

SERIE

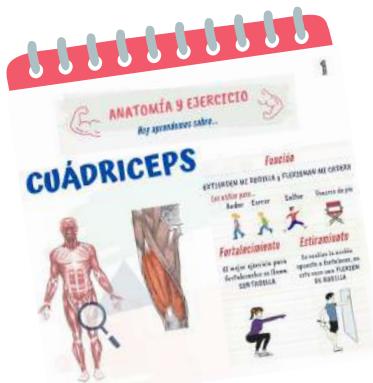
Prof. Juanjo Pérez Soto  
@educacionfisicacompetencial

# ANATOMÍA Y EJERCICIO

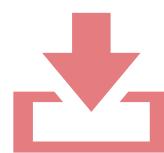
GRANDES GRUPOS MUSCULARES PARA PRIMARIA Y SECUNDARIA



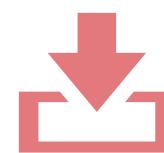
## CROMOS PARA PREGUNTAR Y JUGAR!



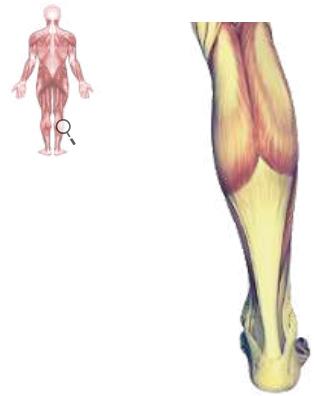
TRAS LEER LAS FICHAS  
ES HORA DE JUGAR...



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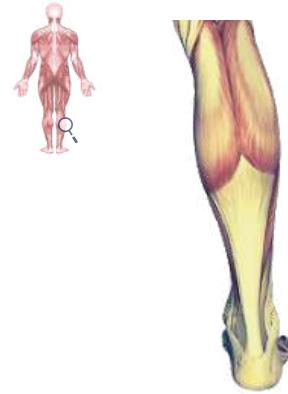
## Gemelos



Función

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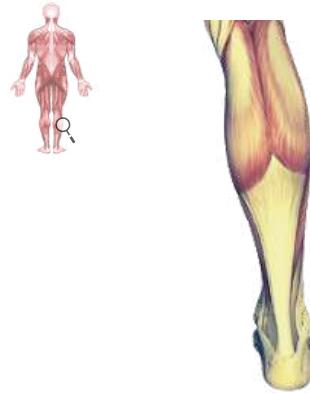
## Gemelos



Fortalecimiento

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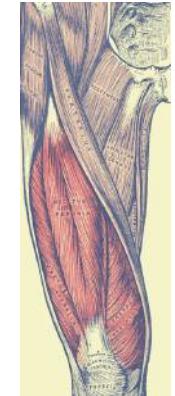
## Gemelos



Estiramiento

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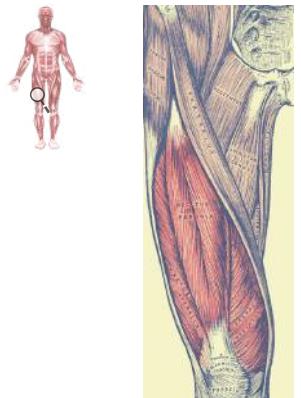
## Cuádriceps



Función

@educacionfisicacompetencial

## Cuádriceps



Fortalecimiento

@educacionfisicacompetencial

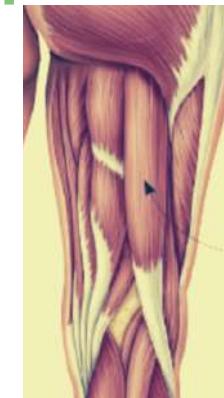
## Cuádriceps



Estiramiento

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## Isquiosurales



Función

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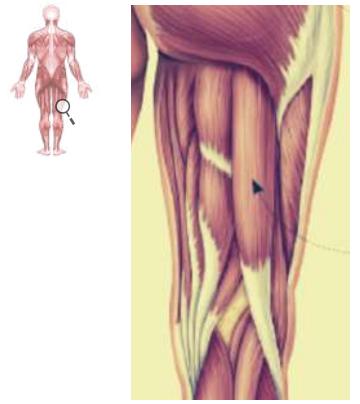
## Isquiosurales



