

**¿NO SABES**

**COMO**

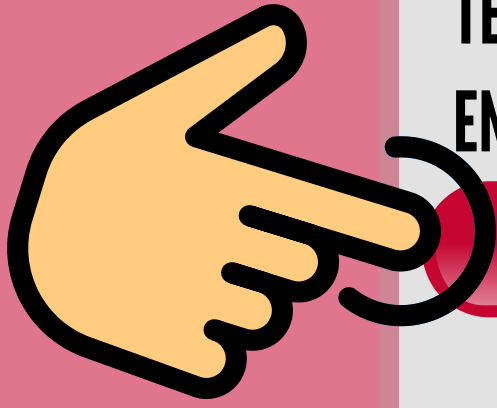
**CALENTAR**

**EN CASA?**

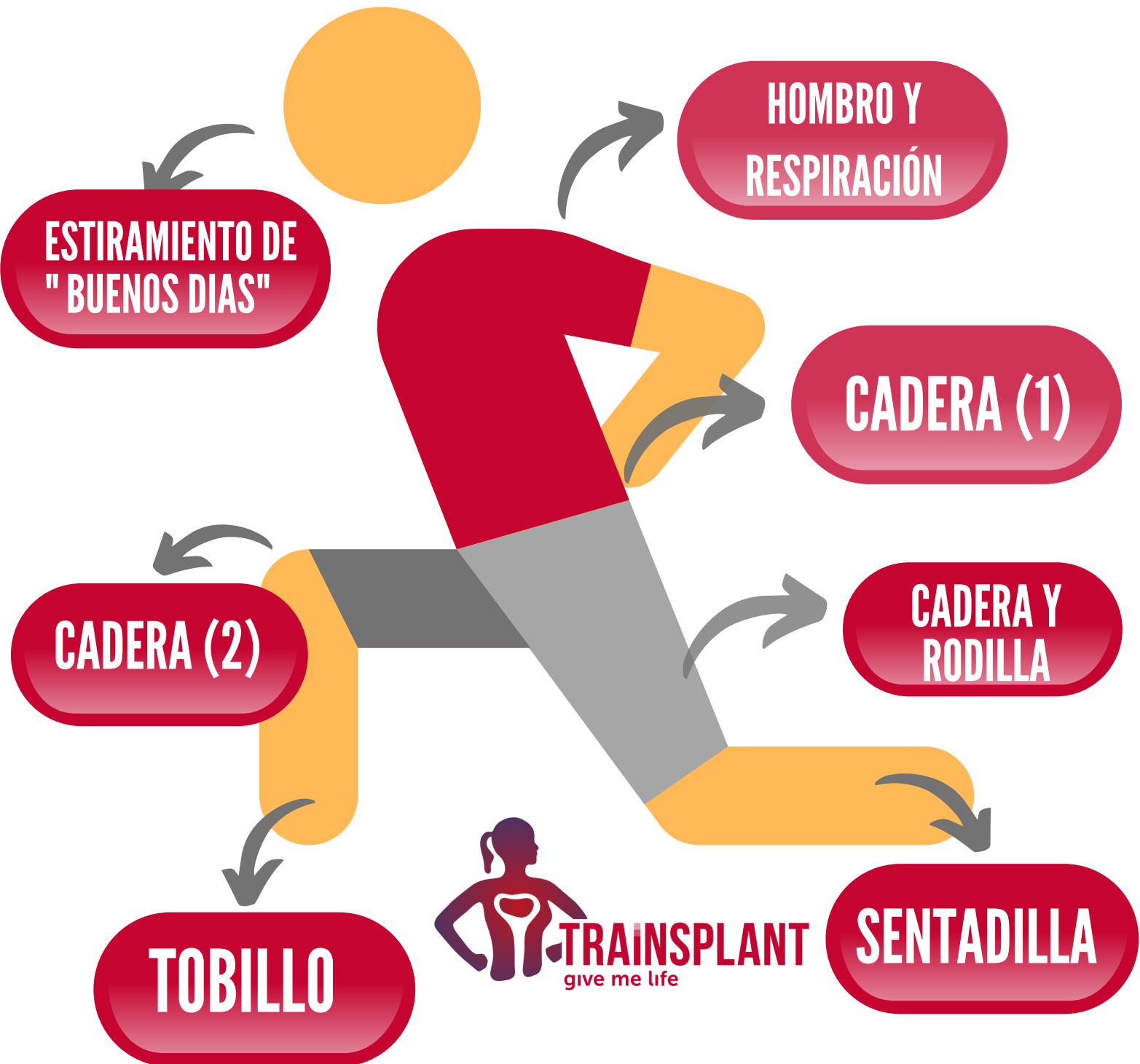


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# TE AYUDAMOS A CALENTAR ANTES DE CUALQUIER ENTRENAMIENTO:



TOCA ENCIMA DEL BOTÓN PARA ACCEDER AL VIDEO



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