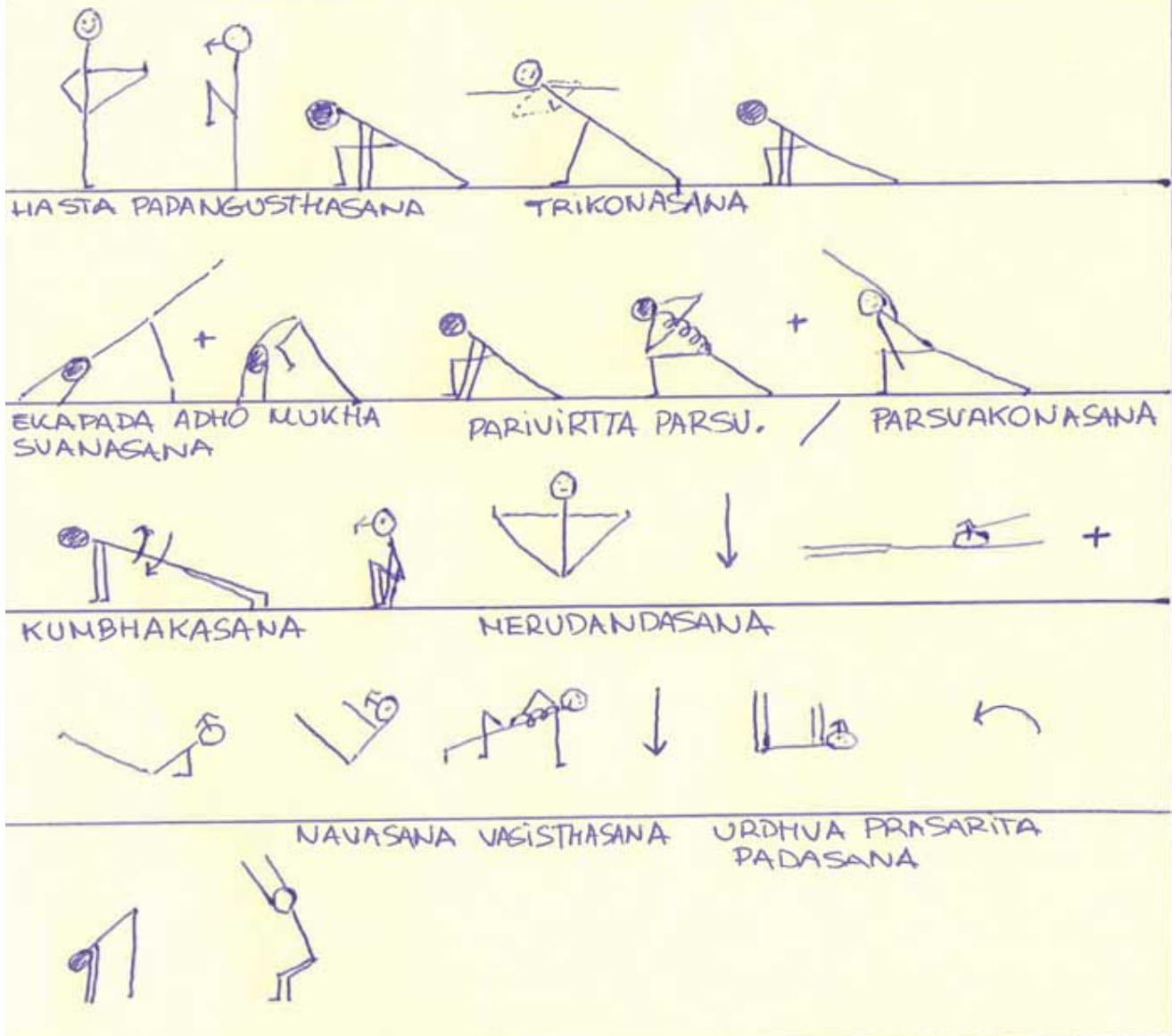


# Serie dinámica tonificación abdominales

## SERIE TONIFICACIÓN ABDOMINALES. Sandra Ramos



Por Sandra Ramos

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# Serie dinámica tonificación brazos

# SÉRIE DE BRAZOS

## CALENTAMIENTO



• CÍRCULO PEQUEÑO / 2 VEZ / AUMENTAR /  
↳ GRANDE / 1 + 1 / CÍRCULO... /



[ BAKASANA  
↑ ↓ TALONES ]

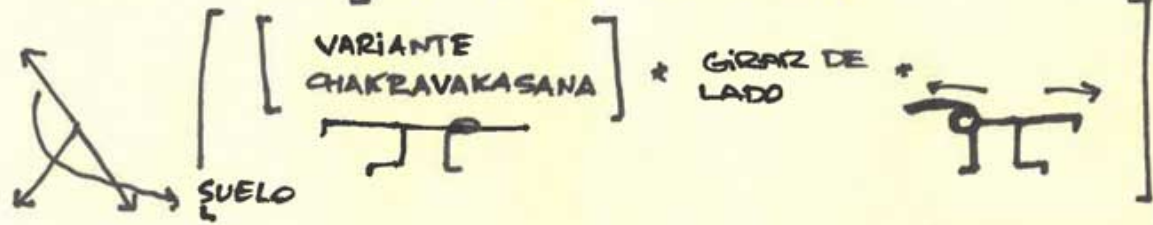
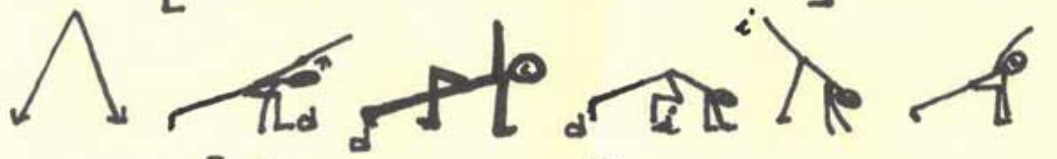


