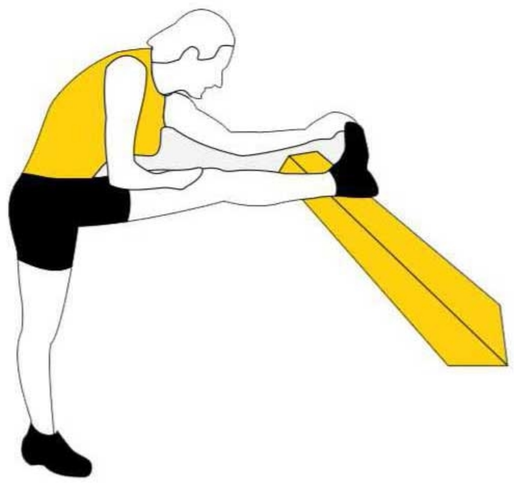
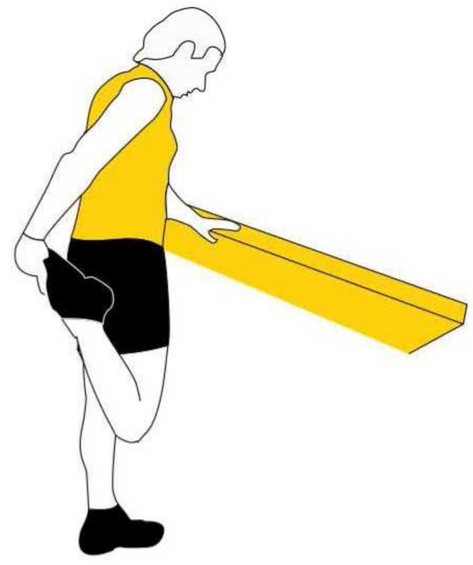
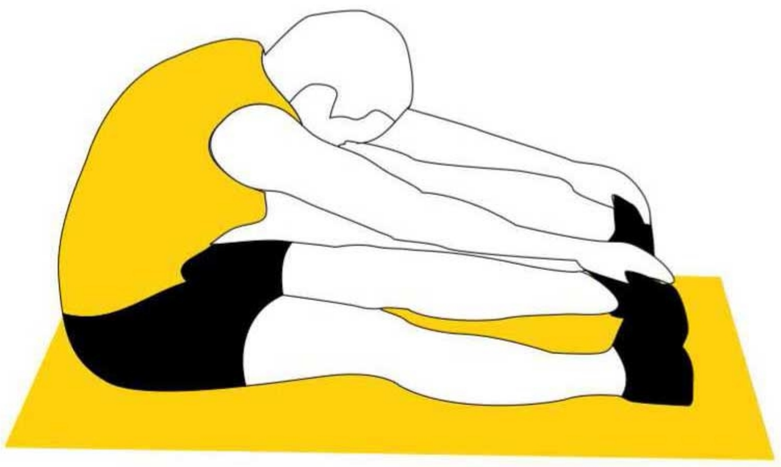
FLEXOR RODILLA



