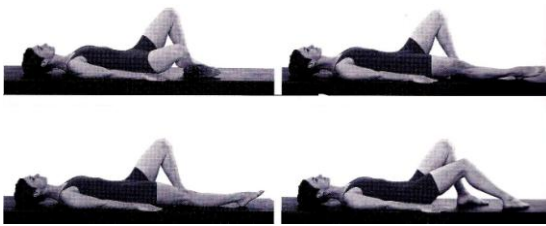
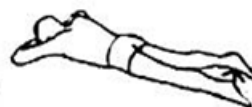
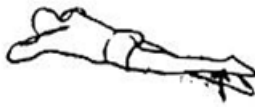


FASE 1: FLEXIBILIZACION



FASE 2: ACTIVACION



Following



Bracing



Abs



ETAPA 3: ESTABILIDAD

