

RUTINA 2: ESTIRAMIENTOS CON TRX

2 series de 20-30''

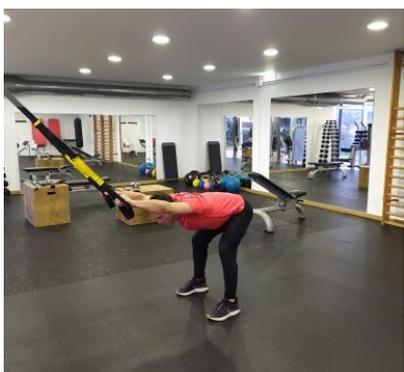
1. POSE INTENSA



2. TORSIÓN TRONCO



3. ISQUIOTIBIALES



4. GLÚTEOS



5. PSOAS + PECTORAL



6. PECTORAL/HOMBRO



7. PECTORAL/PSOAS



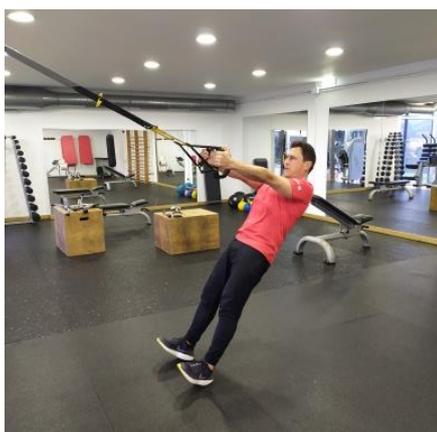
8. GUERRERO I



9. CIGÜEÑA



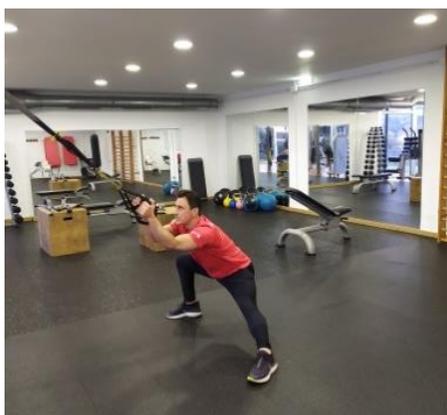
10. ESCÁPULAS



11. CUÁDRICEPS



12. ADUCTORES (SQUAT HINDÚ)



13. ROTADORES

