

**1. Flexibilidad. Isquiotibial de pie.**



| Series | Repetic. | Peso | Tiempo |
|--------|----------|------|--------|
| 1      | 30seg    |      |        |
|        |          |      |        |

**2. Flexibilidad. Cuadriceps de pie.**



| Series | Repetic. | Peso | Tiempo |
|--------|----------|------|--------|
| 1      | 30seg    |      |        |
|        |          |      |        |

**3. Flexibilidad. Aductores de pie.**



| Series | Repetic. | Peso | Tiempo |
|--------|----------|------|--------|
| 1      | 30seg    |      |        |
|        |          |      |        |

**4. Flexibilidad. Dorsal de pie con pies separados.**



| Series | Repetic. | Peso | Tiempo |
|--------|----------|------|--------|
| 1      | 30seg    |      |        |
|        |          |      |        |

**5. Flexibilidad. Dorsal y oblicuo.**



| Series | Repetic. | Peso | Tiempo |
|--------|----------|------|--------|
| 1      | 30seg    |      |        |
|        |          |      |        |

**6. Flexibilidad. Deltiodes posterior y aproximadores escapulas.**



| Series | Repetic. | Peso | Tiempo |
|--------|----------|------|--------|
| 1      | 30seg    |      |        |
|        |          |      |        |

**7. Flexibilidad. Pectoral medio.**



| Series | Repetic. | Peso | Tiempo |
|--------|----------|------|--------|
| 1      | 30seg    |      |        |
|        |          |      |        |

**8. Flexibilidad. Pectoral inferior.**



| Series | Repetic. | Peso | Tiempo |
|--------|----------|------|--------|
| 1      | 30seg    |      |        |
|        |          |      |        |