Fortalecimiento

@educacionfisicacompetencial

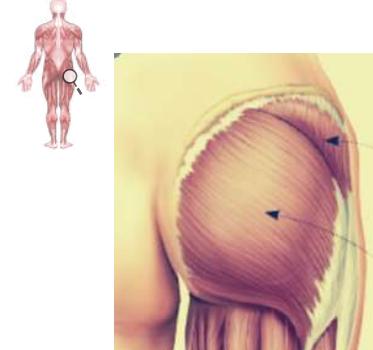
## Isquiosurales



Estiramiento

@educacionfisicacompetencial

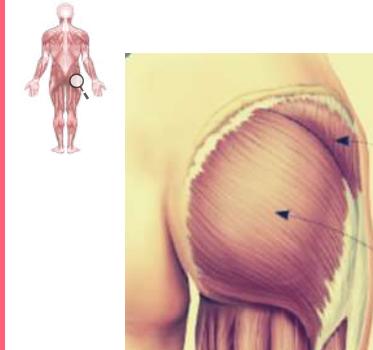
## Glúteos



Función

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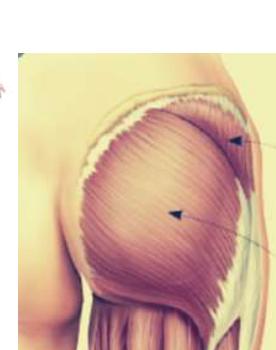
## Glúteos



Fortalecimiento

@educacionfisicacompetencial

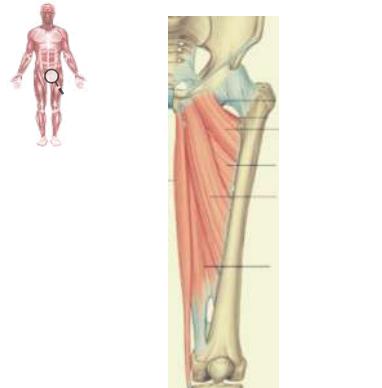
## Glúteos



Estiramiento

@educacionfisicacompetencial

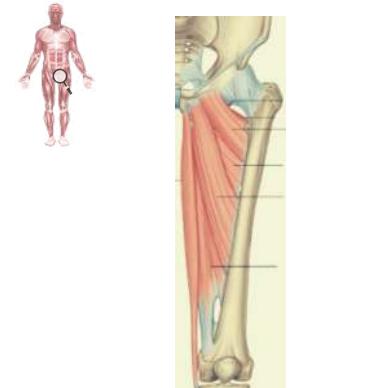
## Aductores



Función

@educacionfisicacompetencial

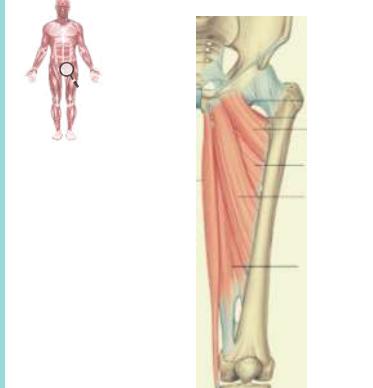
## Aductores



Fortalecimiento

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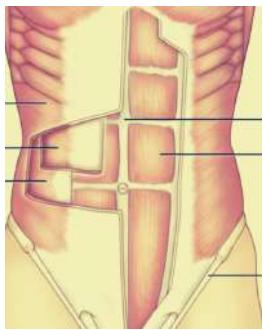
## Aductores



Estiramiento

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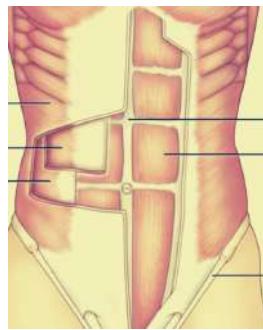
## Abdominales



Función

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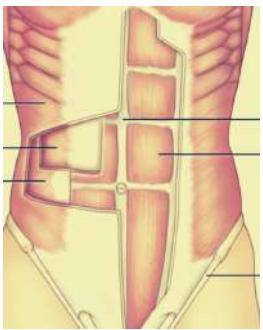
## Abdominales



