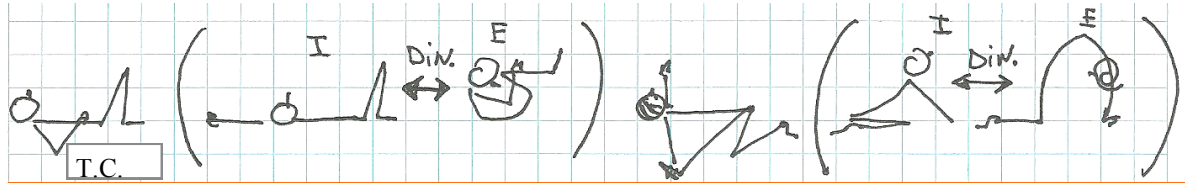
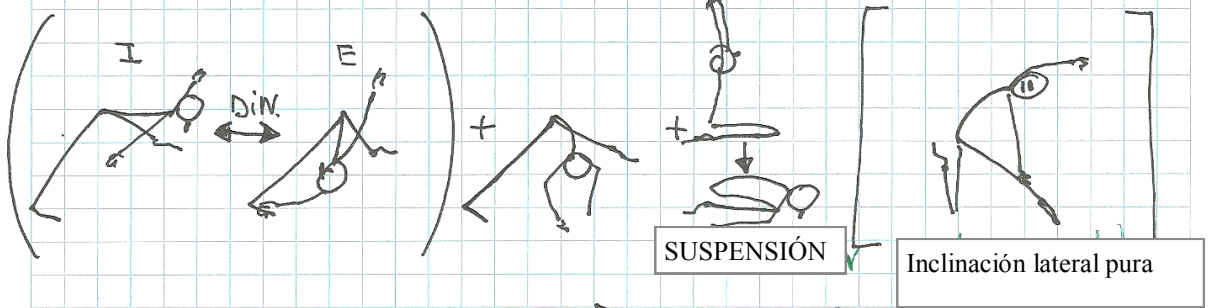
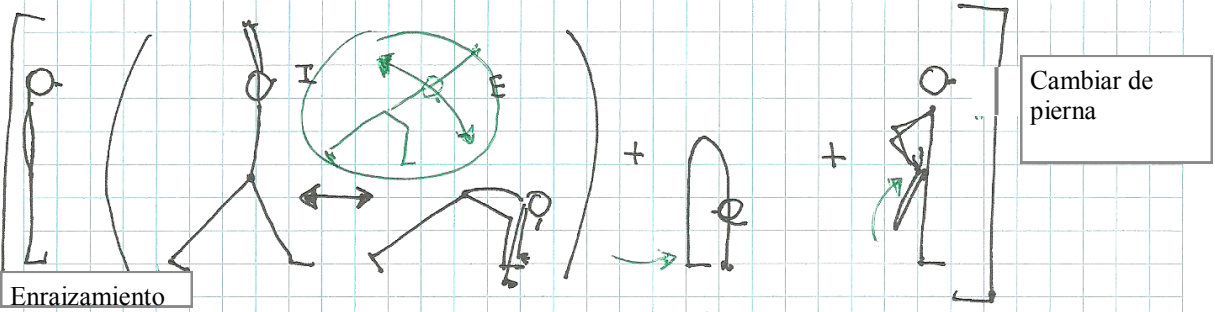


# SERIE: Objetivo Uthita Trikonâsana (Variante de una serie de Julián Peragón (Arjuna))

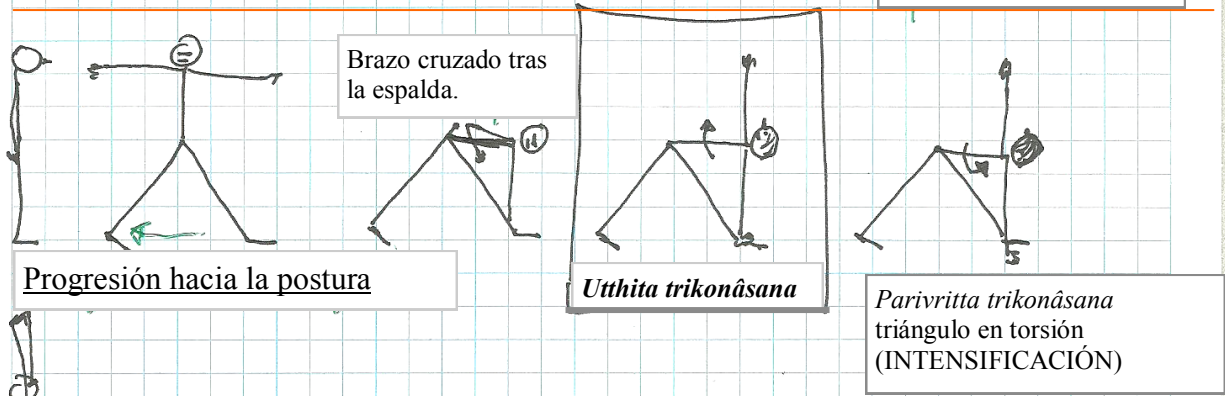
A CALENTAMIENTO



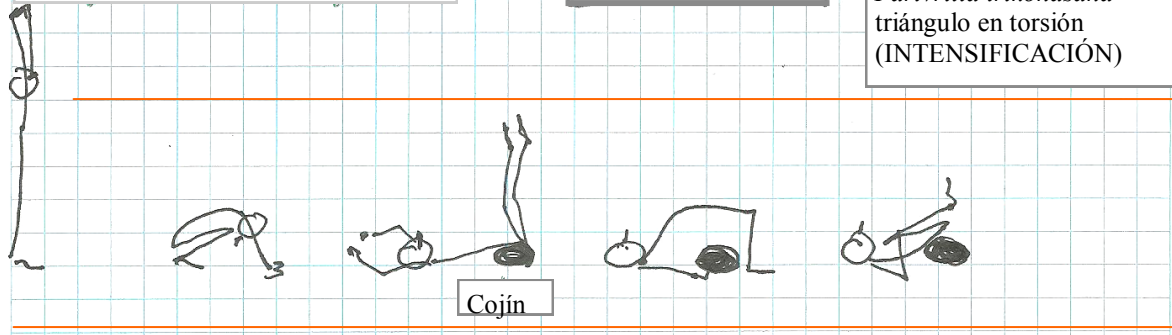
B PROGRESIÓN



C NUCLEO



D COMPENSACIÓN



E ESCUCHA

