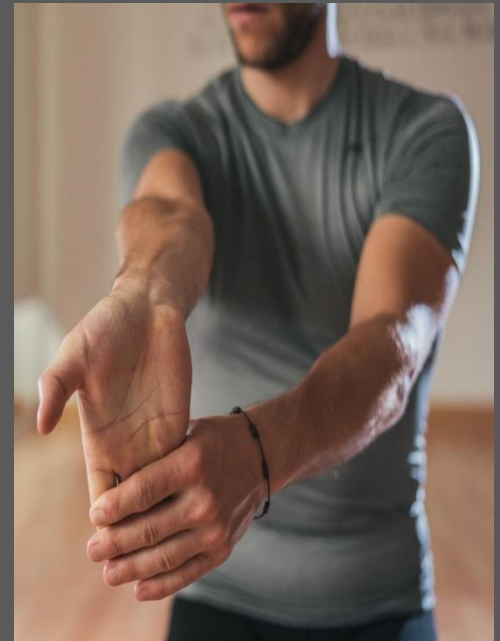
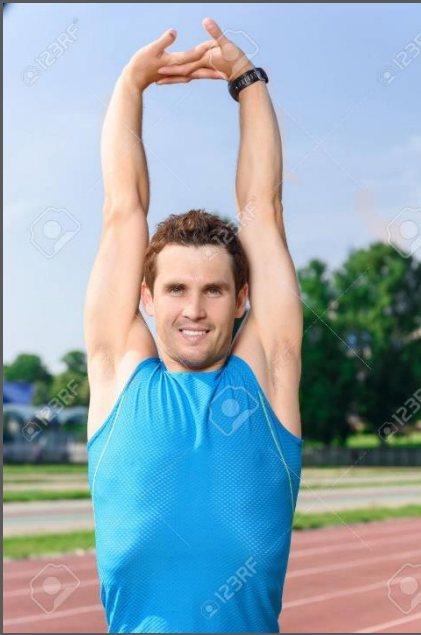


ΑΣΚΗΣΕΙΣ ΧΕΡΙΩΝ - HAND EXERCISES - EJERCICIOS CON LAS MANOS



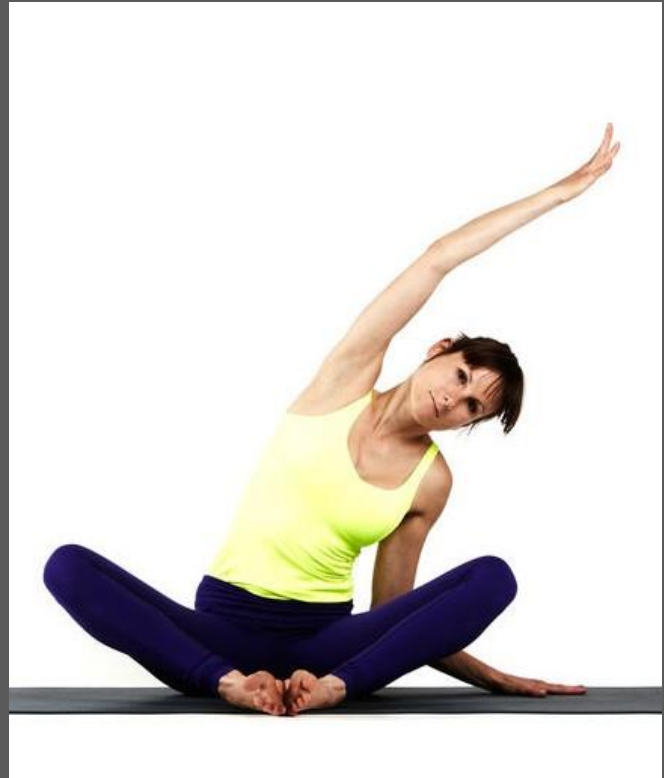
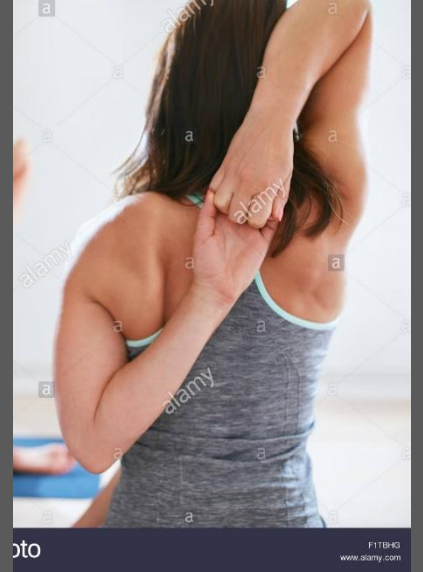
ΘΕΣΕΙΣ ΟΡΘΙΑΣ ΣΤΑΣΗΣ - STANDING POSITIONS
- POSICIONES DE PIE