FLEXOR Y EXTENSOR RODILLA

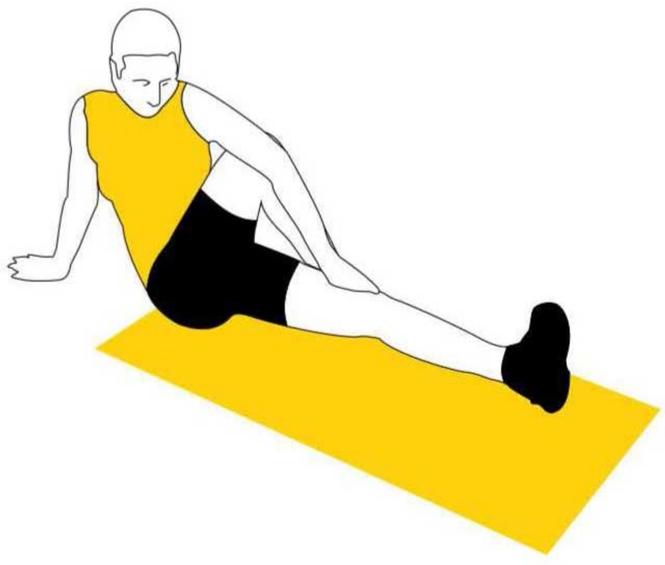


RODILLA - TOBILLO - ESPALDA - HOMBRO

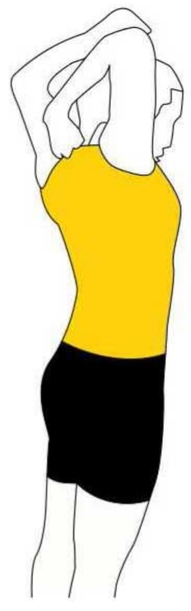


EXTENSOR RODILLA

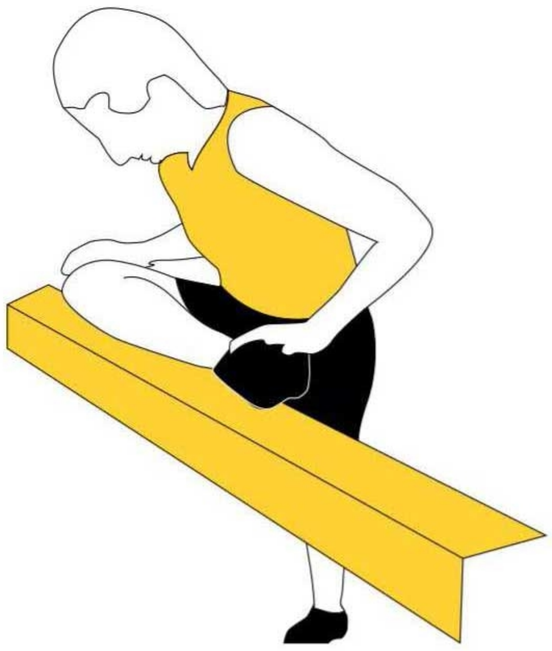
EXTENSOR ESPALDA Y ROTOR EXTERNO CADERA