[ CHATURANGA  
DANDASANA ]

CÍRCULO

[ ADHOMUKHA  
SVANASANA  
CODOS ]

[ UTTHITA  
PARSVAKONASANA \* VASISTHASANA ]



[ VARIANTE  
CHAKRAVAKASANA ]

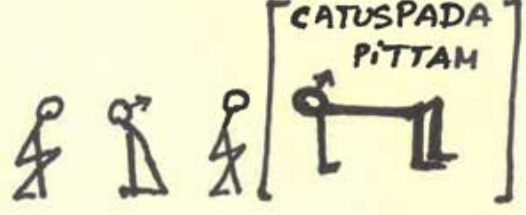
\* GIRAR DE  
LADO

SUELO



[ SALTO DELANTE ]

↑ RODILLAS



[ CATUSPADA  
PITAM ]

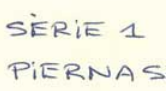


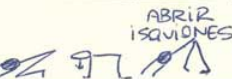
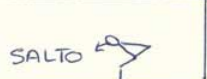
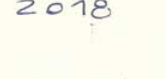






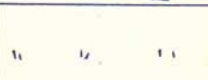
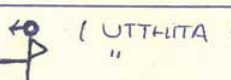
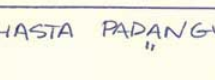
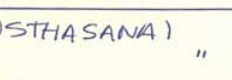
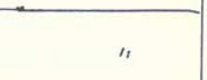
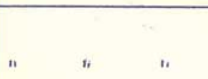

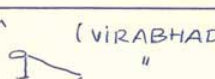
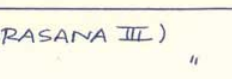
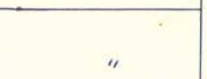
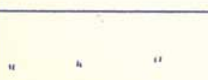
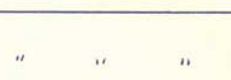


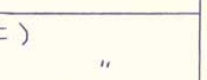
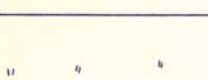
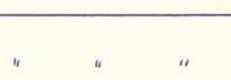
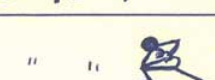


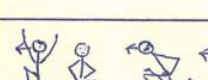
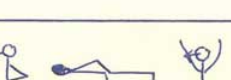

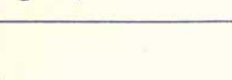

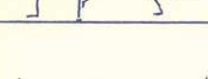
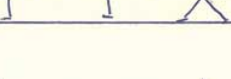

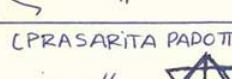
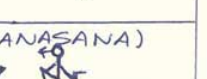


[ PURVOTTANASANA ]



[ CELASANA ]

# Serie dinámica tonificación piernas

CALENT.	CÍRCULOS WYNRA		+	CÍRCULOS PECHO		+	FO APERTURA +1,2,3				
1	 (VRKASANA)		SALTO	 (GARUDASANA)		 (UTTHITA HASTA PADANGUSTHASANA)	 (VIRABHADRASANA III)		 (VIRABHADRASANA I)		
2	 (VIRABHADRASANA I)		 (PARIVIRTA PARSVAKONASANA)	 (PRASARITA PADOTTANASANA)		 (PRASARITA PADOTTANASANA)		 (PRASARITA PADOTTANASANA)		 (PRASARITA PADOTTANASANA)	
3	 (PRASARITA PADOTTANASANA)		 (PRASARITA PADOTTANASANA)		 (PRASARITA PADOTTANASANA)		 (PRASARITA PADOTTANASANA)		 (PRASARITA PADOTTANASANA)		
4	 (PRASARITA PADOTTANASANA)		 (PRASARITA PADOTTANASANA)		 (PRASARITA PADOTTANASANA)		 (PRASARITA PADOTTANASANA)		 (PRASARITA PADOTTANASANA)		
5	 (PRASARITA PADOTTANASANA)		 (PRASARITA PADOTTANASANA)		 (PRASARITA PADOTTANASANA)		 (PRASARITA PADOTTANASANA)		 (PRASARITA PADOTTANASANA)		
6	 (PRASARITA PADOTTANASANA)		 (PRASARITA PADOTTANASANA)		 (PRASARITA PADOTTANASANA)		 (PRASARITA PADOTTANASANA)		 (PRASARITA PADOTTANASANA)		
7	 (PRASARITA PADOTTANASANA)		 (PRASARITA PADOTTANASANA)		 (PRASARITA PADOTTANASANA)		 (PRASARITA PADOTTANASANA)		 (PRASARITA PADOTTANASANA)		
8	 (PRASARITA PADOTTANASANA)		 (PRASARITA PADOTTANASANA)		 (PRASARITA PADOTTANASANA)		 (PRASARITA PADOTTANASANA)		 (PRASARITA PADOTTANASANA)		

SÉRIE 1  
PIERNAS  
2018

Por Sandra Ramos

# Serie dinámica respiración

# retención en lleno

Ver en PDF: [Serie dinámica respiración retención en vacío](#)

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# Serie dinámica respiración retención en vacío

Ver Esquema:

[Serie dinámica respiración retención en vacío](#)

Por Sandra Ramos

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# Serie dinámica sobre la respiración completa B

Video:

Ver esquema en pdf:

[Serie dinámica sobre la respiración completa B](#)

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[Ver el esquema de la serie](#)

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## [Serie dinámica sobre la respiración pectoral](#)

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# [Serie dinámica sobre la respiración abdominal](#)

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