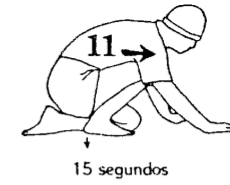
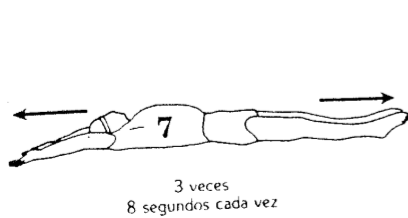
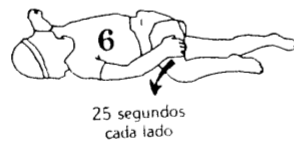


ESTIRAMIENTOS ANTES Y DESPÚES DEL ENTRENAMIENTO

CLUB PATINAJE ONTÍGOLA

Antes y después de hacer

# Patinaje

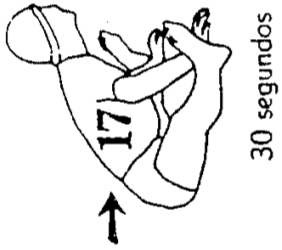


15  
Repite  
11 12, 13, 14  
con el otro lado

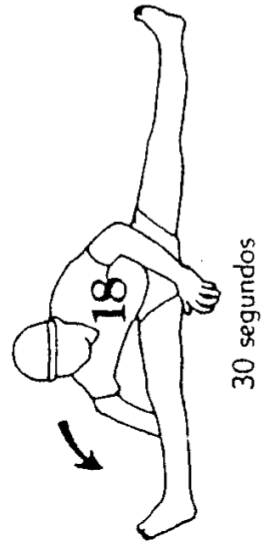


ESTIRAMIENTOS ANTES Y DESPÚES DEL ENTRENAMIENTO

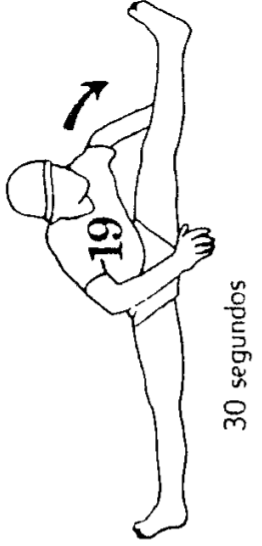
CLUB PATINAJE ONTÍGOLA



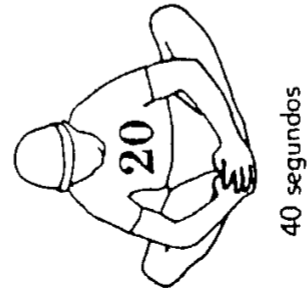
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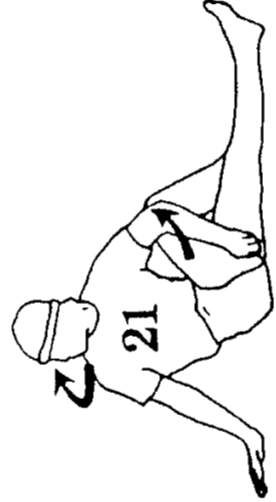
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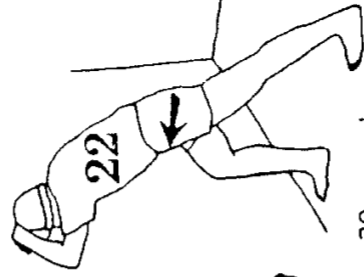
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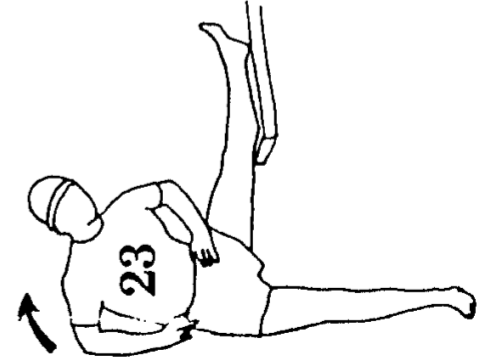
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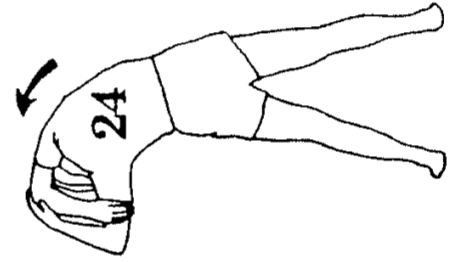
15 segundos  
cada lado



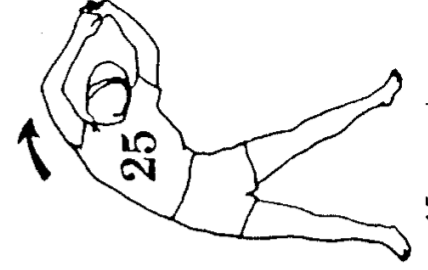
30 segundos  
cada pierna



30 segundos  
cada pierna



15 segundos  
cada lado



15 segundos  
cada lado