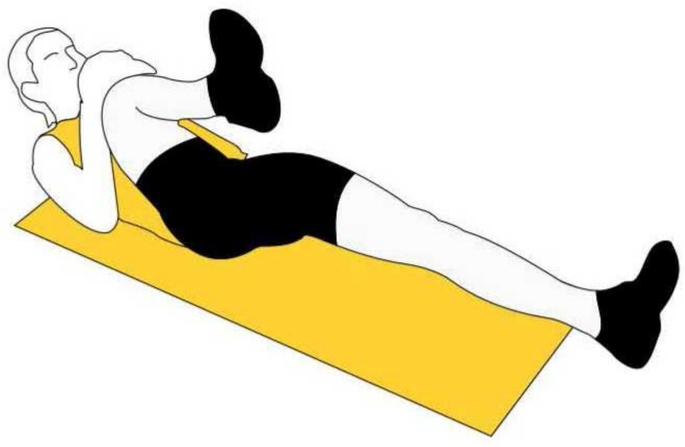
TRÍCEPS BRAQUIAL



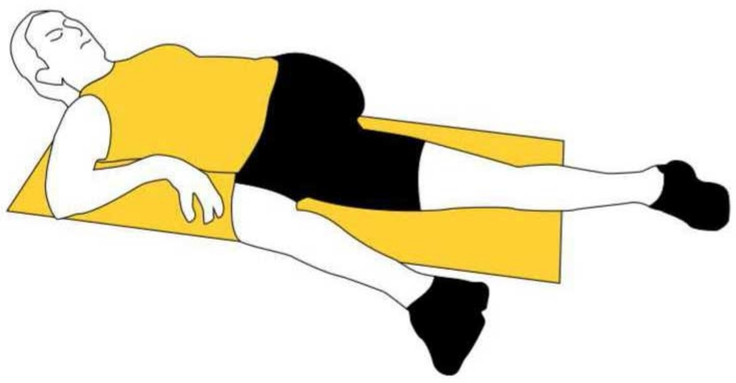
ROTADOR EXTERNO CADERA



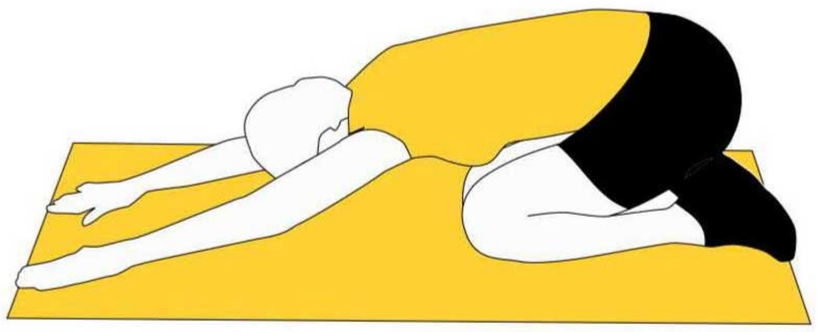
ROTADOR EXTERNO Y EXTENSOR CADERA



GLÚTEOS

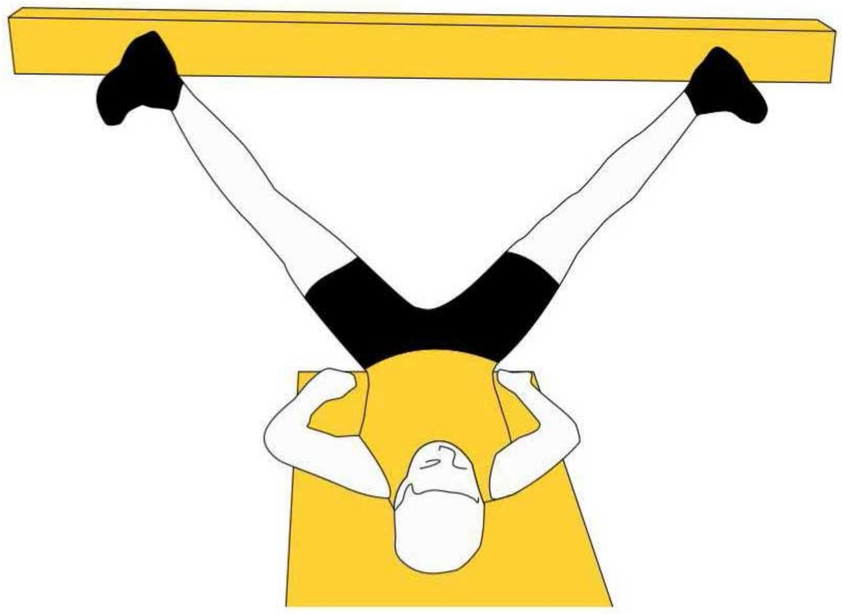


