

Propiocepció EEII

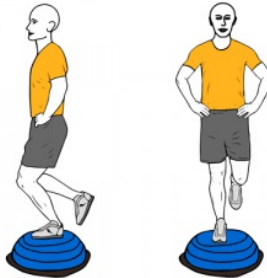
Vigilar al realitzar els exercicis de no teni vertig ni mareig

Equilibrio a una pierna sobre almohada



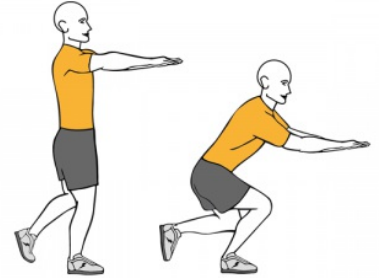
4 Series 20 seg

Equilibrio a una pierna sobre bosu



4 Series 20 seg

Media sentadilla pierna atrás



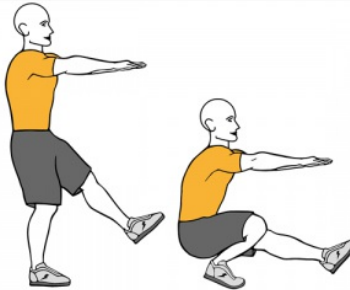
4 Series 6 reps

Yoga: Postura del árbol o vrksasana



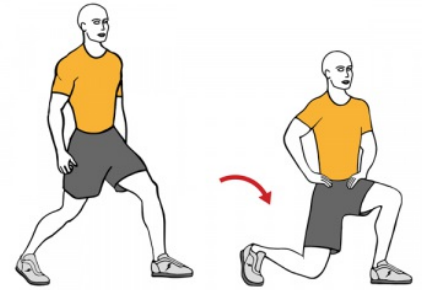
4 Series 20 seg

Sentadilla a una pierna



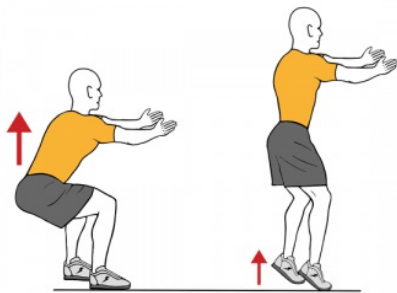
4 Series 6 reps

Zancada adelante manos en la cintura



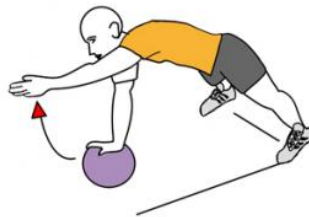
4 Series 12 reps

Media sentadilla y elevación de gemelos



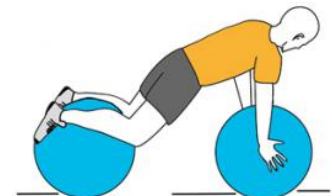
4 Series 10 reps

Equilibrio alterno sobre balon medicinal



4 Series 20 seg

Equilibrio sobre pelotas de pilates



4 Series 20 seg