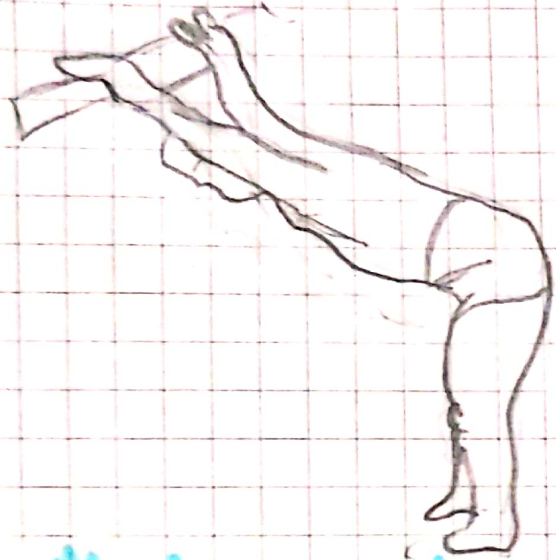


# Tren Superior

dorsales



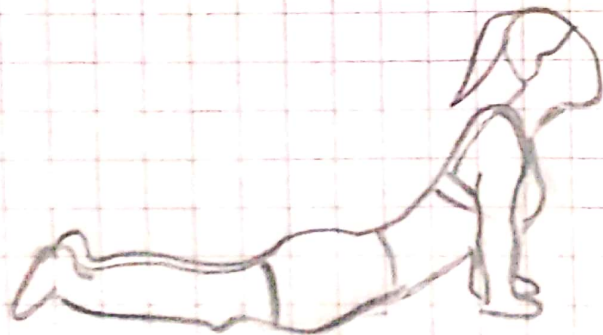
trapecio



triceps



Abdominales



biceps



# Tren inferior

Gemelos

aductores

cuadriceps

