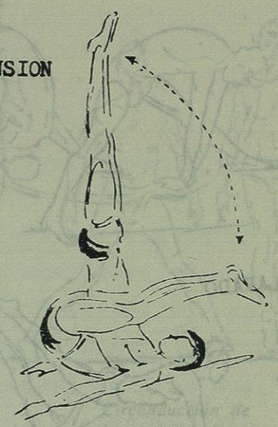
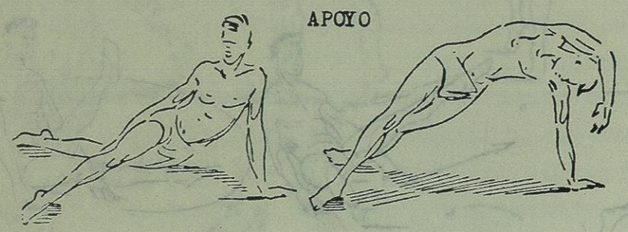
ALGUNOS EJERCICIOS FUERA DEL AGUA

FLEXION

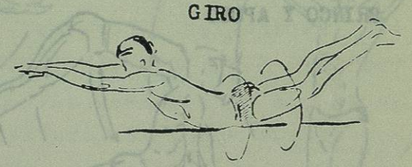
EXTENSION



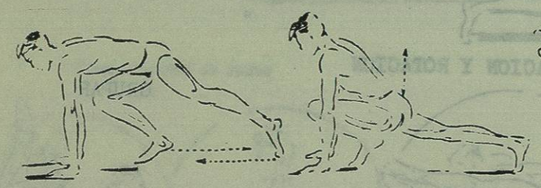
APOYO

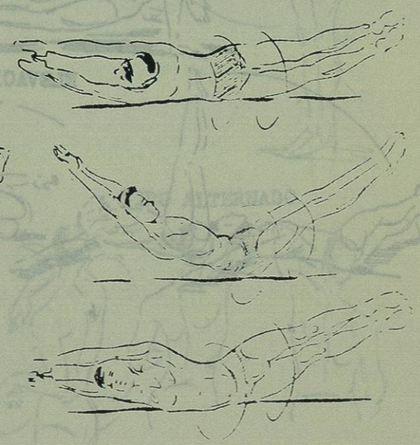


GIRO

