

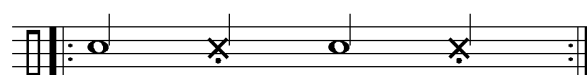
# EJERCICIOS PRIMARIOS PARA TUMBADORAS

**1**



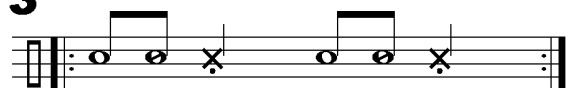
I D I D

**2**



I D I D

**3**



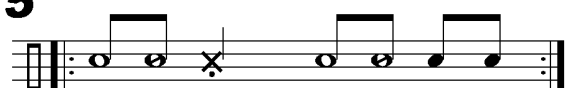
I I D I I D

**4**



I I D I I D

**5**



I I D I I D D

**6**



I I D I I I D I

**7**



I I D D I I D D

**8**

*TUMBAO más tradicional*



I I D I I I D D

**9**



I I D D I I D D

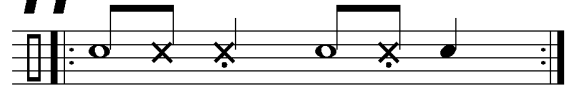
**10**

*TUMBAO más eficiente*



I I D D I I D D

**11**



I I D I I D

**12**



I I D D I I D D

# EJERCICIOS PRIMARIOS PARA TUMBADORAS (2)

**13**

I I D D I I D D

**14** *TUMBAO más moderno*

I I D D I I D D

**15** *manoteo 1*

I I D D I I D D

**16** *manoteo 2*

D I D I D I D I

**17** *manoteo 3*

D I D I D I D I

**18**

D D I I D D I I

**19**

D I D I D I D I

**20**

D I D I D I D I

**21**

D I D I D I D I

**22**

D I D I D I D I

**23**

D I D I D I D I

**24**

D I D I D I D I