



# Estiramientos

Caldea (undefined undefined)

Total time: 9 m

Kcal: 10 Kcal

Equipment: Flexibility Anterior, Mat, Free, no equipment

Objective:

## 1- Gat i gos

1sets Recov:20s



Reps Dur.

10 5s

## 2- Estiraments abdomina...

3sets Recov:20s



Dur.

10s

10s

10s

## 3- Estiraments Adductor...

3sets Recov:20s



Dur.

10s

10s

10s

## 4- Estirament Add (gran...)

3sets Recov:20s



Dur.

10s

10s

10s

## 5- Estirament gluteo 2

3sets Recov:20s



Dur.

10s

10s

10s

## 6- Estirament quàdricep...

3sets Recov:20s



Dur.

10s

10s

10s

## 7- Màquina Anterior: St...

3sets Recov:20s



Dur.

10s

10s

10s