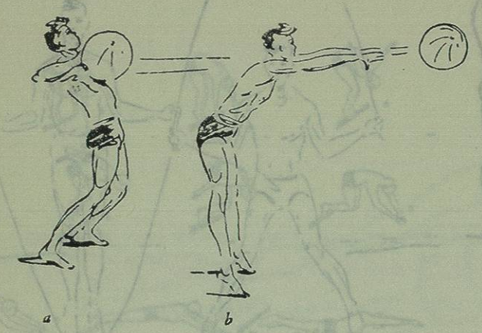


EJERCICIO DEL CORREDOR

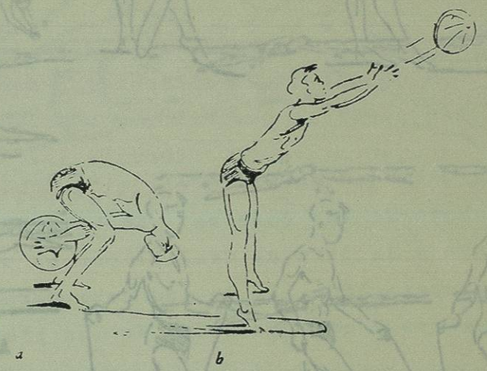




EJERCICIOS CON EL BALON MEDICINAL



a b



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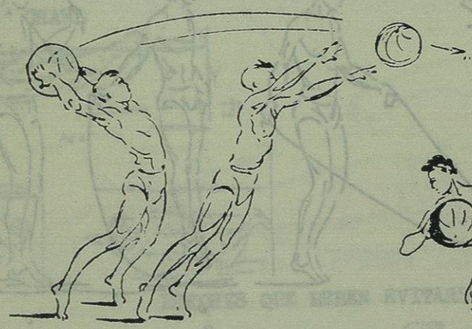
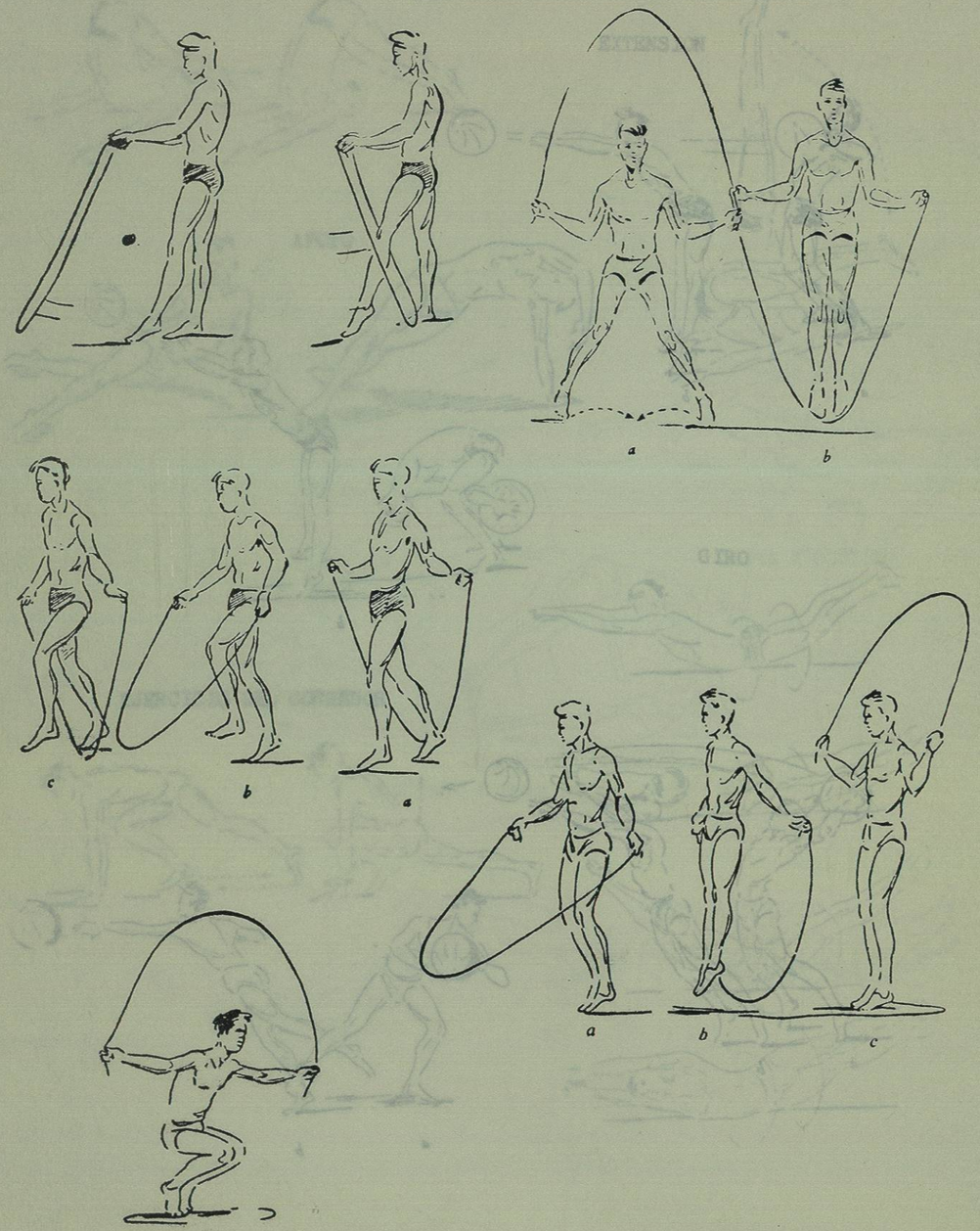


