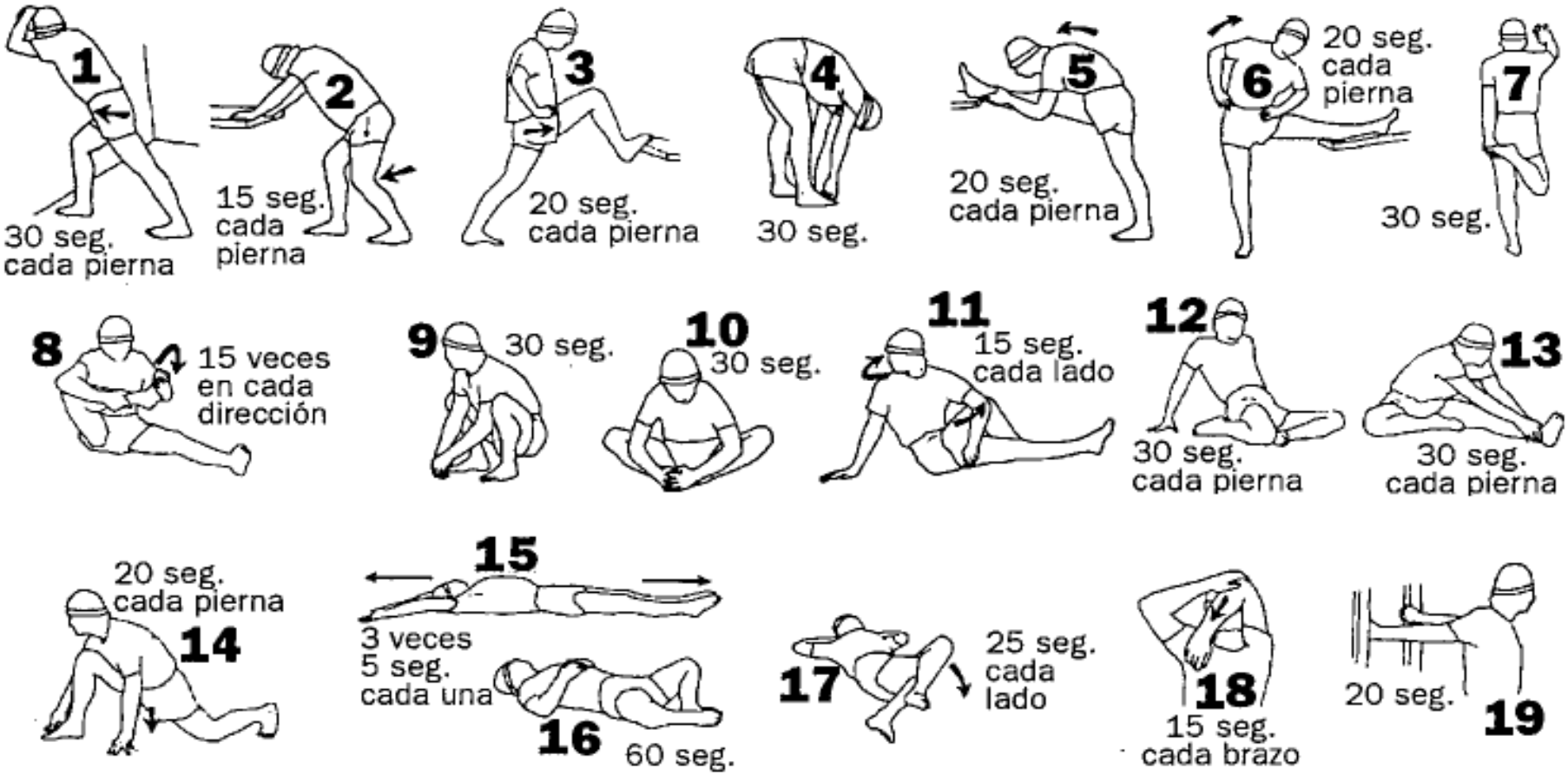
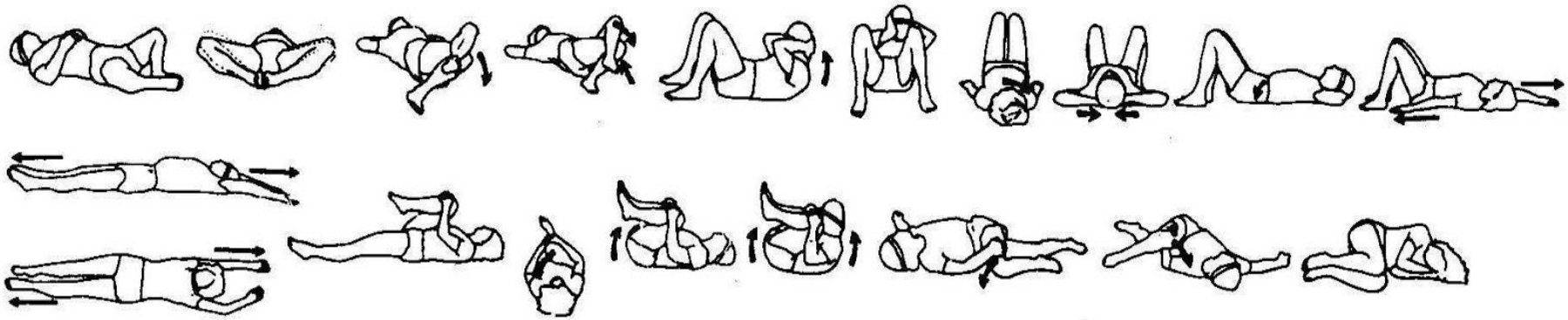
ESTIRAMENTS BÀSICS

