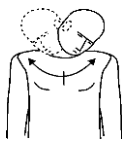


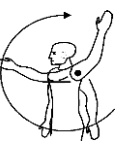





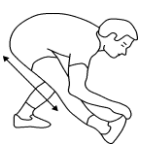

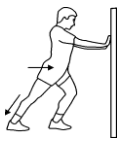



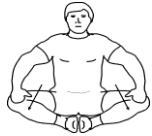
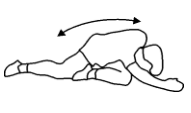



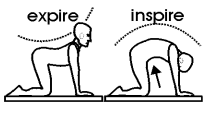


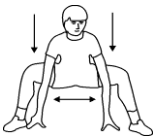

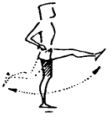


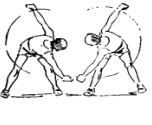


ESTIRAMIENTOS Y MOVILIDAD ARTICULAR PARA EL BALONCESTO

CUELLO - HOMBRO							
	5 giros/lado	10"/lado	10"/lado				
							
	5 rotaciones/brazo	15"/brazo	10"/brazo	10 aperturas			
SECUENCIAS DE PIERNAS-CADERA	1						
		15"/pierna	15"/pierna	15"/pierna	15"/pierna	15"/pierna	
	2		 Pull on side Rotate shoulders	 Back straight One leg bent!			
		15"/pierna	15"/pierna	15"/pierna	20"		
	3					 expire inspire	
		15"/pierna	15"/pierna	5 rotaciones/pierna	5 caidas/pierna	10 insp-exp	
	4						
		15"/pierna	15"/pierna	20"	15"/pierna		
	5						
		5 patadas/pierna	5 patadas/pierna	5 patadas/pierna	5 giros/lado		