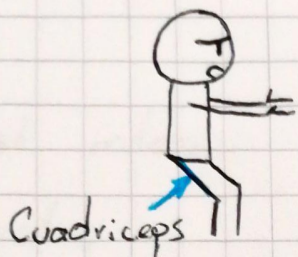
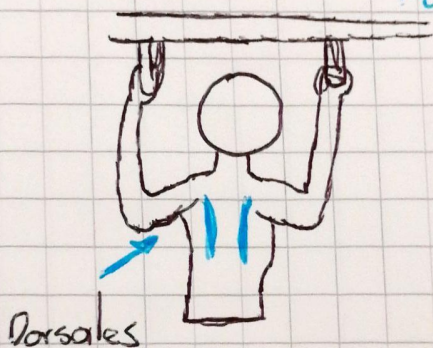


Capacidad superior

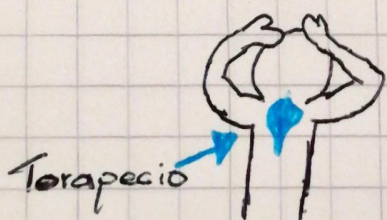
Tren inferior



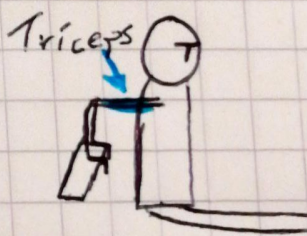
Dorsales



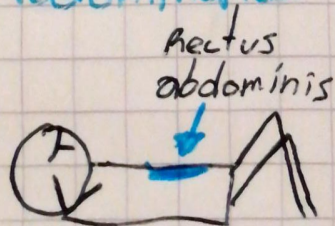
Trapezio deltoides



Triceps



Abdominales



biceps

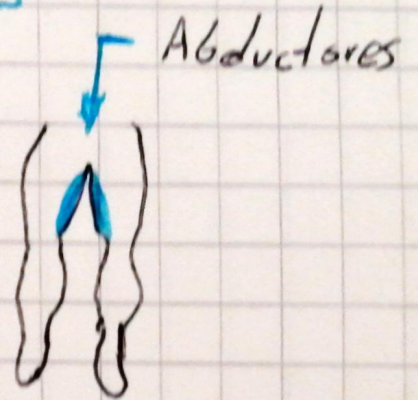


Capacidad inferior

Gemelos



Abductores



Cuadriceps

