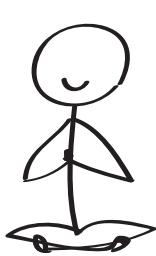


AQUECIMENTO DOS ARTICULAÇÕES

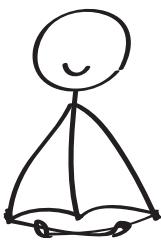
~CADA MOVIMENTO É REPETIDO 6X~



Início



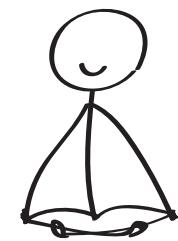
Inspirar, levantar
os braços
Espirar, baixar



Inspirar,
centro



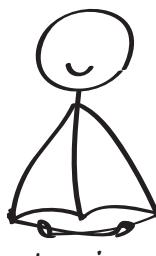
Espirar,
direito



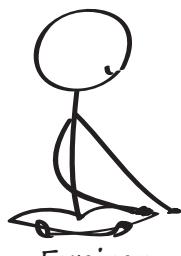
Inspirar,
centro



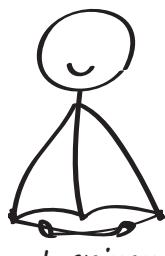
Espirar,
esquerdo



Inspirar,
centro



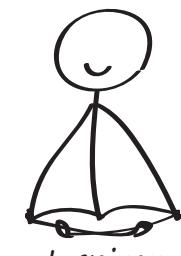
Espirar,
torção direito



Inspirar,
centro



Espirar,
torção esquerdo



Inspirar,
centro



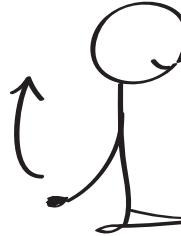
Rotação
dos ombros



Espirar,
ombros
à frente



Inspirar,
ombros
para trás



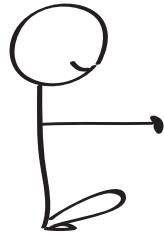
inspirar, levantar braços,
expirar, baixar braços



Dedos das mãos entrelaçados
levar mãos para o lado direito e
depois para o lado esquerdo -
respiração livre



Rotação
dos pulsos



Inspirar com
os braços extendidos,
palmas para cima



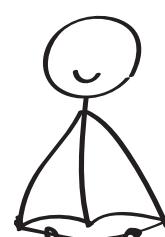
Espirar,
mãos aos
ombros



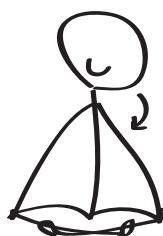
Inspirar,
abrir os
cotovelos



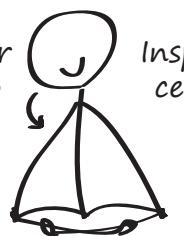
Espirar,
unir os
cotovelos



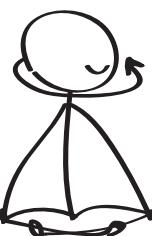
Inspirar,
centro



Inspirar
centro



Inspirar
centro



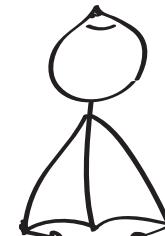
Inspirar
centro



Inspirar
centro



Inspirar
centro



Espirar,
tombar a
cabeça para
o ombro
direito



Espirar,
tombar a
cabeça para
o ombro
esquerdo



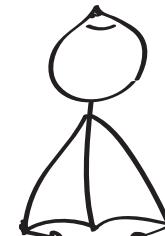
Espirar,
virar a
cabeça para
o lado direito



Espirar,
virar a
cabeça para
o lado esquerdo



Espirar,
relaxar a
cabeça à
frente



Inspirar,
levar a
cabeça para
trás