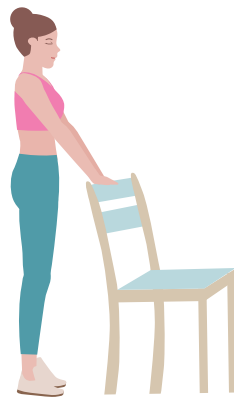
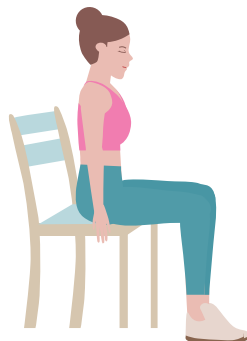
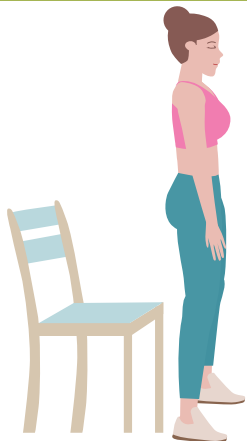
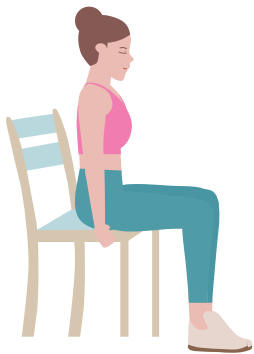
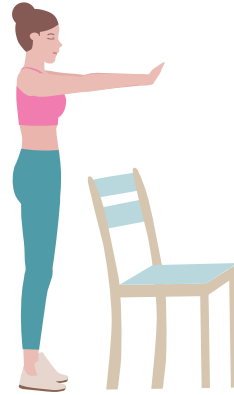
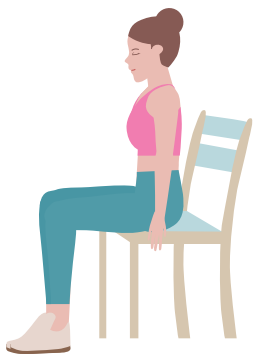


Ejercicios en Silla

1 MINUTO CADA EJERCICIO/DESCANSO/REPETIR 3X



Chair Exercises

1 MINUTE EACH EXERCISE / REST / REPEAT 3X

