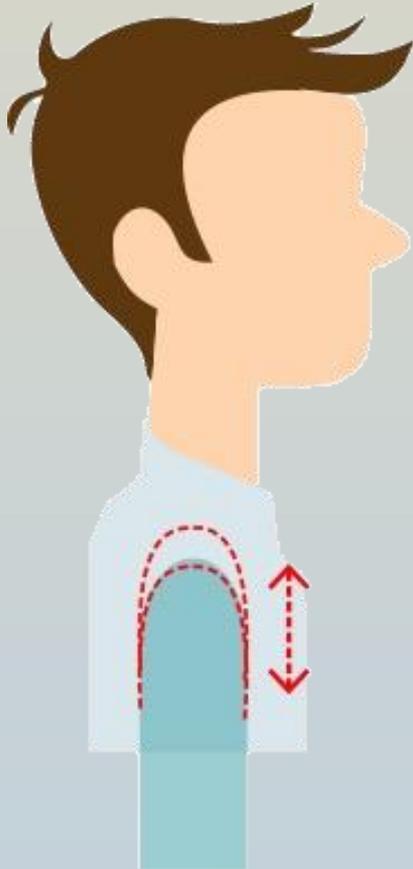
# 1 MOVIMIENTO DE BARBILLA



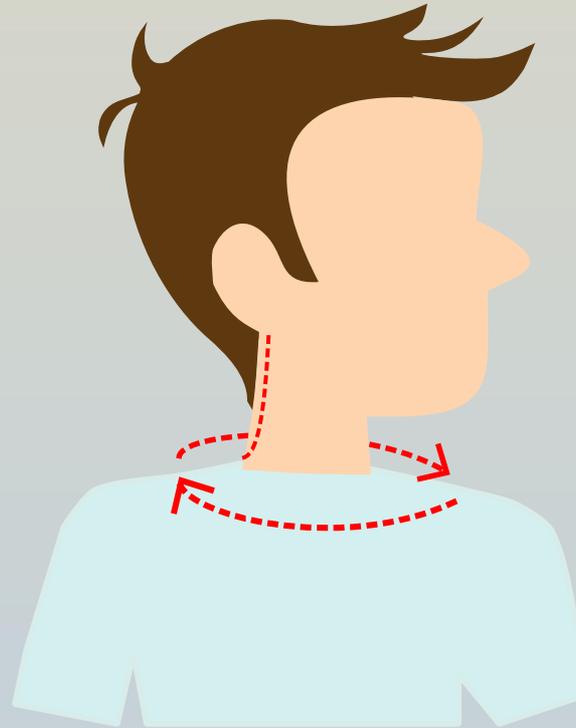
# 2 Doble la Cabeza de lado



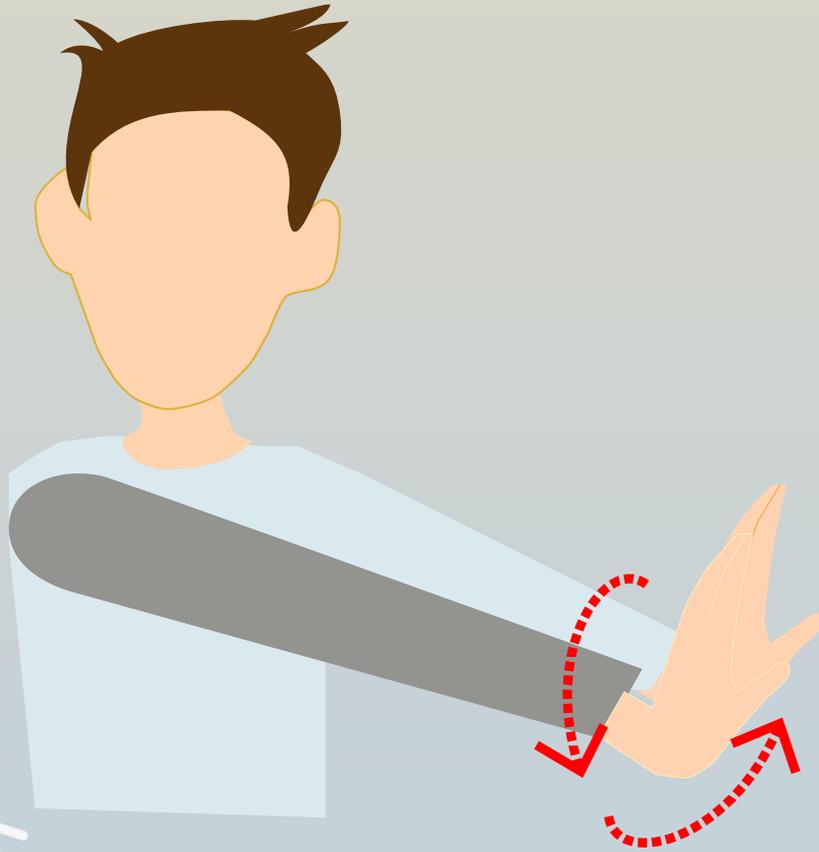
3 SUBE Y BAJA  
LOS HOMBROS



4 GIRA LA CABEZA  
DICIENDO QUE NO



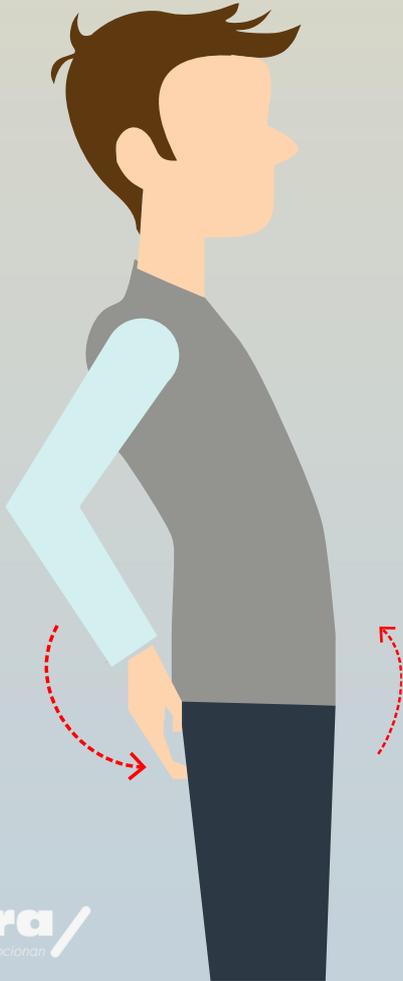
5 GIRA DE MUÑECA



6 ESTIRA LOS BRAZOS



## 6 MOVIMIENTO DE PELVIS



## 7 COMPRESIÓN ESCAPULAR

