

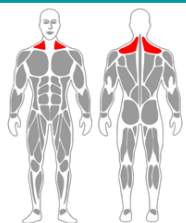
LUZAKETAK 2

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



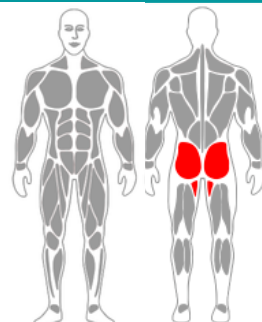
1

TRAPEZIOA



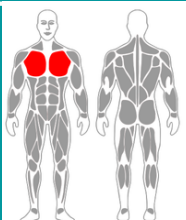
6

GLUTEOA



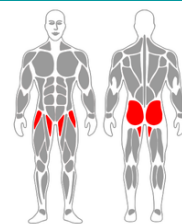
2

BULARRALDEA



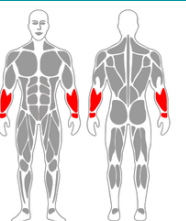
7

PSOASA



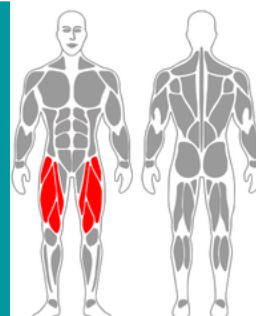
3

BESAURREA



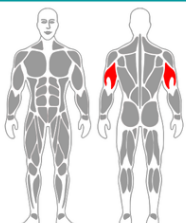
8

KUADRIZEPSA



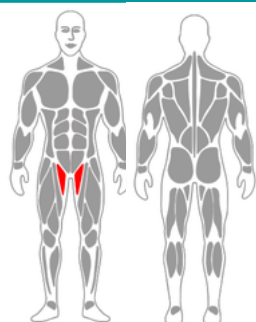
4

TRIZEPSA



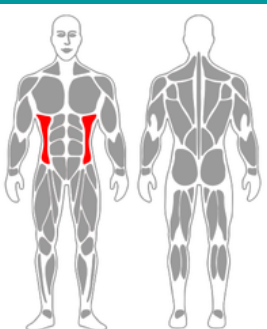
9

ABDUKTOREA



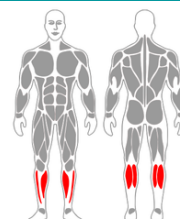
5

ALBOKO
ABDOMINALAK



10

BIKIAK



Ariketa gehiago zure kabuz atalean

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