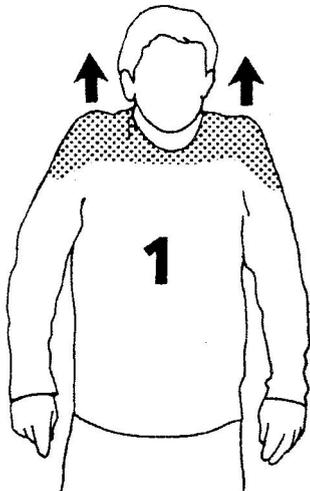


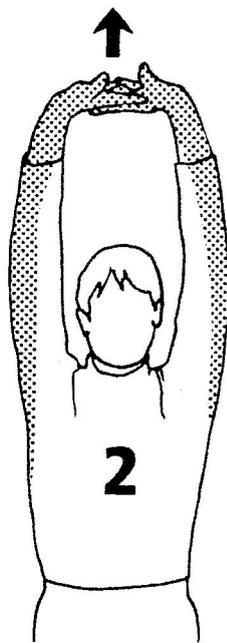
Antes de practicar Esquí alpino

Tres minutos aproximadamente

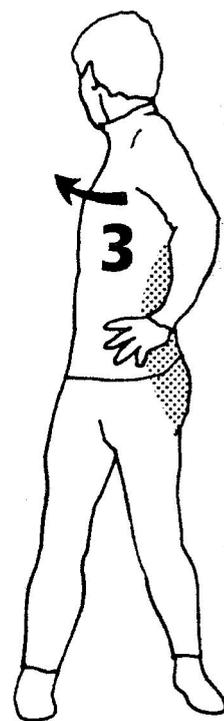
Caminar de 2 a 3 minutos antes de realizar los estiramientos.



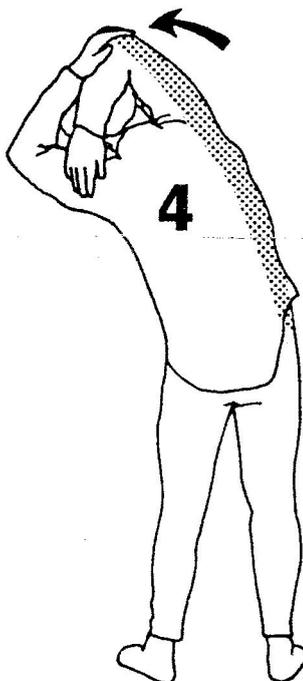
5 segundos
dos veces
(p. 46)



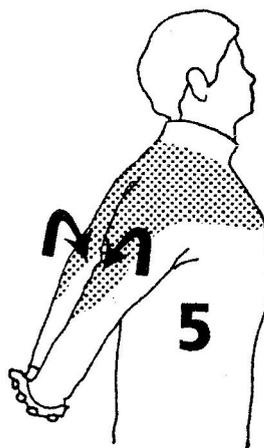
10 segundos
(p. 46)



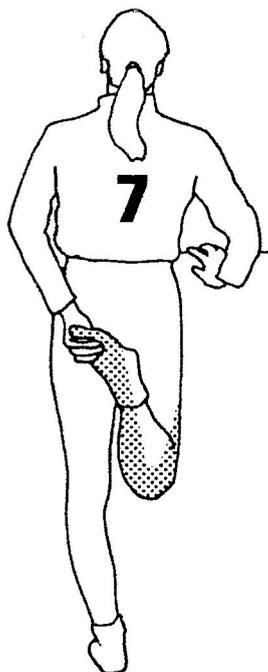
10 segundos
cada lado
(p. 81)



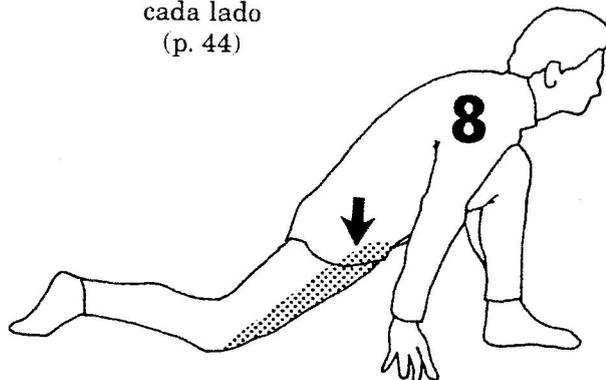
8-10 segundos
cada lado
(p. 44)



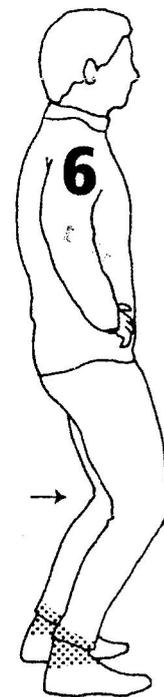
10 segundos
(p. 47)



