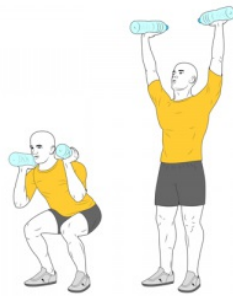


Potenciació EEII

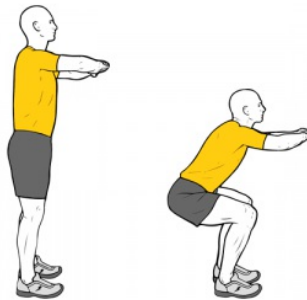
Pauta d'exercicis durant la quarantena. cal fer-los sempre sense dolor i respectant les pauses entre exercicis.

Media sentadilla con press de hombros



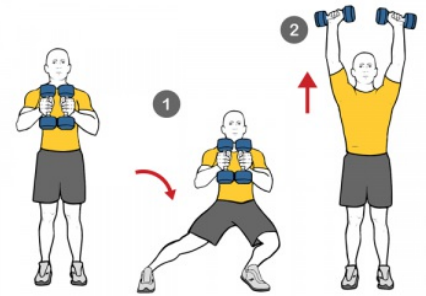
2 Series 10 reps
Pes segons tolerància

Media sentadilla



2 Series 10 reps

Zancada lateral y extensión de triceps



2 Series 10 reps
cap els dos costats

Zancada



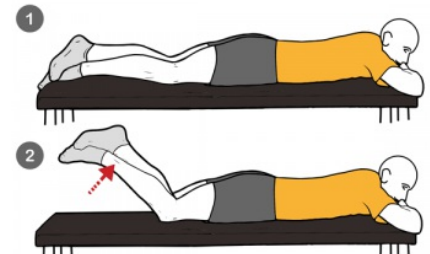
2 Series 10 reps

Equilibrio a una pierna sobre toalla



10 seg
amb cada cama

Curl femoral con ayuda de la otra pierna



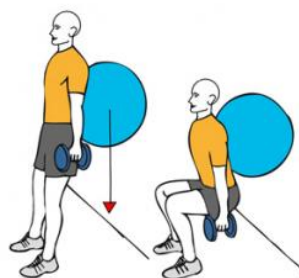
2 Series 10 reps

Media sentadilla a 90° con apoyo



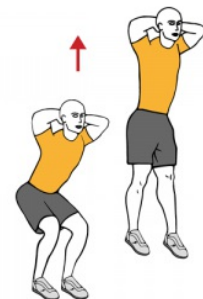
2 Series 10 seg

Media sentadilla con mancuernas apoyados en pelota de pilates



2 Series 10 reps

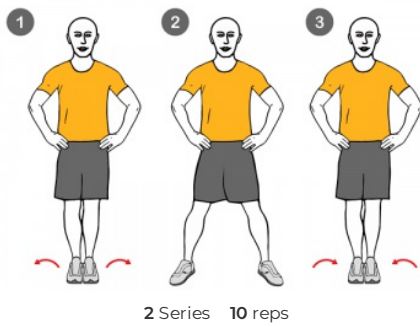
Media sentadilla y salto vertical con manos en la nuca



2 Series 10 reps

Potenciació EEII

Medio Jumping Jack



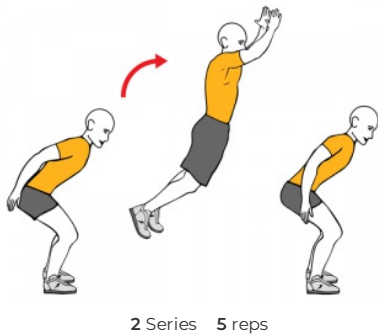
Mountain climber



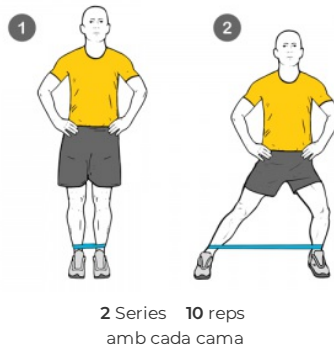
Saltitos sobre una pierna



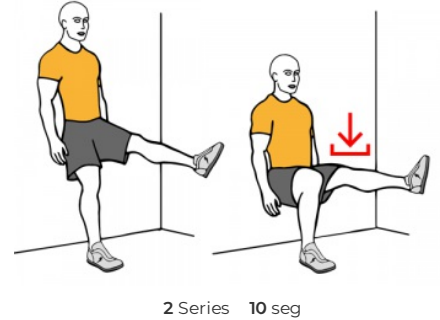
Salto adelante a pies juntos



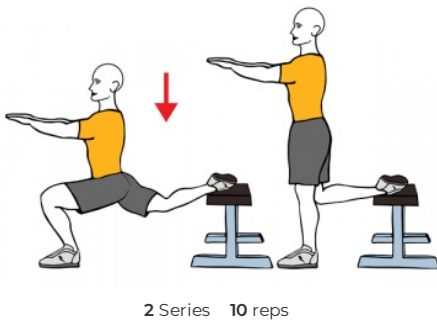
Zancadas laterales con banda elástica



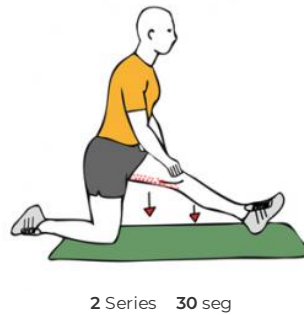
Media sentadilla isométrica sobre una pierna



Zancada con la otra pierna elevada o sentadilla bulgara



Estiramiento de flexores de una pierna



Estiramiento de cuadriceps tendido prono

