






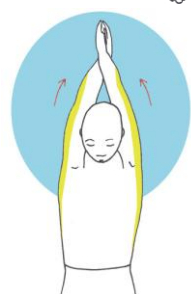


TAULA D'ESTIRAMENTS

ZONA A TREBALLAR	ESTIRAMENT	MUSCULATURA
EXTREMITAT INFERIOR	 	PART POSTERIOR DE LES CAMES I ISQUIOS
		PIRAMIDAL
		GLUTI
		ABDUCTORS
		CUÀDRICEPS
		BESSONS

EXTREMITAT SUPERIOR



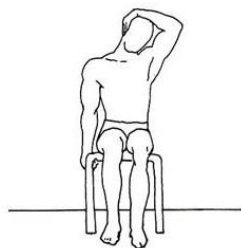
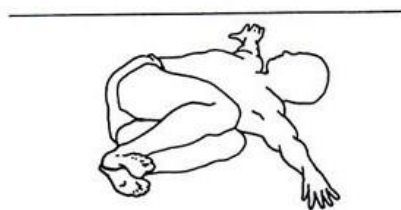
ESPATLLES

TRÍCEPS

PECTORAL I ESPATLLES

BRAÇOS

ESQUENA



ZONA LUMBAR

EXERCICI GLOBAL INCIDENT EN ZONA DORSAL

CERVICALS + ESPATLLES

CERVICALS + COLL