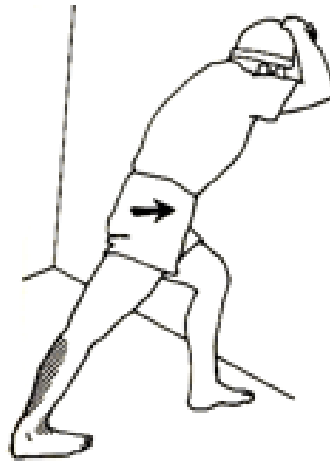


ESTIRAMENTS

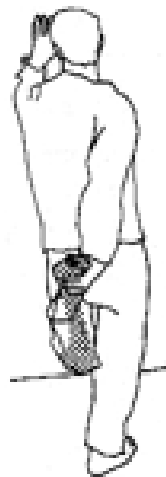
1.- Turmells



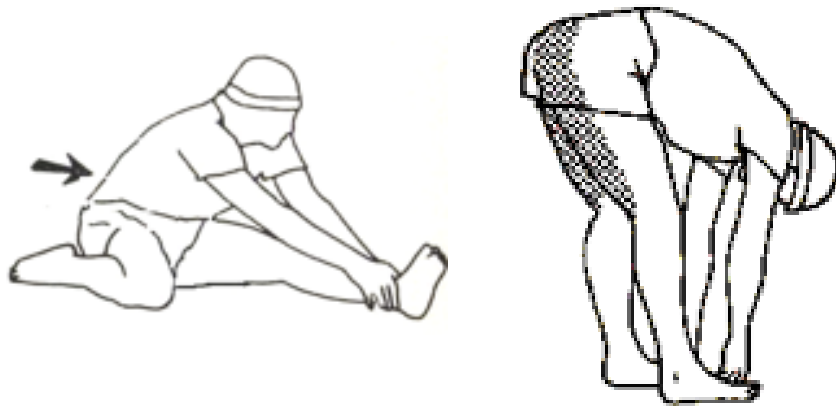
2.- Bessons



3.- Tibials anteriors



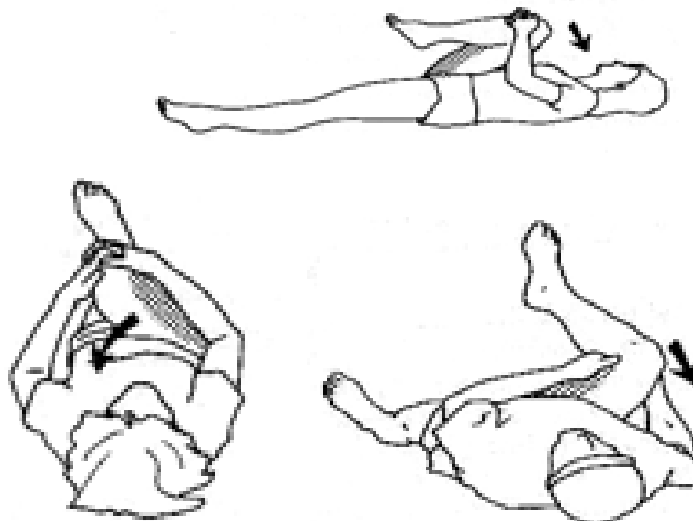
4.- Isquiotibials.



5.- Quàdriceps.



