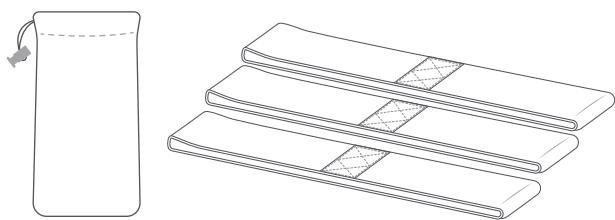




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Bandas B Sport

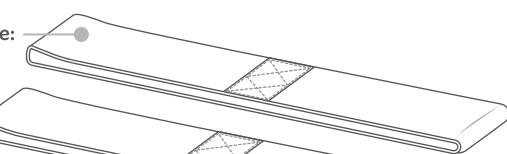
Bandas elásticas



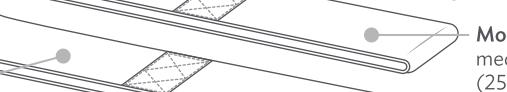
Ver instructivo para su uso adecuado.

1 Elige

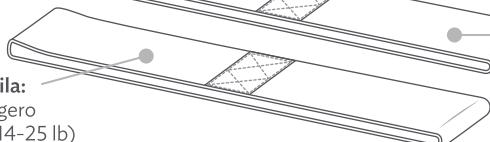
Morado fuerte:
pesado
(40-50 lb)



Morado claro:
medio
(25-35 lb)

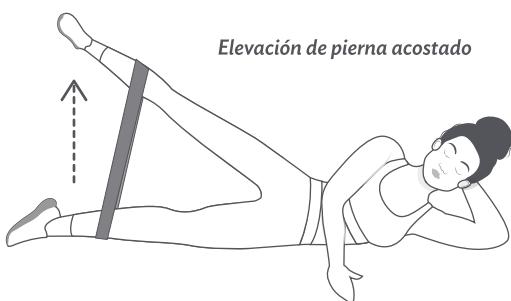


Lila:
ligero
(14-25 lb)



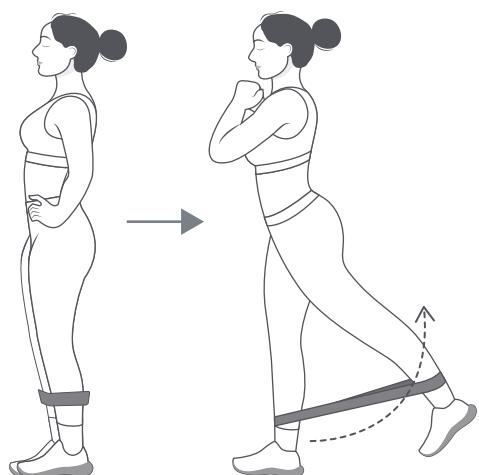
- Elige la resistencia adecuada para ti y realiza una rutina de ejercicio.

