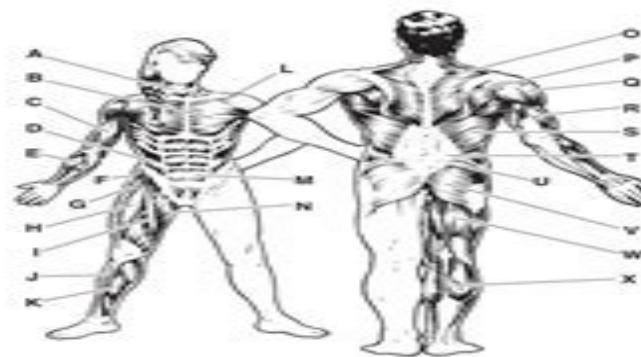


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!AVISO: Evite este ejercicio si tiene dolor en el hombro, codo o muñeca o si tiene una condición en el hombro o el codo.

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