

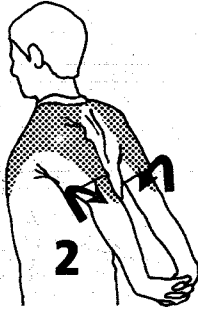
Antes y después de practicar **Patinaje en línea**

Seis minutos aproximadamente

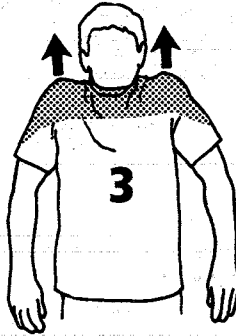
Caminar durante varios minutos antes de realizar los estiramientos.



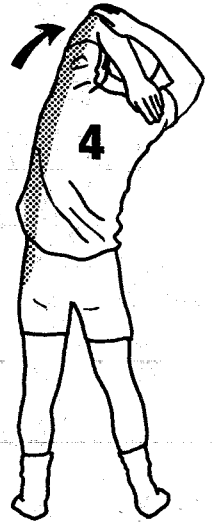
10 segundos
(p. 46)



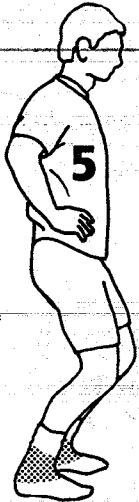
15 segundos
(p. 47)



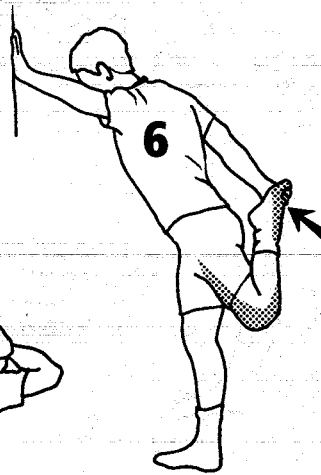
5 segundos
dos veces
(p. 46)



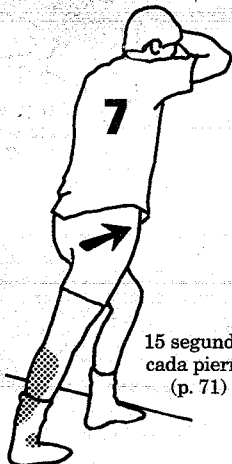
10 segundos
cada lado
(p. 44)



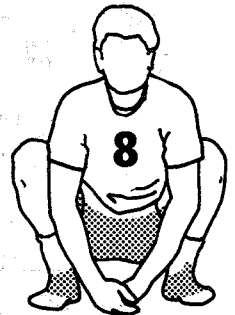
30 segundos
(p. 55)



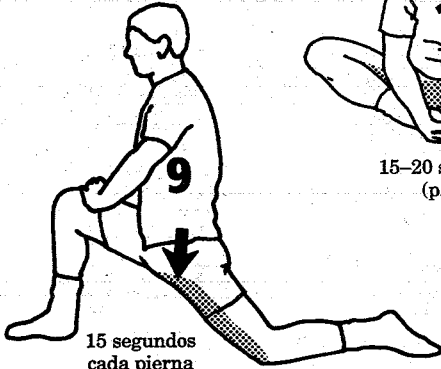
15 segundos
cada pierna
(p. 75)



15 segundos
cada pierna
(p. 71)



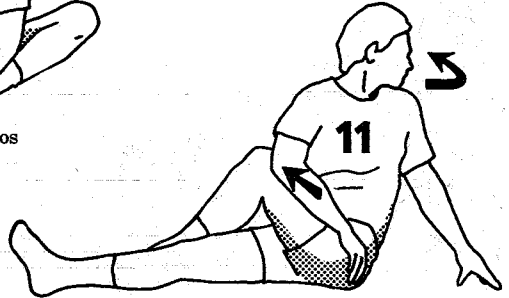
10-20 segundos
(p. 65)



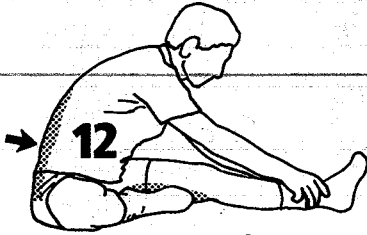
15 segundos
cada pierna
(p. 53)



15-20 segundos
(p. 58)



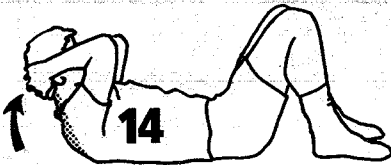
8-10 segundos
cada lado
(p. 60)



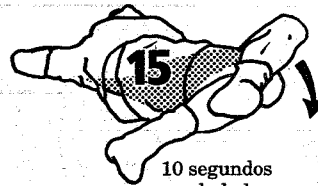
15-20 segundos
cada pierna
(p. 39)



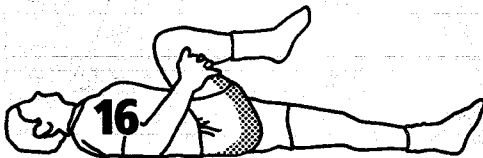
5 segundos
cada lado
(p. 30)



3-5 segundos
dos veces
(p. 27)



10 segundos
cada lado
(p. 27)



15 segundos
cada pierna
(p. 63)

Mínimete para aquellos que
no dispongan de tiempo:
2, 4, 5, 7, 9, 10, 12
Tres minutos
aproximadamente.