

# FUERZA 2



EJERCICIOS POSTURALES  
CLARA NEBOT

## CALENTAMIENTO



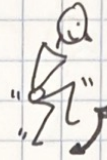
CÍRCULOS SUAVES (CARGA)

5+5



"JUMPING JACKS"

20



"RUNNING"

20

## EJERCICIO



A



B

FLEXIONES

10+10



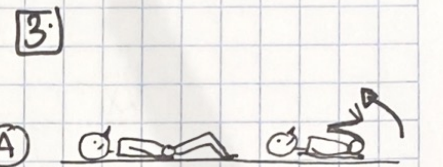
A



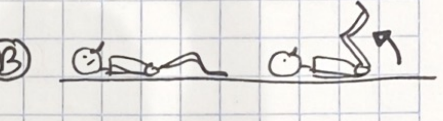
B

SENTADILLAS

10+10



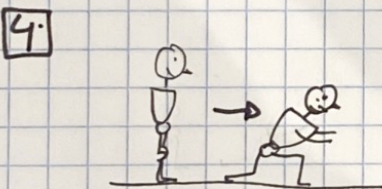
A



B

ABDOMINALES

10+10



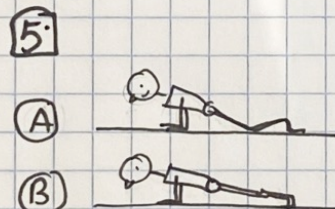
4

A) DESPLANTES BILATERAL

20 (ALTERNANDO)

B) DESPLANTES UNILATERAL

10 (I) + 10 (D)



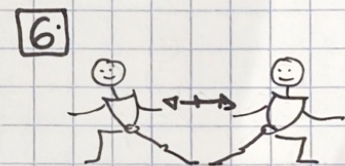
A



B

PLANCHAS

30 seg x 2



6

A) DESPLANTES LATERALES

20 (ALTERNANDO)

B) DESPLANTES LATERALES (UNILATERAL)

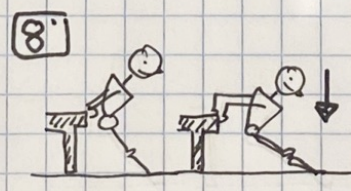
10 (I) + 10 (D)



7

GETEZOS

10+10



8

"DIPS"

10+10

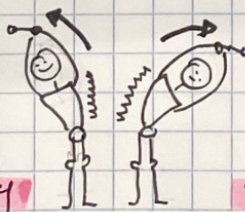


9

PUEERTA

10+10

## ESTIRAMIENTO FINAL



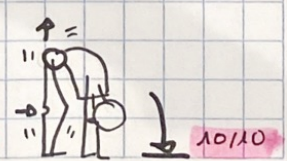
20 seg



20 seg



20 seg



10/10