3 Glúteos



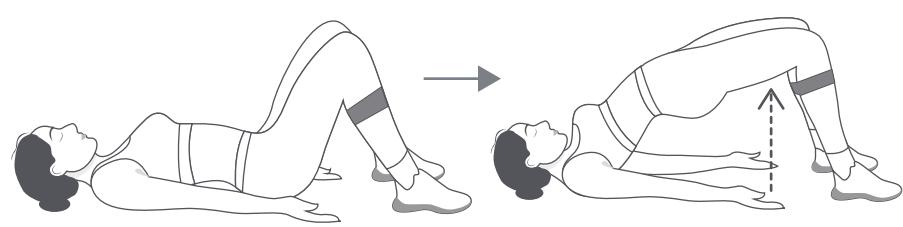
Elevación de pierna acostado

Patada de glúteo de pie



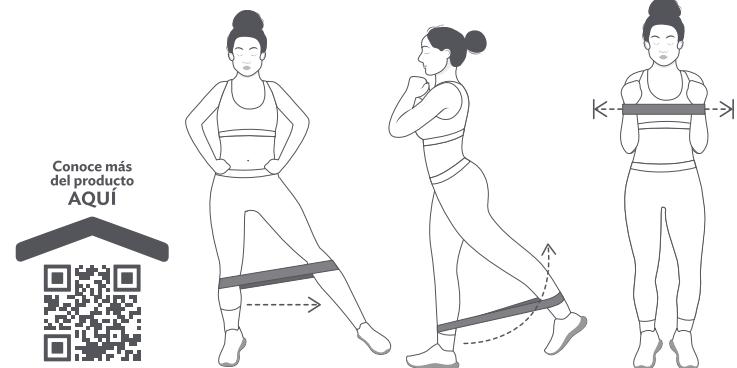
Patada de glúteo hincado

Puente de glúteo acostado



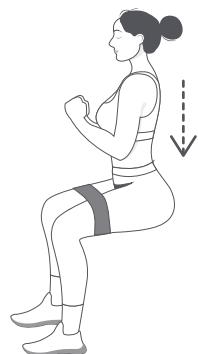
Guía Rápida

Conoce más
del producto
AQUÍ

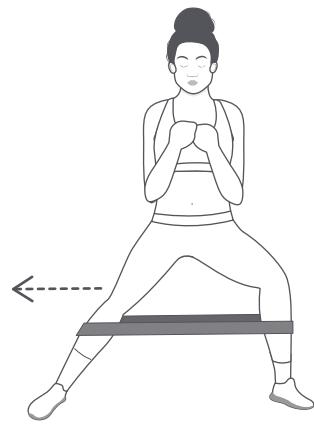


4 Piernas

Sentadilla

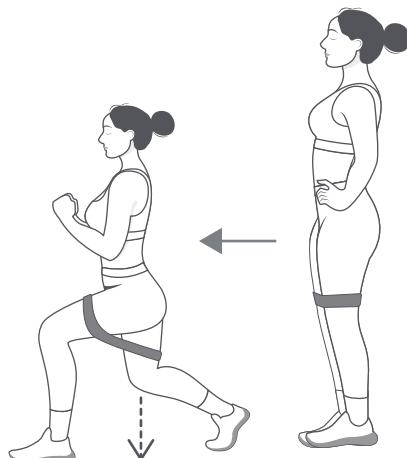


Sentadilla con desplazamiento
Da de 5 a 10 pasos de cada lado.

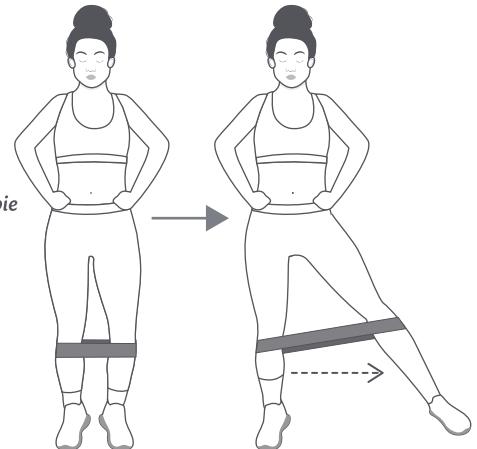


- Recomendación: cuida que tus rodillas estén alineadas con los dedos de los pies.

Desplante frontal alternando

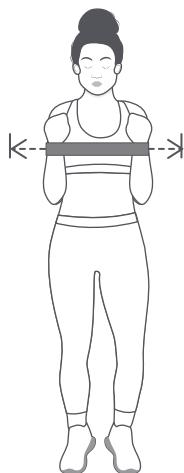


Patada lateral de pie

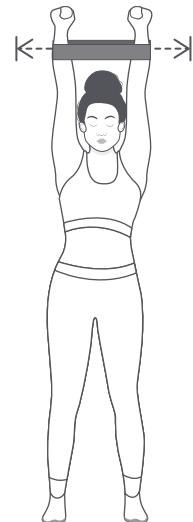


5 Brazos

Apertura de brazos codos doblados

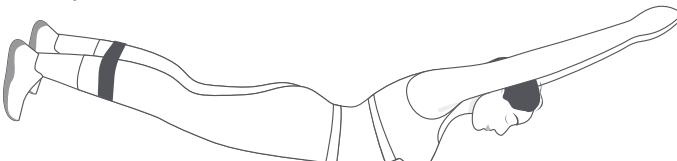


Apertura de brazos codos extendidos

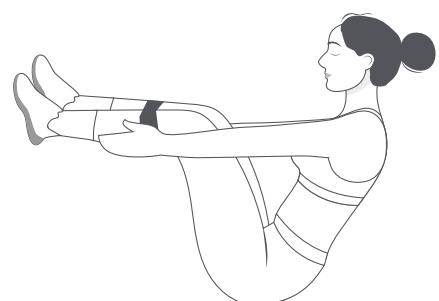


6 Abdomen

Superman



Apertura de piernas suspendidas



- Recomendación: Eleva brazos y piernas de 30 a 60 segundos.

- Recomendación: Abre y cierra las piernas mientras permanecen elevadas.