a b

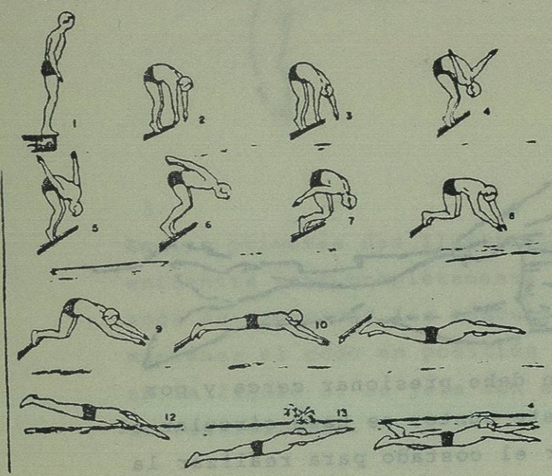
a b

EJERCICIOS CON LA CUERDA



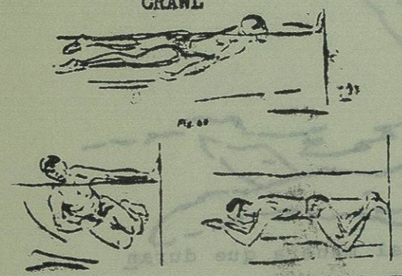
ESTUDIO GRAFICO DEL NADO DE CRAWL O LIBRE EN SUS PRINCIPALES ASPECTOS

SALIDA DELANTERA PARA LOS NADOS DE CRAWL PECHO Y MARIPOSA

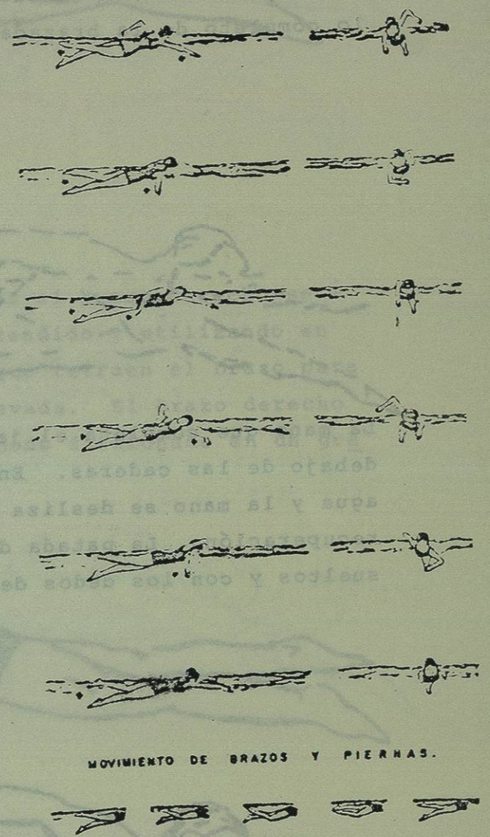
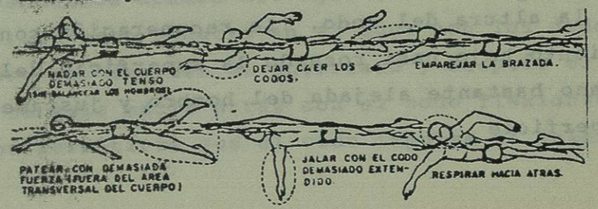


EL ANGULO DE ENTRADA EN EL AGUA ES DE 15 grados PARA CRAWL Y MARIPOSA Y DE 20 grados PARA PECHO.

VUELTA SIN MARCHA EN EL NADO DE CRAWL



NADO DE CRAWL O LIBRE



ERRORES QUE DEBEN EVITARSE EN EL ESTILO CRAWL