10-15 segundos
cada pierna
(p. 75)



15 segundos
cada pierna
(p. 51)



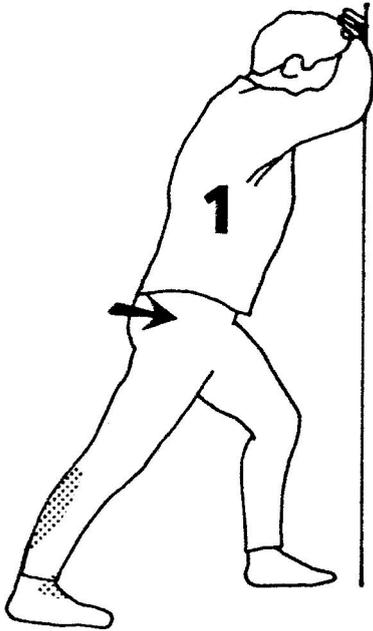
30 segundos
(p. 55)

Miniserie para aquellos que no dispongan de tiempo:

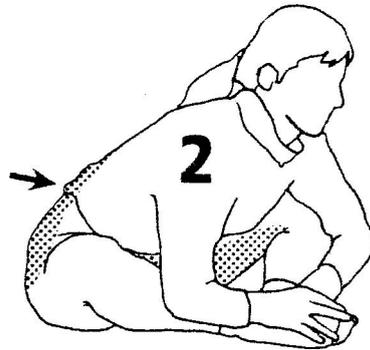
2, 3, 6, 8

Un minuto y medio aproximadamente.

pués de practicar
quí alpino
 minutos aproximadamente



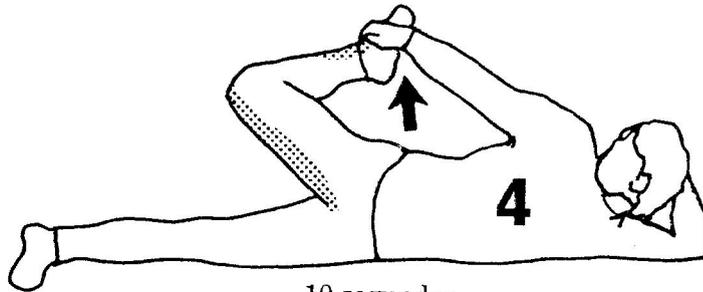
15-20 segundos
 cada pierna
 (p. 71)



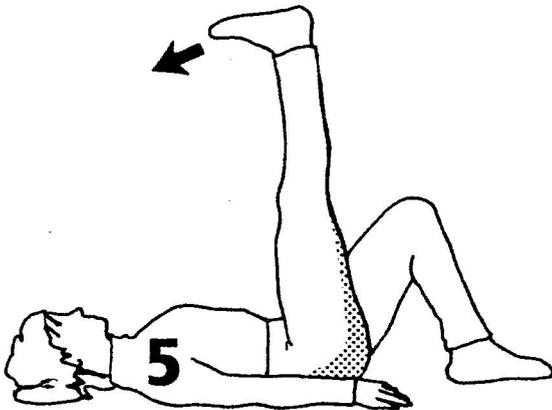
15-20 segundos
 (p. 58)



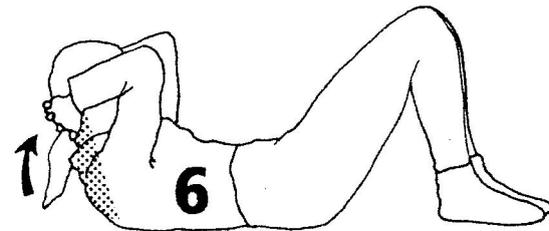
15 segundos
 cada pierna
 (p. 61)



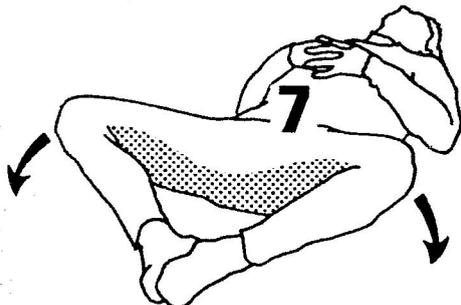
10 segundos
 cada pierna
 (p. 36)



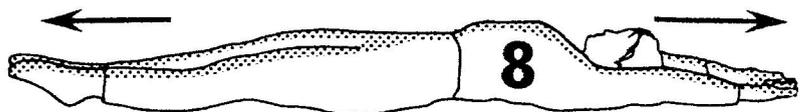
10 segundos
 cada pierna
 (p. 58)



3-5 segundos
 dos veces
 (p. 27)



15-20 segundos
 (p. 26)



5 segundos
 dos veces
 (p. 30)

**Miniserie para aquellos que
 no dispongan de tiempo:**
 1, 5, 6, 8
 Un minuto y medio
 aproximadamente.