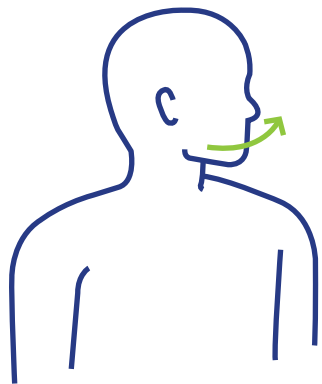
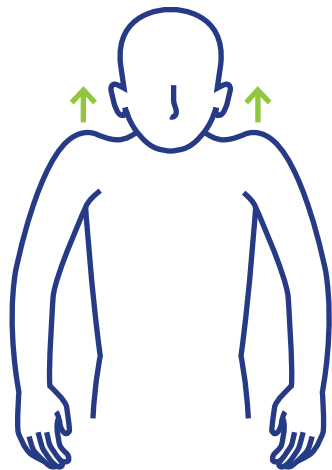


# ESTIRAMIENTOS BÁSICOS DESDE LA SILLA



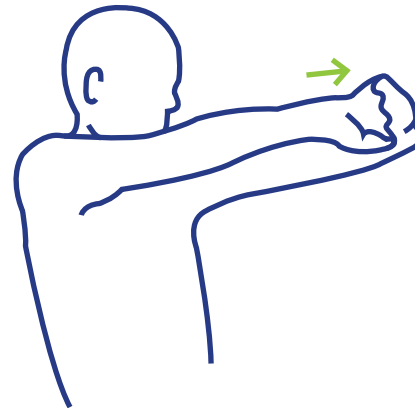
3-5 SEGUNDOS  
CADA LADO



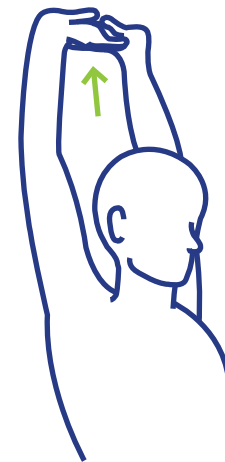
3-5 SEGUNDOS  
TRES VECES



5 SEGUNDOS  
CADA LADO



15 SEGUNDOS



8-10 SEGUNDOS