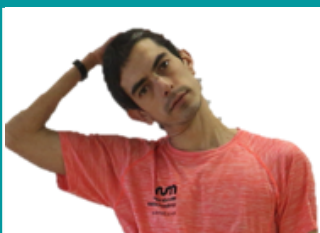


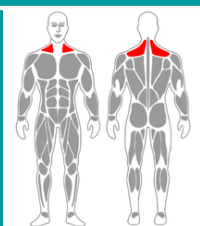
# LUZAKETAK 1

**EDOZEIN JARDUERA BURUTU AURRETIK EDO  
ONDOREN ERABILTZEKO LUZAKETA SAIOA**



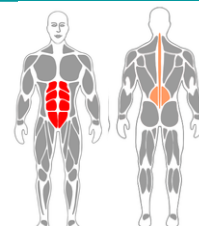
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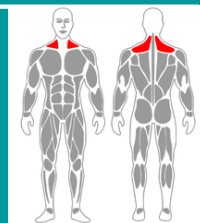
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ABDOMINALAK



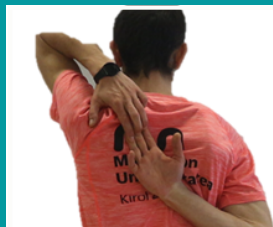
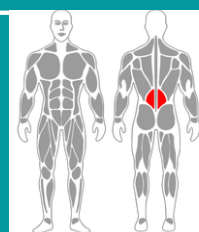
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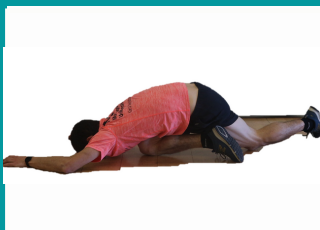
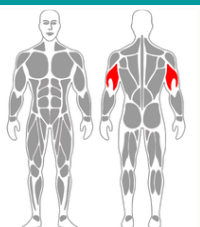
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LUNBARRA



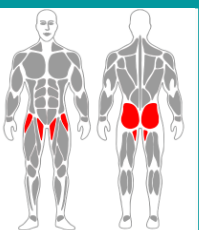
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TRIZEPSA



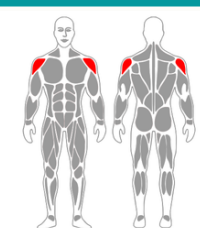
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PIRAMIDALA



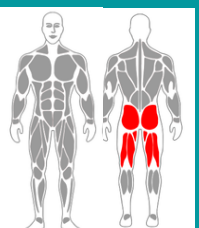
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DELTOIDEA



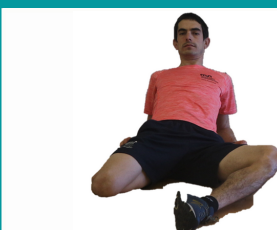
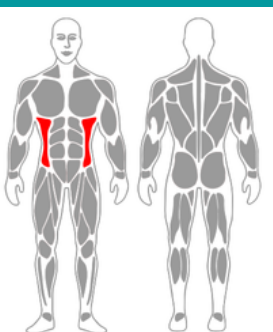
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ISKIOTIBIALA



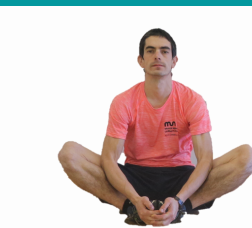
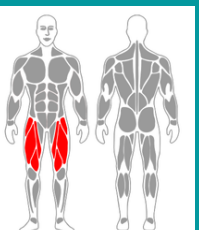
**5**

ALBOKO  
ABDOMINALAK



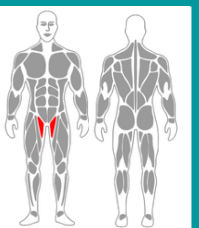
**10**

KUADRIZEPSA



**11**

ADUKTOREAK



Ariketa gehiago zure kabuz atalean

<https://www.mondragon.edu/eu/kirolak>