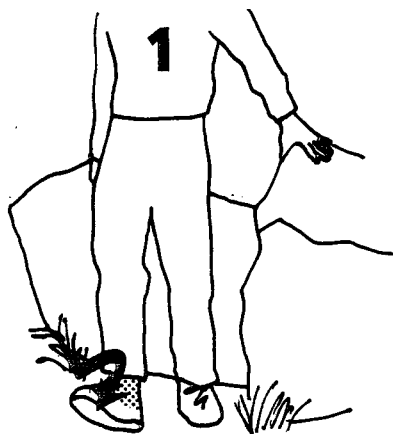


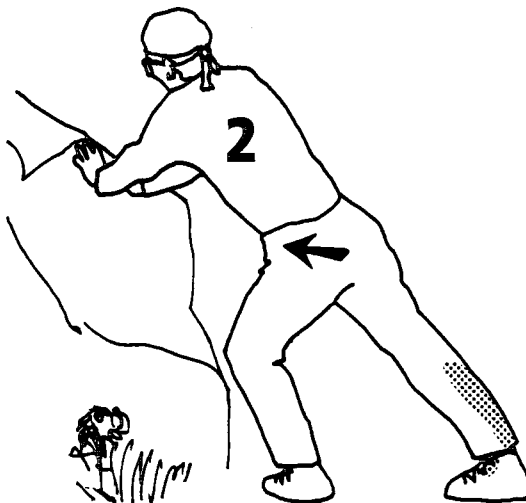
Antes, durante y después de practicar

Montañismo

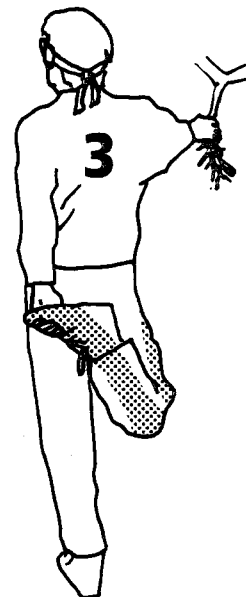
Siete minutos aproximadamente



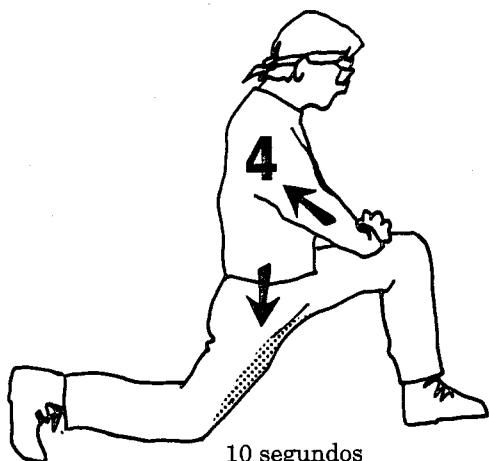
Girar cada pie de diez a quince veces (p. 71)



15-20 segundos cada pierna (p. 71)



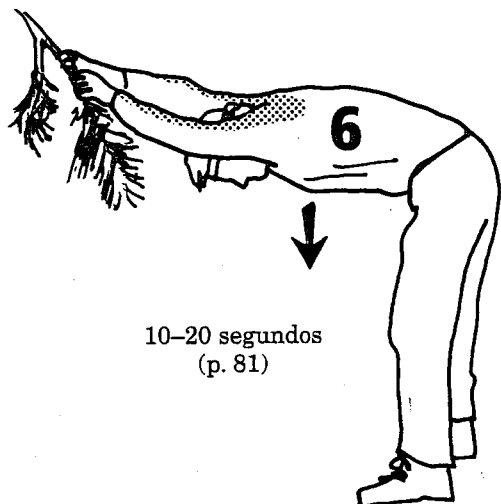
10-15 segundos cada pierna (p. 75)



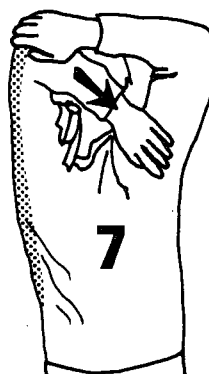
10 segundos cada pierna (p. 53)



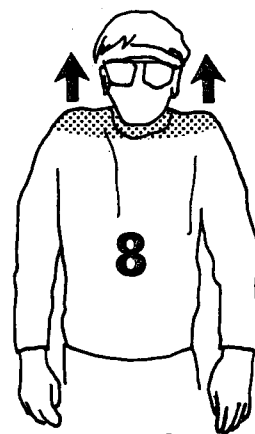
15-30 segundos (p. 66)



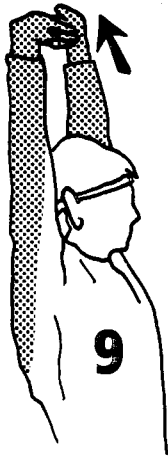
10-20 segundos (p. 81)



8-10 segundos cada brazo (p. 44)



3-5 segundos varias veces (p. 46)



15 segundos
(p. 46)



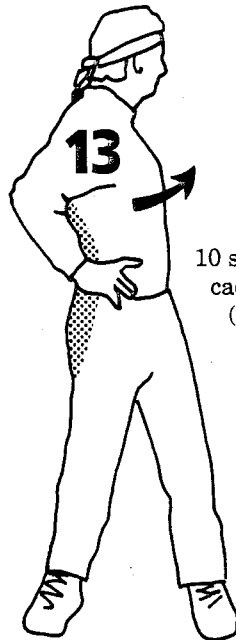
10-15 segundos
(p. 47)



8-10 segundos
cada lado
(p. 47)



10 segundos
dos veces
(p. 46)



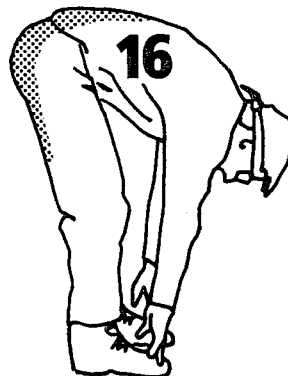
10 segundos
cada lado
(p. 81)



10-15 segundos
cada pierna
(p. 73)



15-30 segundos
(p. 55)



10-15 segundos
(p. 54)

Miniserie para aquellos que
no dispongan de tiempo:
2, 4, 6, 8, 12, 13, 15
Tres minutos
aproximadamente.