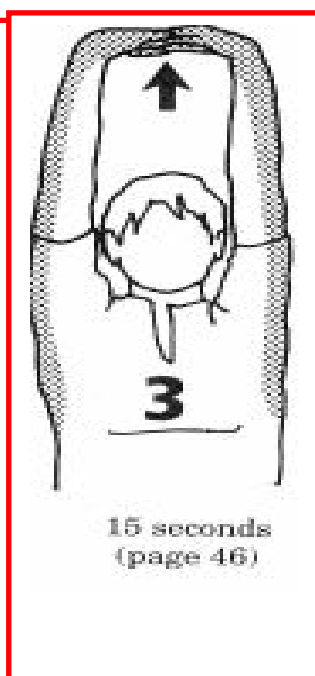
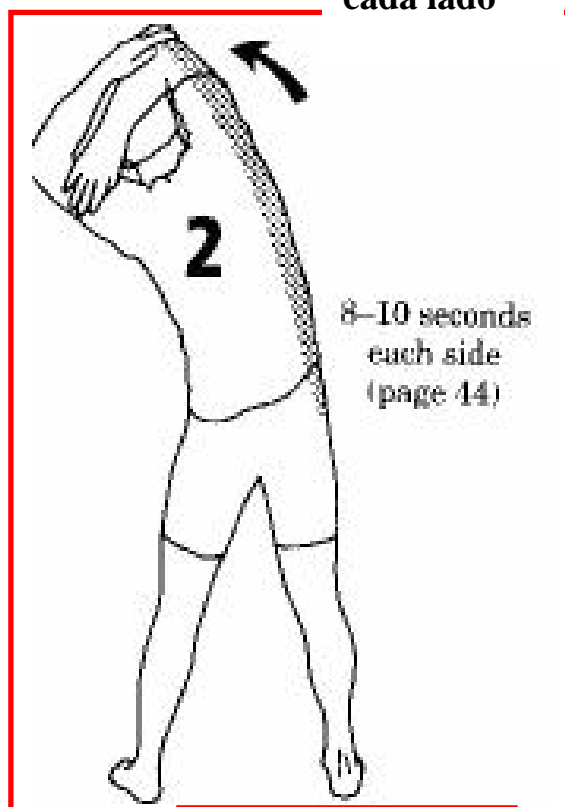
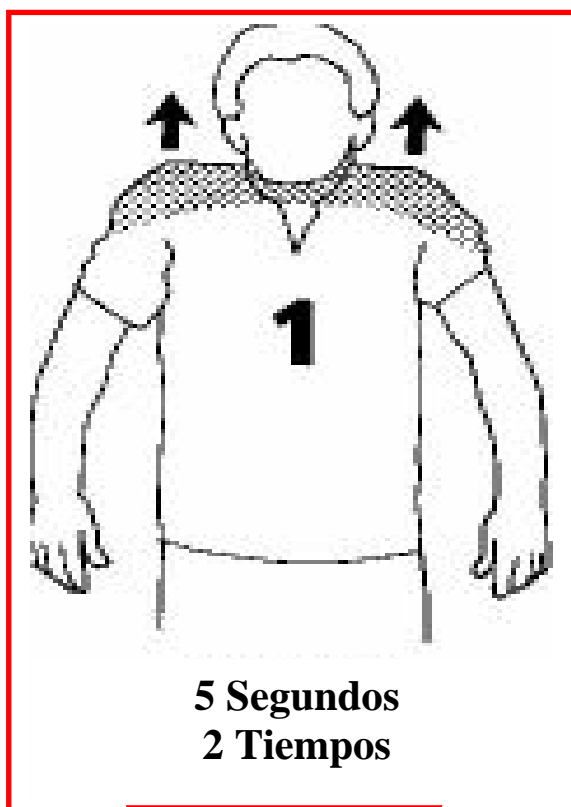


Movimientos para hacer antes y después de andar en bicicleta de montaña (mountain bike) (solo tardas 6 minutos)
Calentar de 3 a 5 minutos andando o caminando antes de estirar.

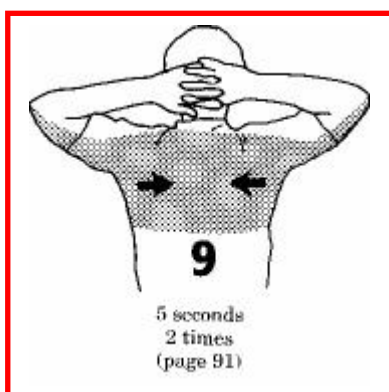
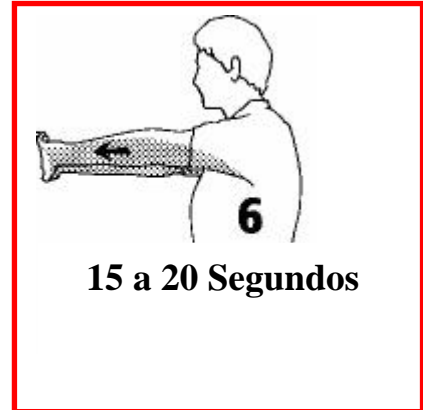
**8 Segundos
cada lado**



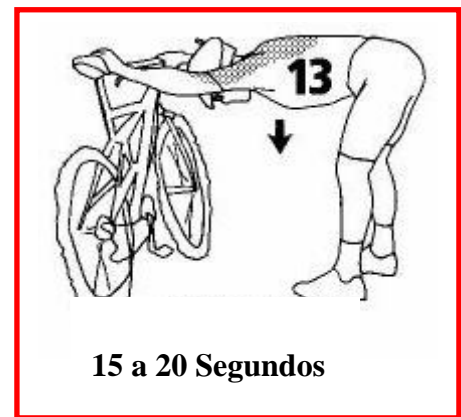
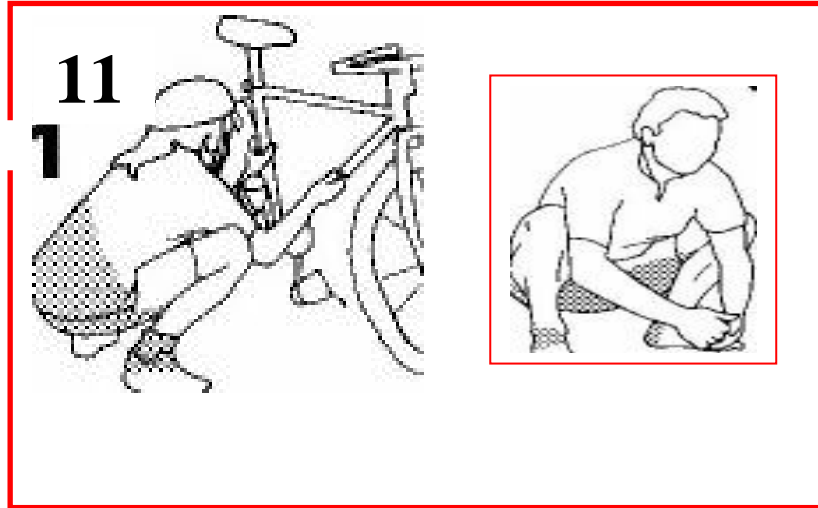
**15
Segundos**



**10 Segundos
Cada lado**



5 Segundos



**10 a 15
Segundos
cada pierna**



Si estas apurado, haces los movimientos 10, 11, 12, 13, 14, 15, 16 que te llevarán solo 3 minutos.