

Calves



Function

@educacionfisicacompetencial

Calves



Strengthening

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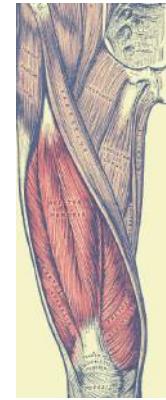
Calves



Stretching

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Quadriceps



Function

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Quadriceps



Strengthening

@educacionfisicacompetencial

Quadriceps



Stretching

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Hamstrings



Function

@educacionfisicacompetencial

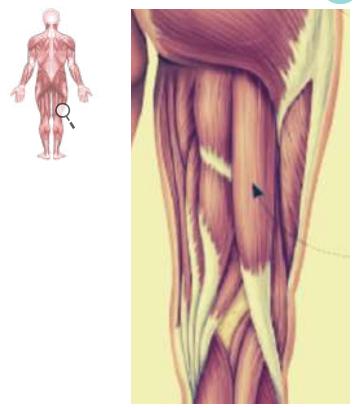
Hamstrings



Strengthening

@educacionfisicacompetencial

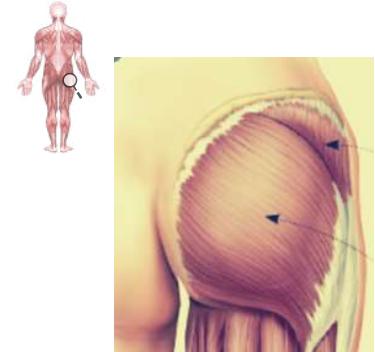
Hamstrings



Stretching

@educacionfisicacompetencial

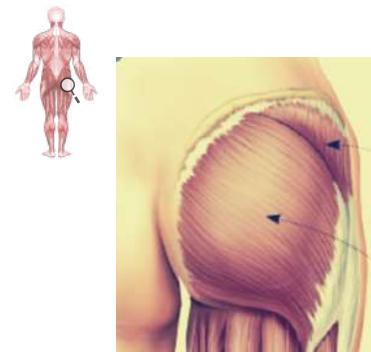
Gluteus



Function

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Gluteus



Strengthening

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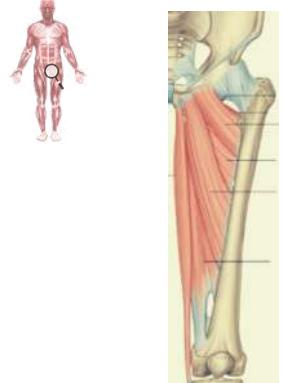
Gluteus



Stretching

@educacionfisicacompetencial

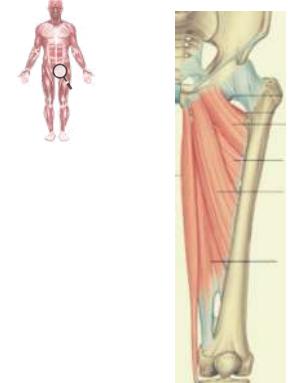
Adductors



Function

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Adductors



Strengthening

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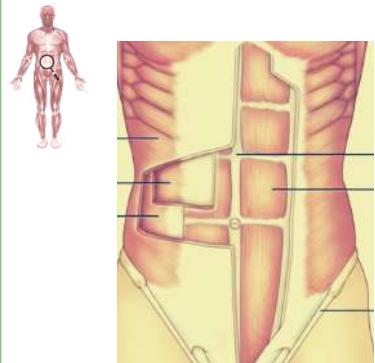
Adductors



Stretching

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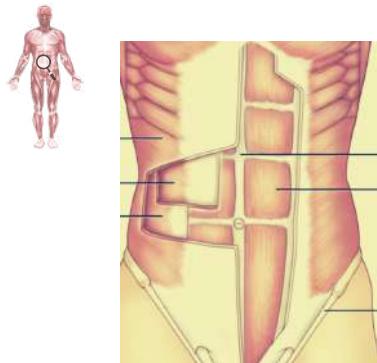
Abdominals



Function

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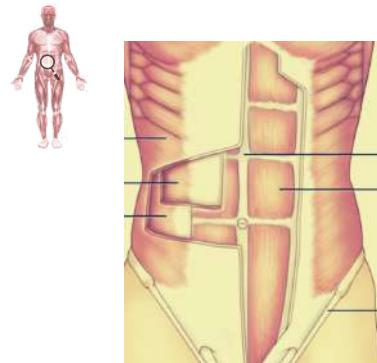
Abdominals



Strengthening

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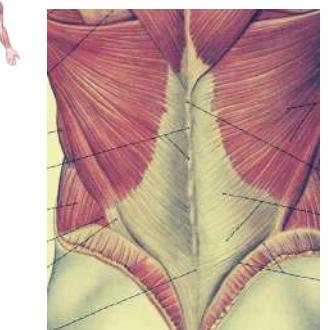
Abdominals



Stretching

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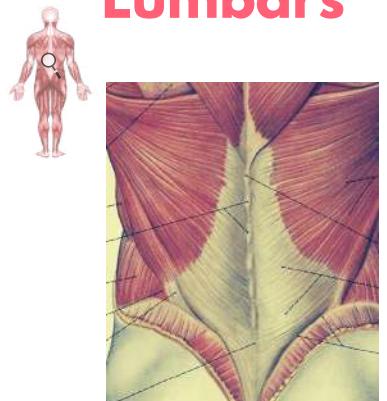
Lumbars



Function

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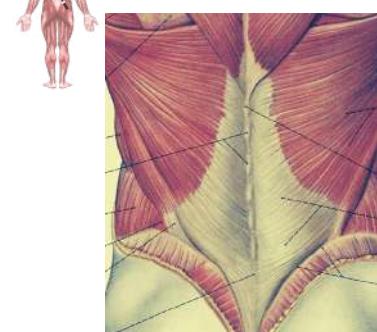
Lumbars



Strengthening

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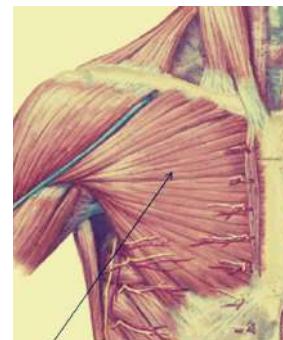
Lumbars



Stretching

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Pectorals



Function

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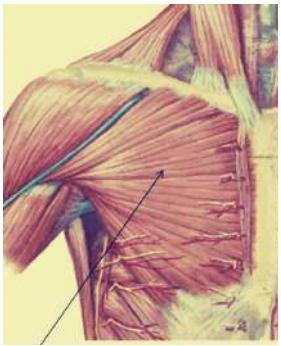
Pectorals



Strengthening

@educacionfisicacompetencial

Pectorals



Stretching

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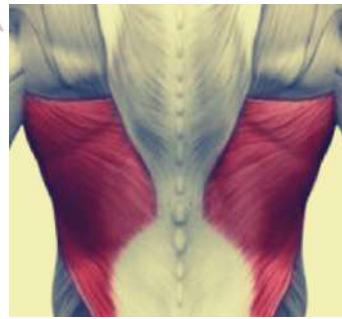
Dorsals



Function

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Dorsals



Strengthening

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Dorsals



Stretching

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Traperium



Function

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Trapeium



Strengthening

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Trapeium



Stretching

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Deltoids



Function

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Deltoids



Strengthening

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Deltoids



Stretching

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Biceps



Function

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Biceps



Strengthening

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Biceps



Stretching

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Triceps



Function

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Triceps



Strengthening

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Triceps



Stretching

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