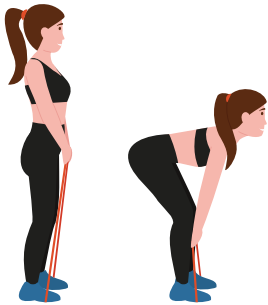
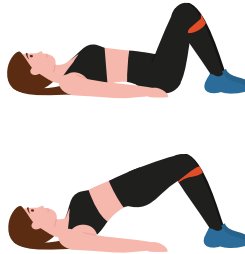


Ejercicios de Resistencia

¡Disfrute de estos ejercicios con bandas elásticas!



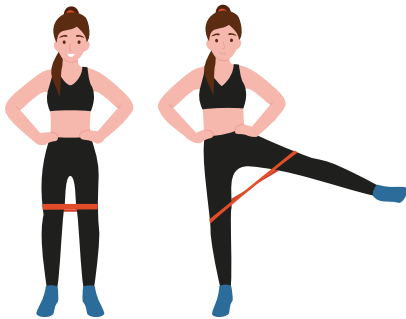
Deadlift



Pelvic lift



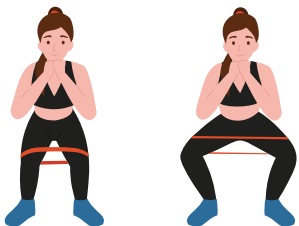
Lunges



Leg side abduction



Side lying leg raise



Standing clamshell



Squats



Donkey kick backs



TUALATIN HILLS
PARK & RECREATION DISTRICT