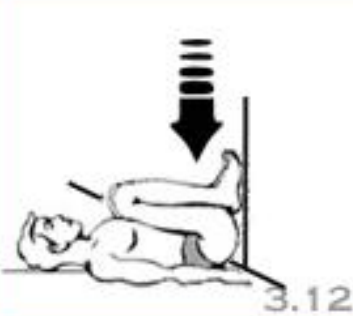
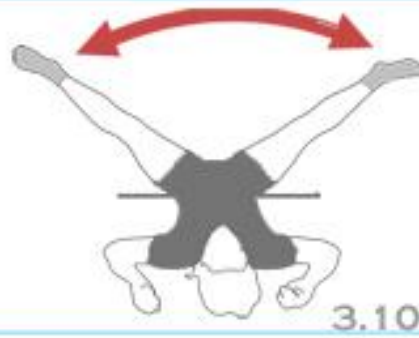
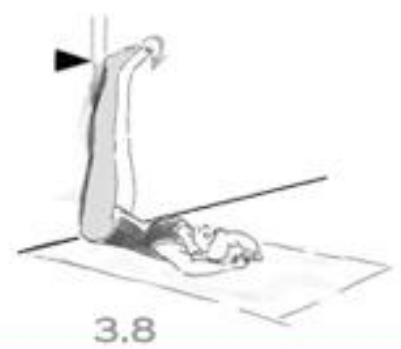
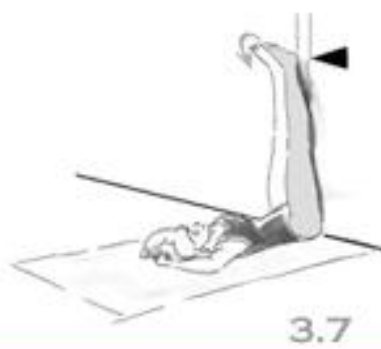
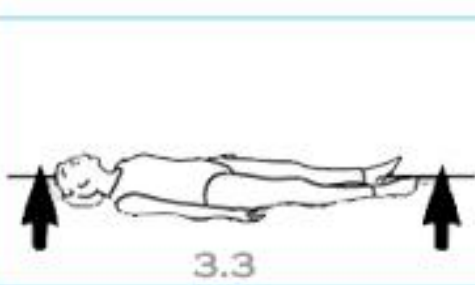


Izq Izq Izq

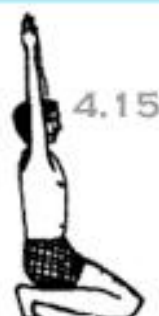
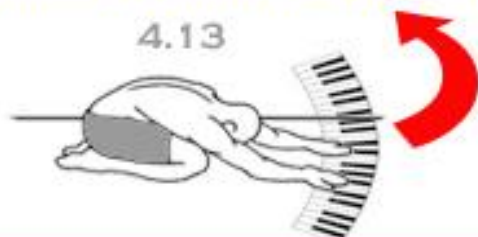
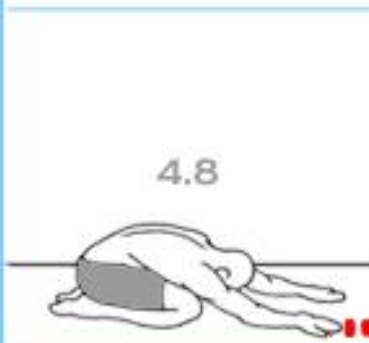
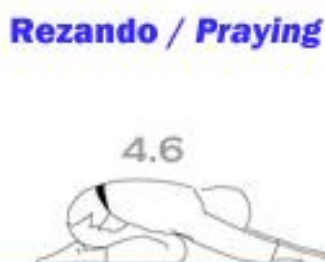
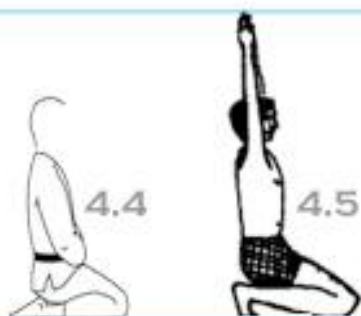


Dcha Dcha Dcha



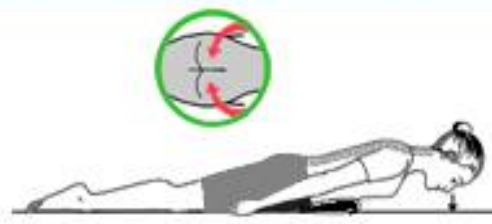


**Gato - Camelo / Cat - Camel**

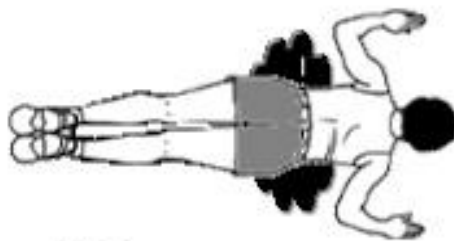




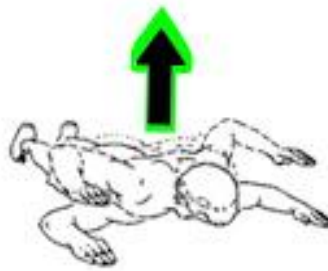
5.1



5.2



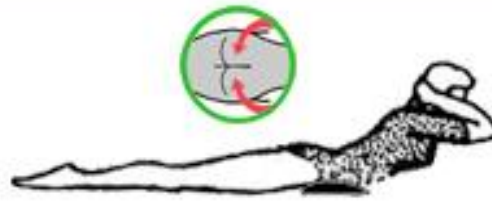
5.3



5.4



5.5



5.6



5.7



5.8



5.9



5.10

*Cinesiterapia de Columna / Reeduccion Postural*  
*Kinesiotherapy of the Spine / Posture Reduccion*

			Repe.	Tiempo	Notas / Notes
			No	Sec	
1,01	Muro de los Judios	Wailing wall			
1,03	Estatua	Statue			
1,05	Bailarina	Ballet dancer			
1,07	Subir y Bajar	Up and Down			
1,09	Piernas al aire	Legs in the Air			
1,13	Girar	Twist			
2,01	Bicicleta	bicycle			
2,05	Redondos con pied	Circle with the feet			
2,09	V	V			
2,13	estirar el Cuerpo	Body Stretch			
2,16	Brazons cruzadas	Crossed arms			
2,19	Levantarmas	Lift even more			
3,01	Sirena	Mermaid			
3,04	Tombar	Lie down			
3,07	Pied de Pared	Foot from wall			
3,1	V	V			
3,12	Bajar	Lower			
4,01	Gato Camello	Cat Camel			
4,06	Pose niño	Childs Pose			
4,08	Recar mas	Pray more			
4,13	Piano	Piano			
4,16	Subir Brazo	Lift Arm			
5,1	Superman	Superman			
5,3	Esto es un Atraco	Its a Stickup			
5,5	Cobra ligero	Cobar ( Light)			
5,8	Alitas de Pollo	Chicken wings			
5,9	Girar cuerpo	Rotate body			