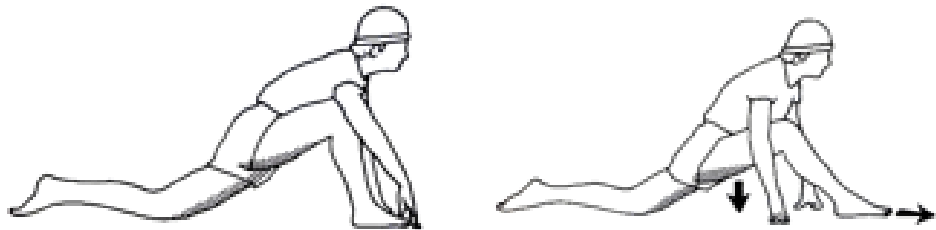
6. 7 i 8.- El trio



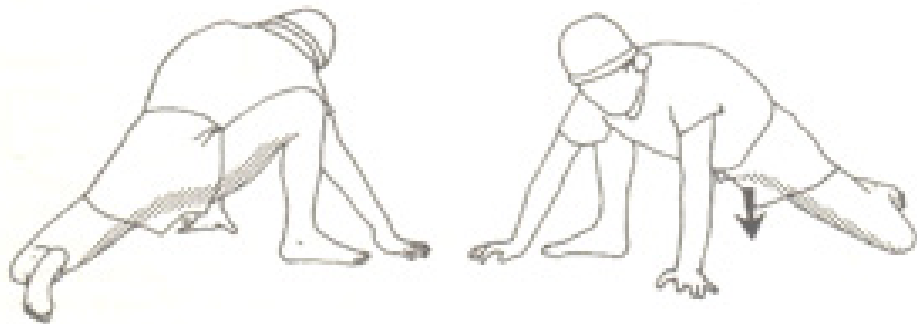
9.- El senyor



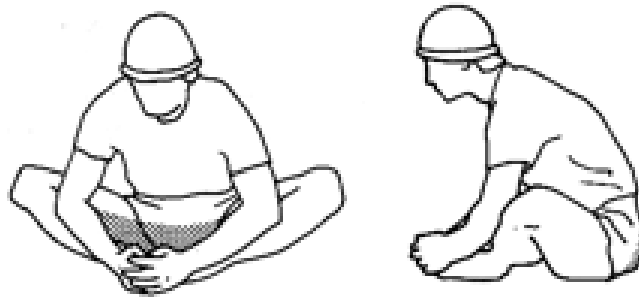
10.- L'sprinter



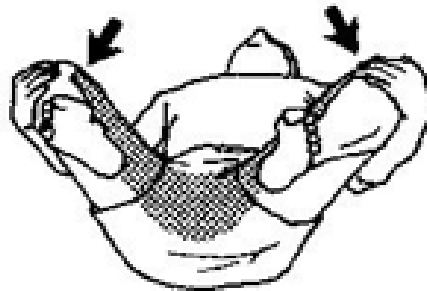
11.- El Borratxo



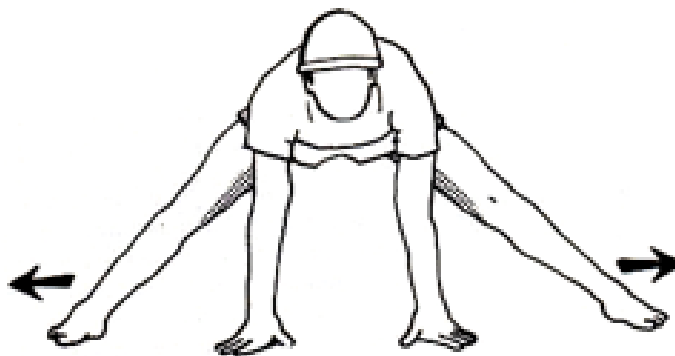
12.- La papallona.



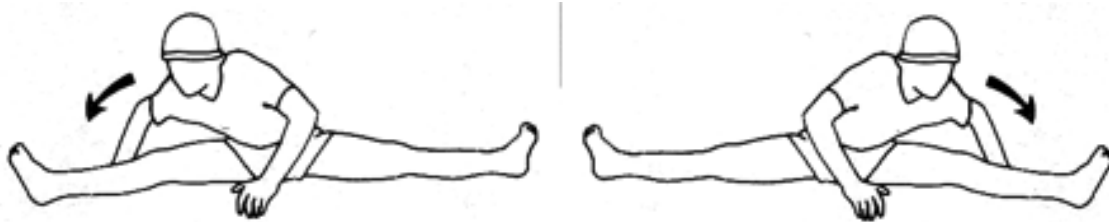
13.- L'escarabat.



14.- El triangle.



15.- El Bermejo



16.- El arado



17.- Oscil.lacions: davant i darrera.

