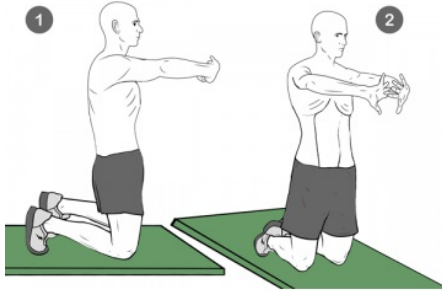


## Abdominals

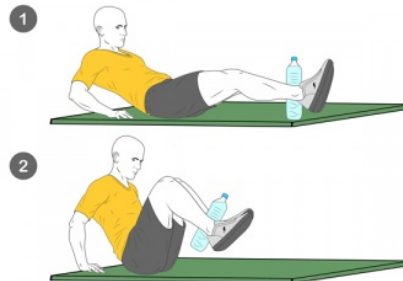
Cal respectar el temps de descans i realitzar els exercicis sense dolor

### Hipopresivo de rodillas



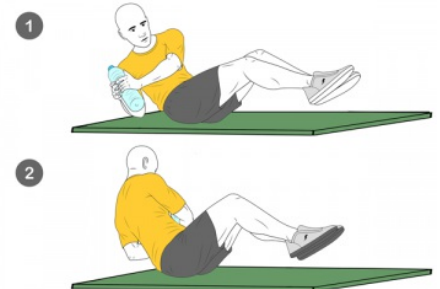
2 Series 15 seg

### Contracció abdominal con botella de agua



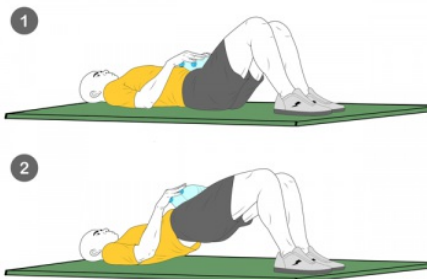
3 Series 10 reps

### Giros abdominales con botella de agua



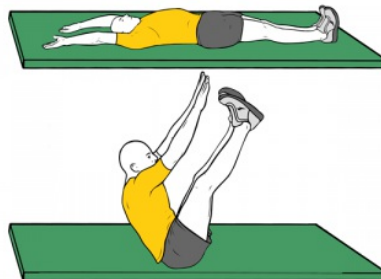
2 Series 10 reps

### Puente de gluteos con botella de agua



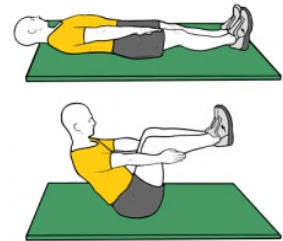
4 Series 10 reps

### Encogimiento en V



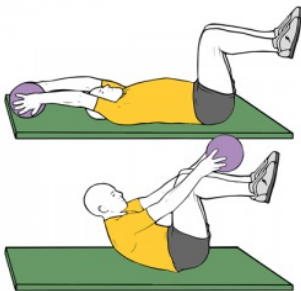
3 Series 5 reps

### Encogimiento de tronco y piernas



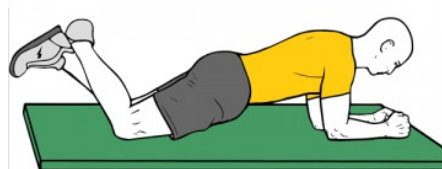
3 Series 8 reps

### Encogimientos con balón medicinal



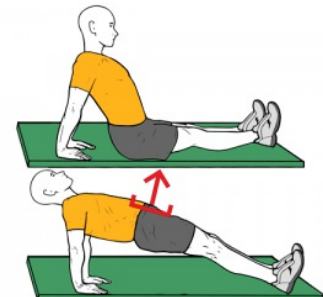
3 Series 10 reps

### Plancha con apoyo de rodillas



4 Series 10 seg

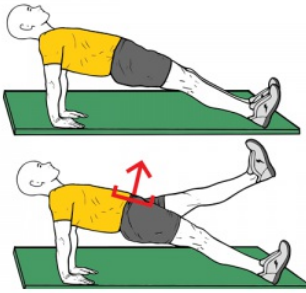
### Plancha inversa



3 Series 10 reps

# Abdominals

Plancha inversa con elevación de pierna



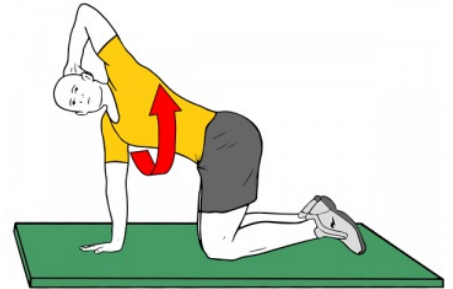
3 Series 10 reps

Flexión de cadera y rotación de tronco



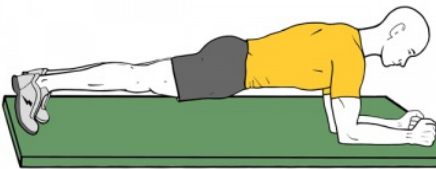
4 Series 6 reps

Rotación torácica en cuadrupedia



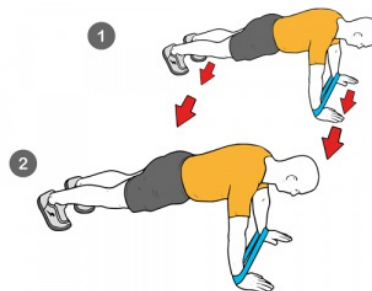
4 Series 8 reps

Plancha con apoyo de antebrazos



3 Series 20 seg

Desplazamiento lateral en plancha con banda de resistencia



3 Series 10 reps

Elevación alterna de brazo y pierna de rodillas



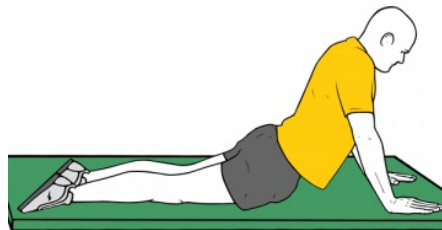
4 Series 15 seg

Extensión lumbar de pie



1 Series 20 seg

Extensión de tronco tumbado prono



1 Series 20 seg

Estiramiento lumbar en rotación



1 Series 20 seg