DORSAL ANCHO

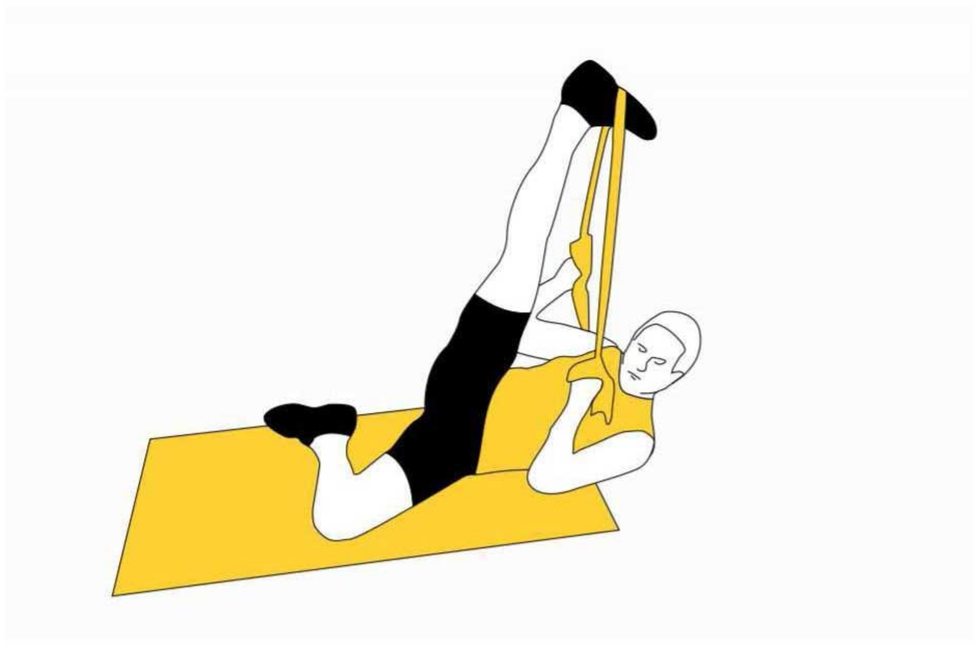


ISQUIOTIBIALES CON GOMAS

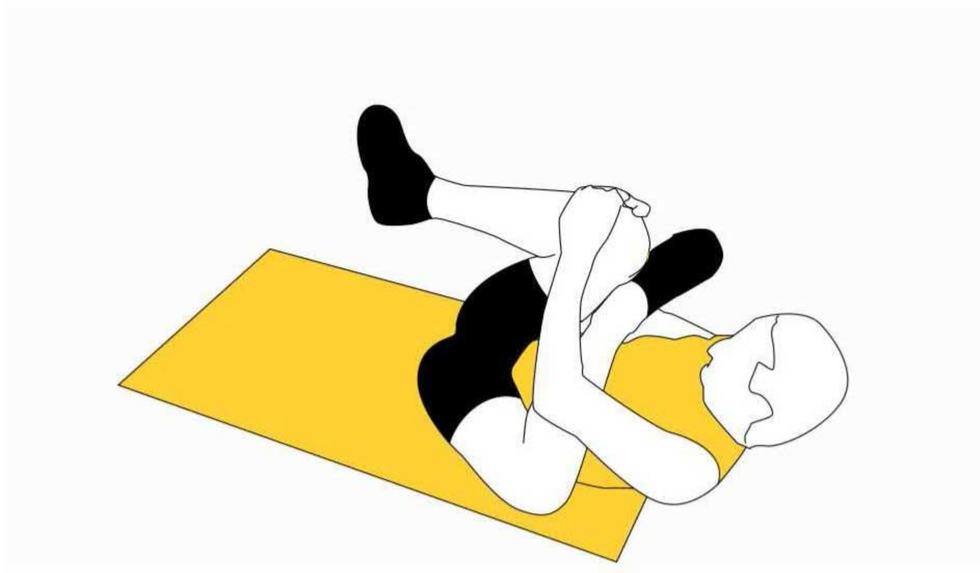
ADUCTOR DE LA CADERA



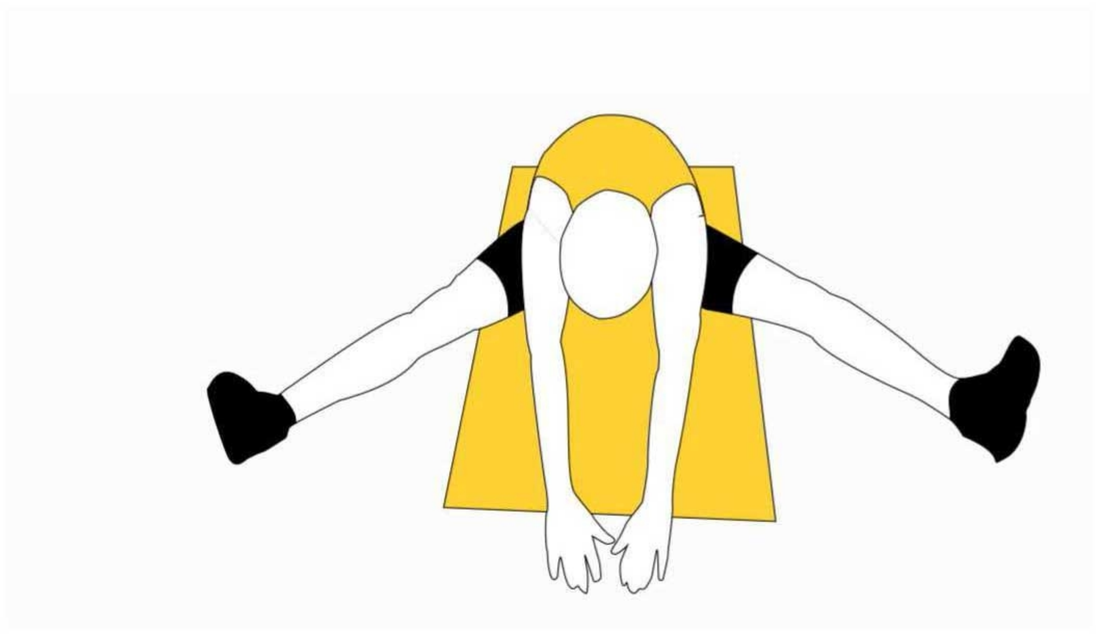
ISQUIOTIBIALES CON GOMAS II



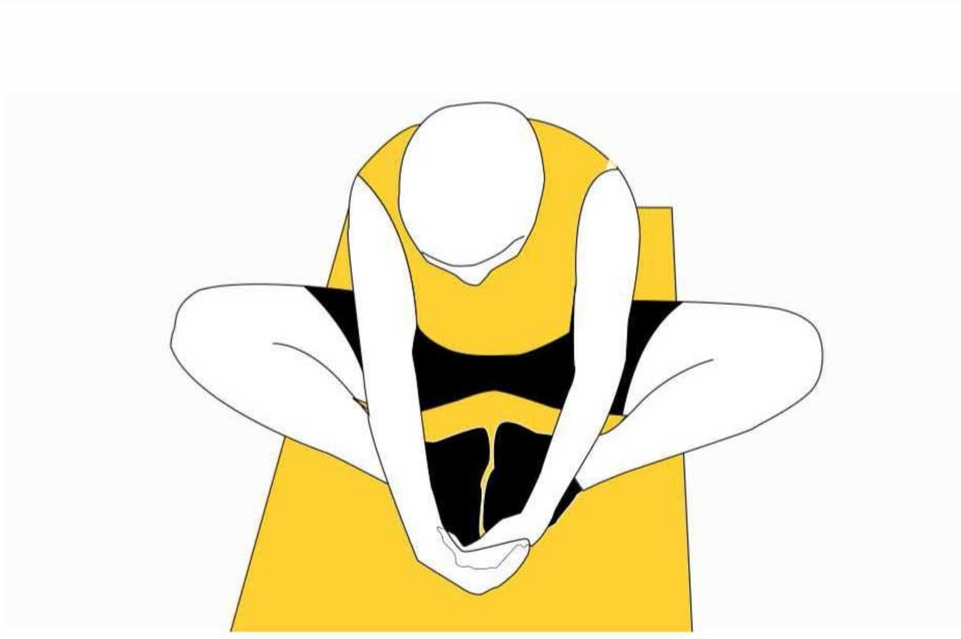