Fortalecimiento

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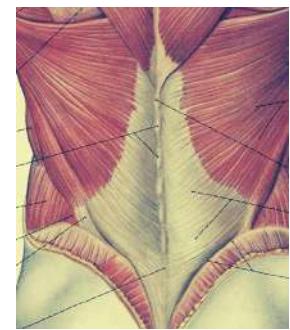
## Abdominales



Estiramiento

@educacionfisicacompetencial

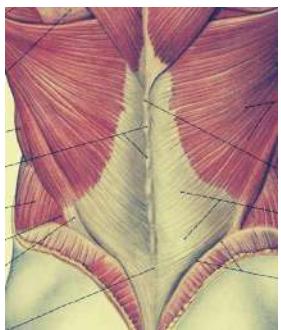
## Lumbares



Función

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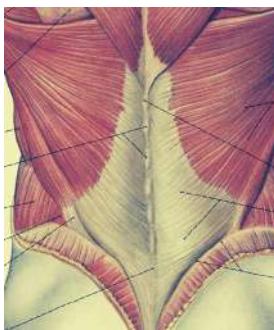
## Lumbares



Fortalecimiento

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## Lumbares



Estiramiento

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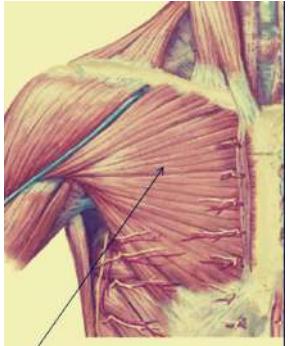
## Pectorales



Función

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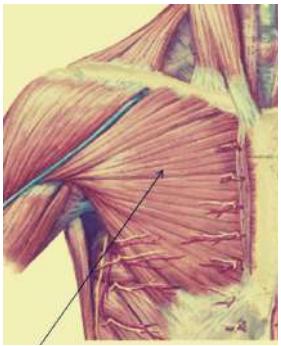
## Pectorales



Fortalecimiento

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## Pectorales



Estiramiento

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## Dorsales



Función

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## Dorsales



Fortalecimiento

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## Dorsales



Estiramiento

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## Trapecio



Función

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## Trapecio



Fortalecimiento

@educacionfisicacompetencial

## Trapecio



Estiramiento

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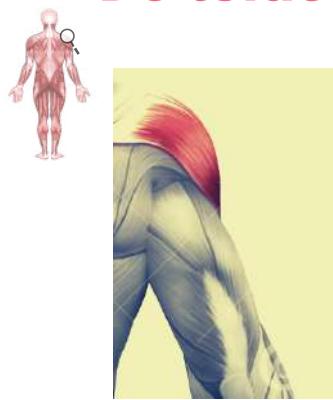
## Deltoides



Función

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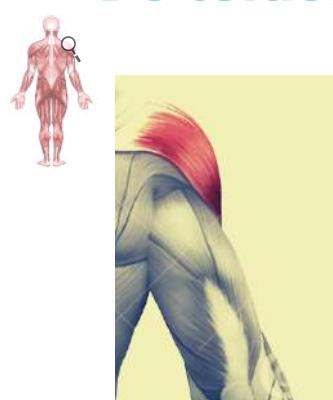
## Deltoides



Fortalecimiento

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## Deltoides



Estiramiento

@educacionfisicacompetencial

## Bíceps



Función

@educacionfisicacompetencial

## Bíceps



Fortalecimiento

@educacionfisicacompetencial

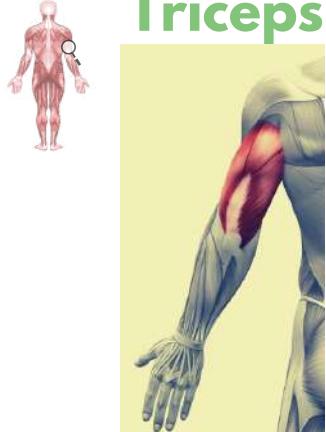
## Bíceps



Estiramiento

@educacionfisicacompetencial

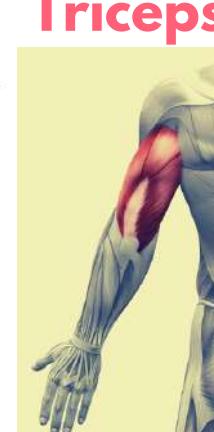
## Tríceps



Función

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## Tríceps



Fortalecimiento

@educacionfisicacompetencial

## Tríceps



Estiramiento

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