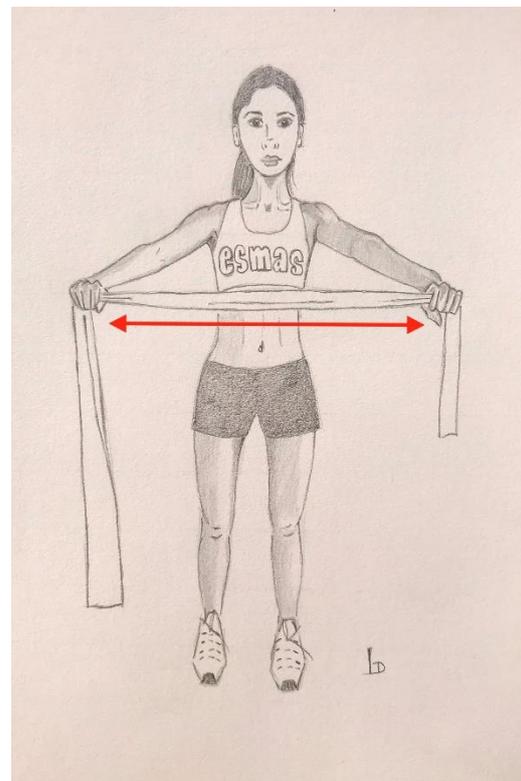
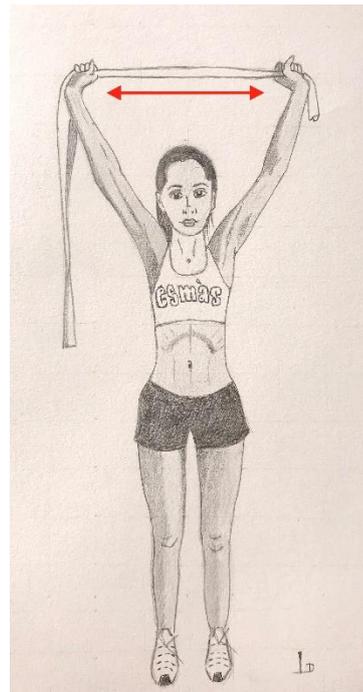
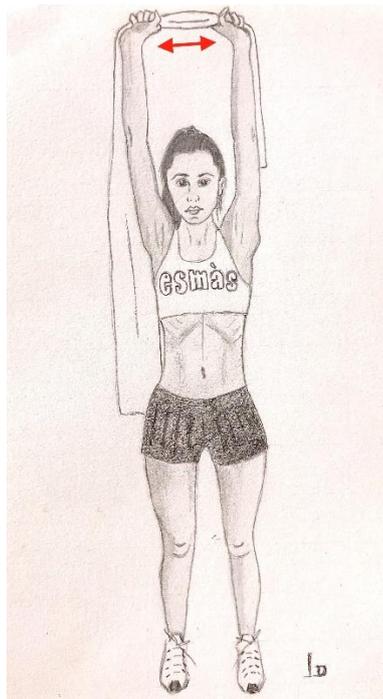
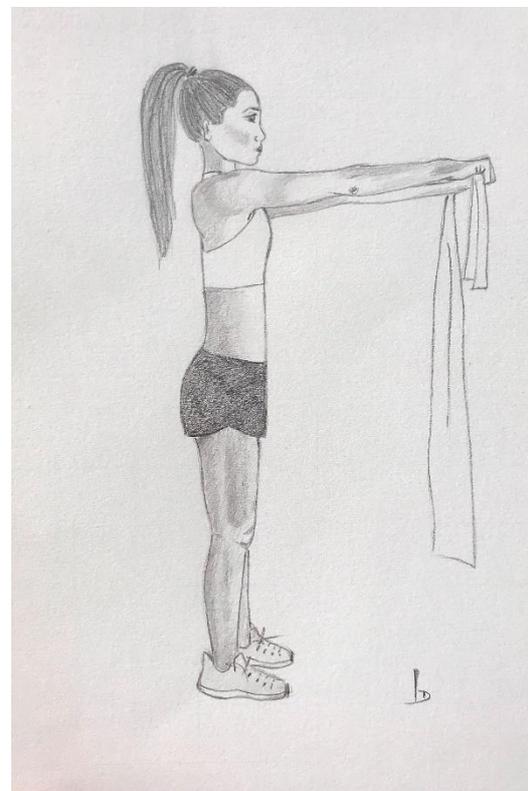
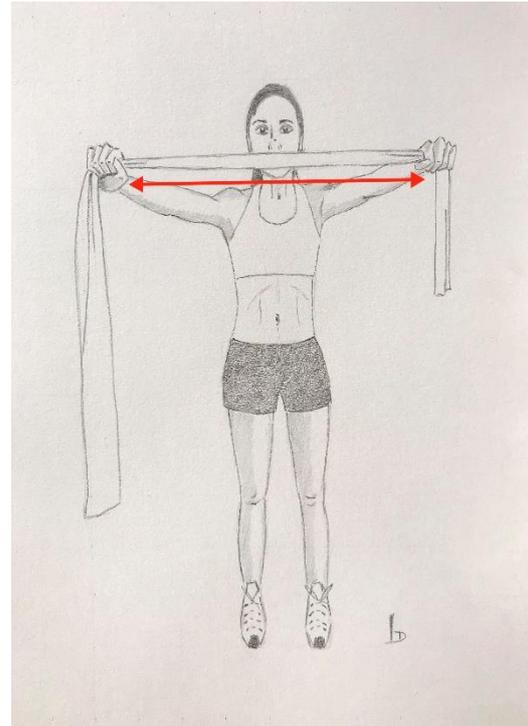
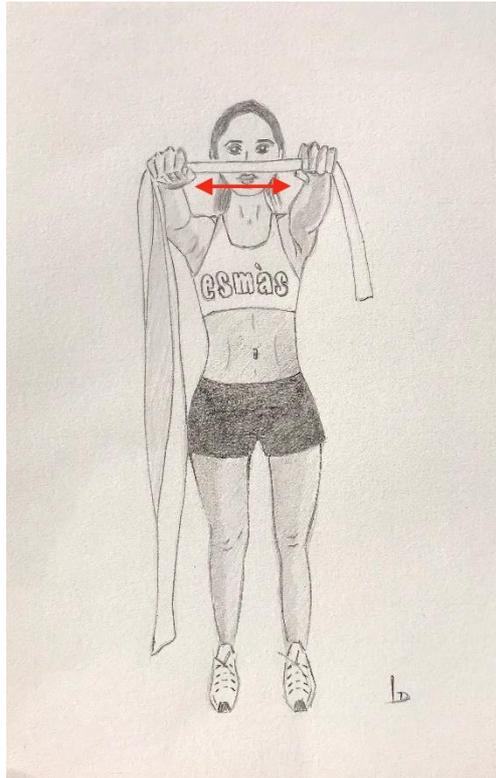


# EJERCICIOS DE PREVENCIÓN DE LESIONES

## 1. EJERCICIO DE HOMBROS



# EJERCICIOS DE PREVENCIÓN DE LESIONES



# EJERCICIOS DE PREVENCIÓN DE LESIONES