Pepe Sanjuan

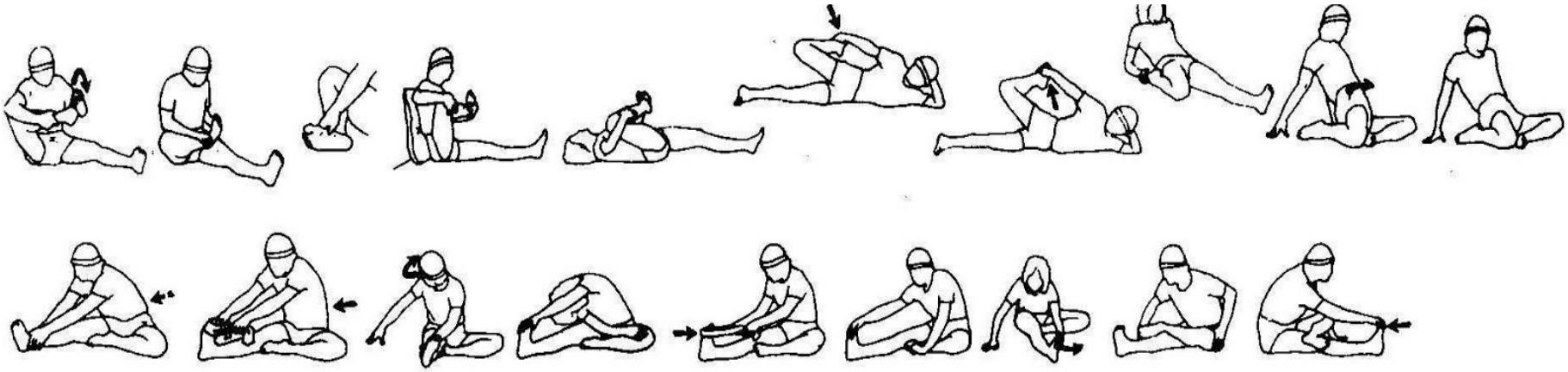
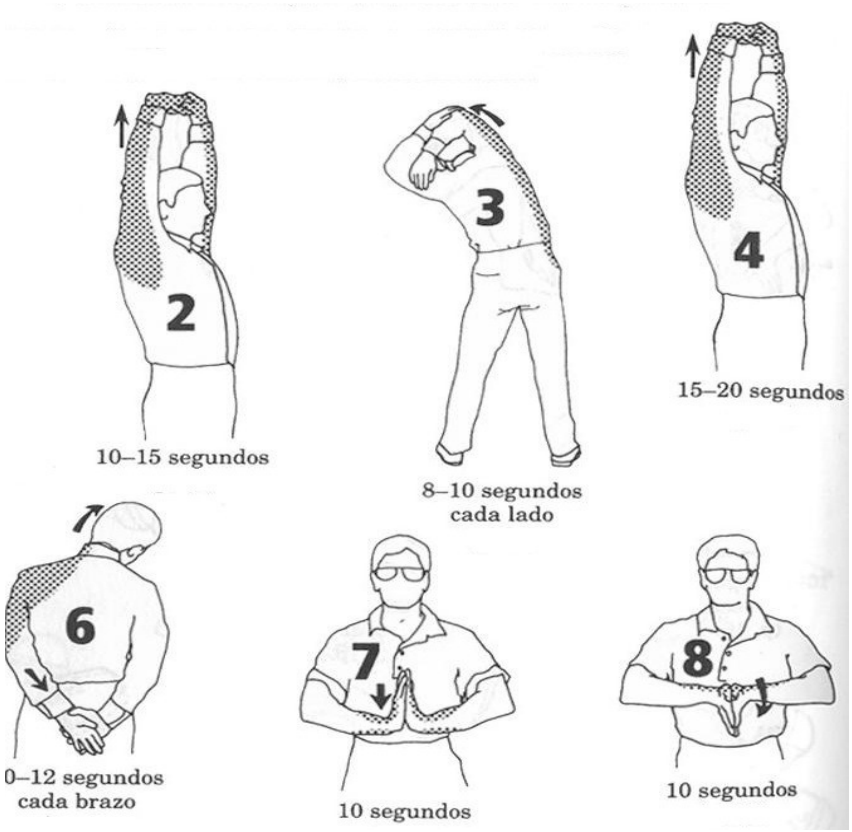
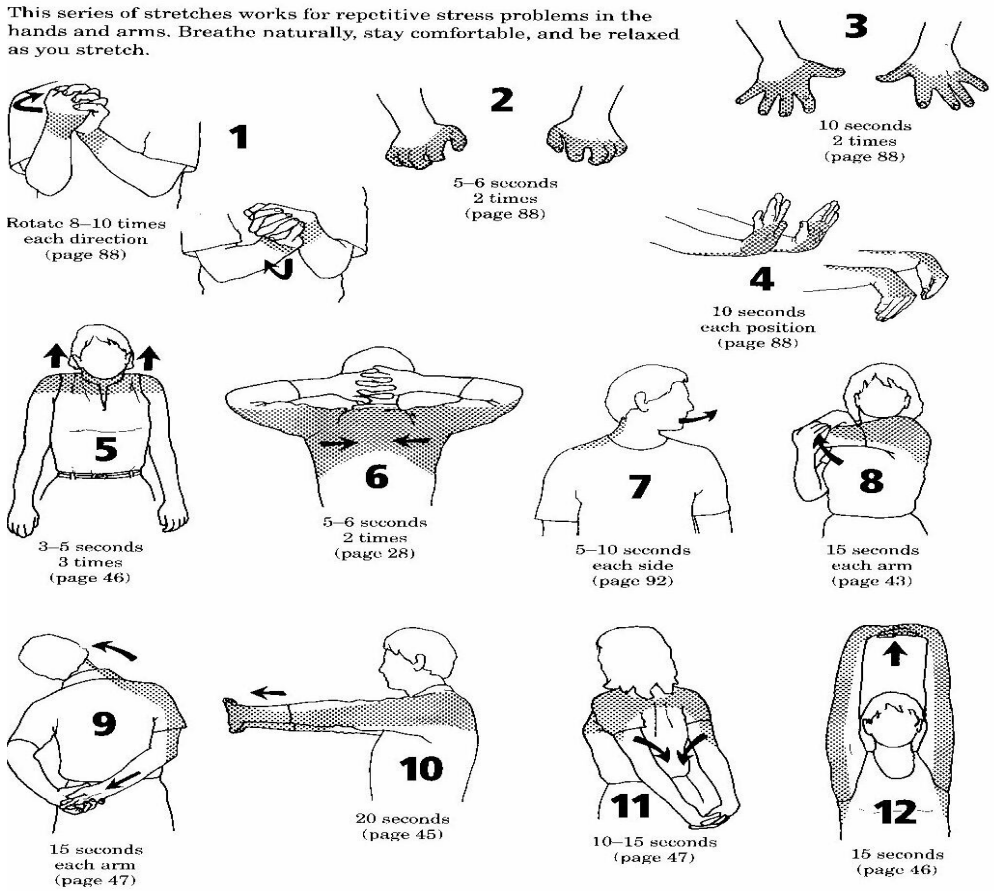


ESTIRAMENTS PER A RELAXAR L'ESQUENA

Pepe Sanjuan



ESTIRAMENTS PER A RELAXAR CAMES, PEUS I TURMELLS



ESTIRAMENTS PER A RELAXAR MUSCLES, CANELL, DITS I BRAÇ