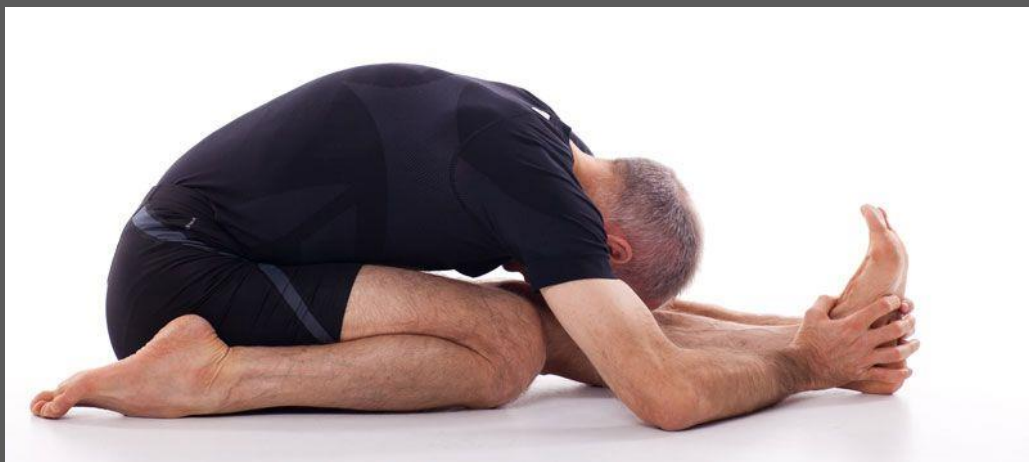
11ROTATIONS - ΣΤΡΟΦΕΣ





ΚΑΘΙΣΤΕΣ ΣΤΑΣΕΙΣ ΣΩΜΑΤΟΣ - SEATED POSTURES**- POSTURAS SENTADAS**



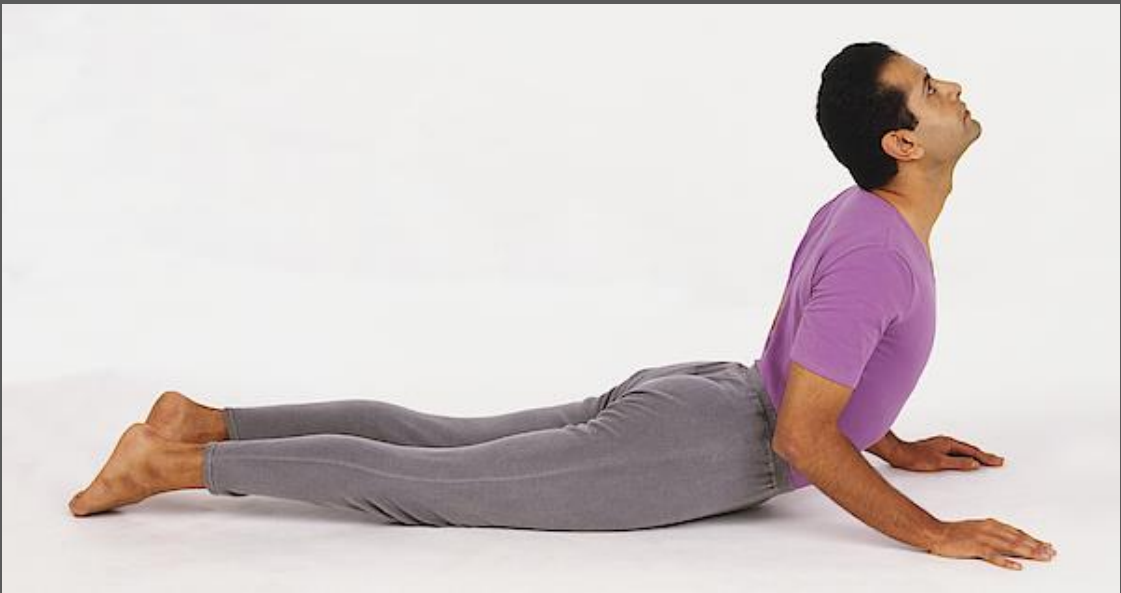






ΞΑΠΛΩΜΕΝΕΣ ΣΤΑΣΕΙΣ ΣΩΜΑΤΟΣ - LYING POSITIONS
- POSICIONES TUMBADAS















ΧΑΡΕΪΤΕ ΤΟΝ ΕΑΥΤΟ ΣΑΣ - ENJOY YOURSELF - DISFRUTA DE TI MISMO