

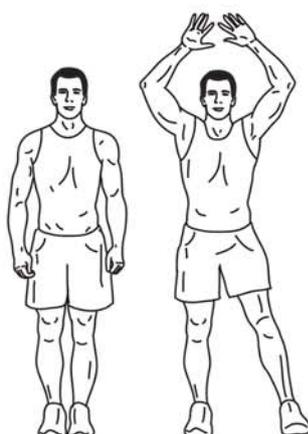
ENTRENAMIENTO EN CASA

Hecho por DAREBEE © darebee.com

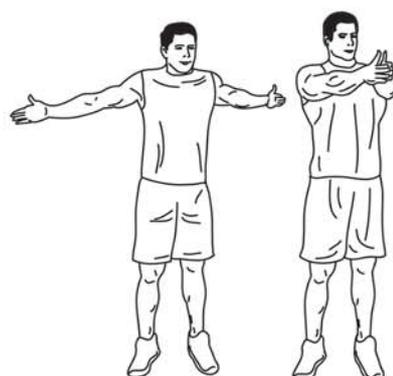
Repetir 5 veces en total - Descansa hasta 2 minutos



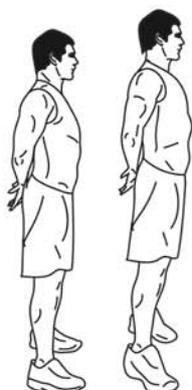
10 rotaciones de cadera



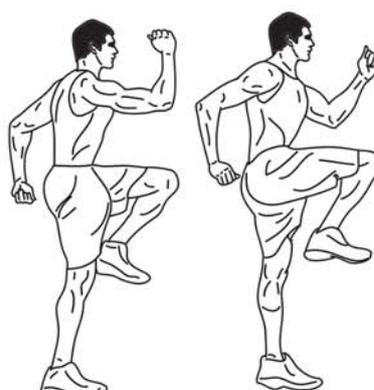
10 pasos laterales



10 expansiones de pecho



10 elevación de gemelos



10 pasos en el sitio