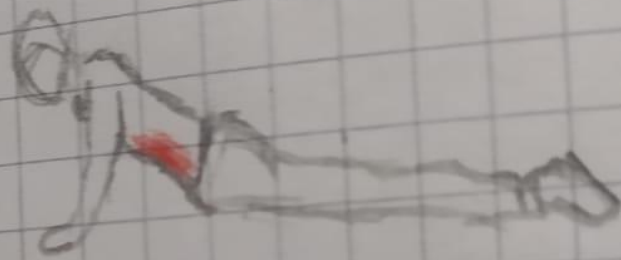
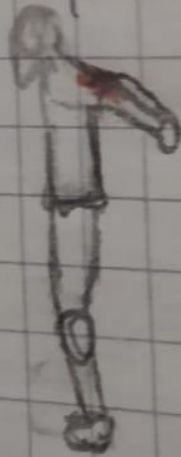


- abdominales



- biceps



- Triceps

• Tren inferior

- gemelos



- aductores



- cuadriceps



- Gluteos