ROTADOR Y EXTENSOR EXTERNO CADERA



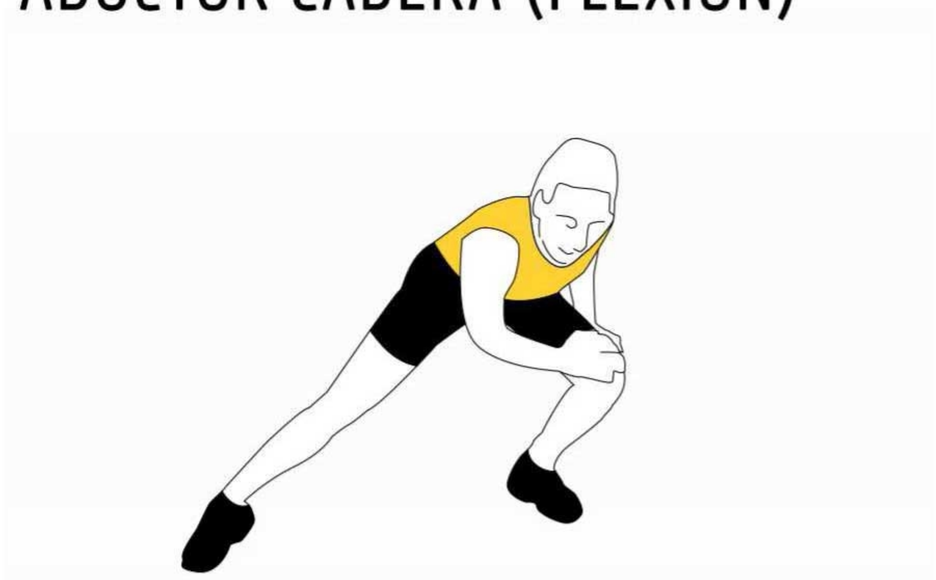
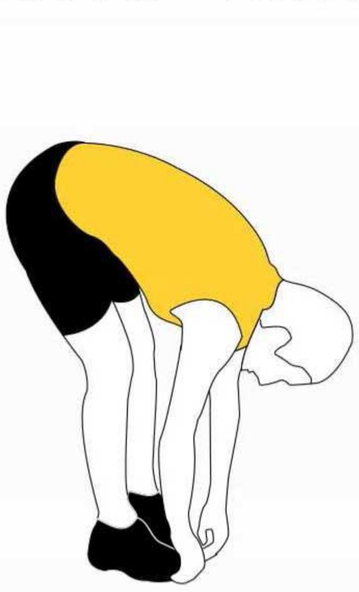
ADUCTOR - CADERA - ESPALDA



ADUCTOR DE CADERA (SENTADO)



ADUCTOR CADERA (FLEXIÓN)



ISQUIOTIBIALES - ESPALDA