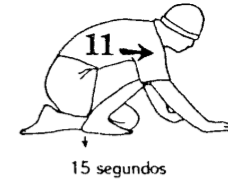
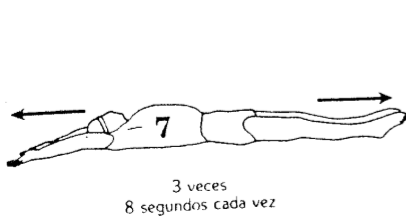


ESTIRAMIENTOS ANTES Y DESPÚES DEL ENTRENAMIENTO

ESCUELA DE PATINAJE C.A.S ARANJUEZ

Antes y después de hacer

# Patínaje

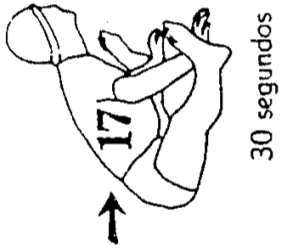


15  
Repita  
11, 12, 13, 14  
con el otro lado

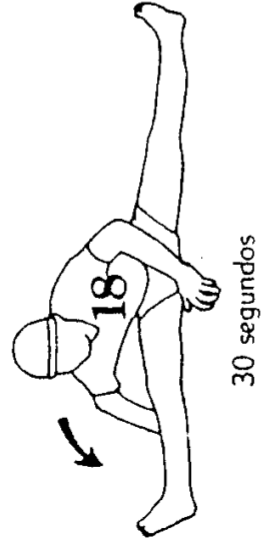


ESTIRAMIENTOS ANTES Y DESPÚES DEL ENTRENAMIENTO

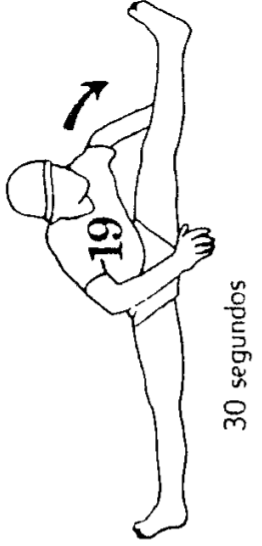
ESCUELA DE PATINAJE C.A.S ARANJUEZ



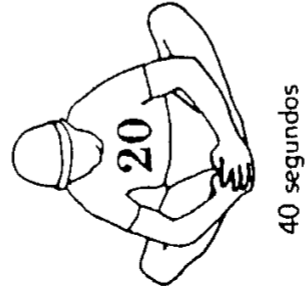
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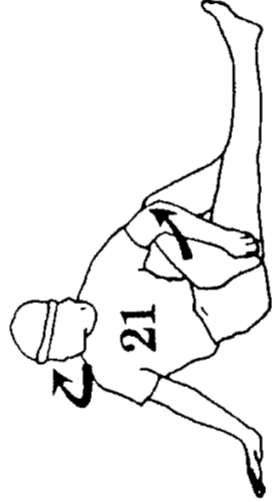
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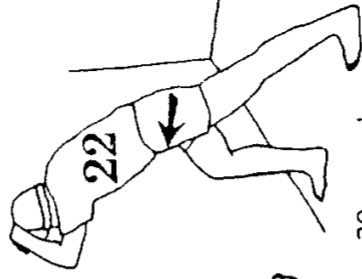
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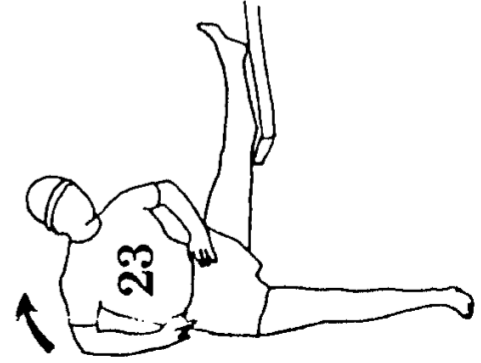
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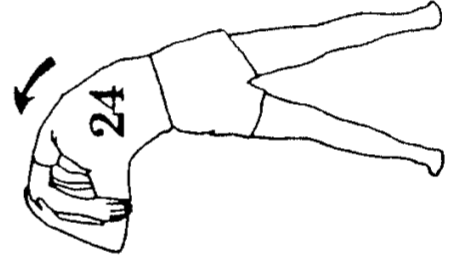
15 segundos  
cada lado



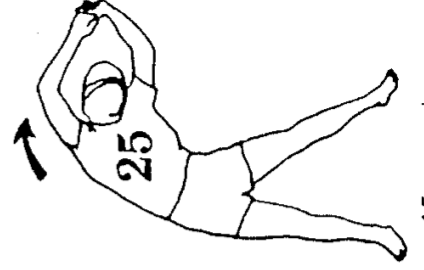
30 segundos  
cada pierna



30 segundos  
cada pierna



15 segundos  
cada lado



15 segundos  
cada lado