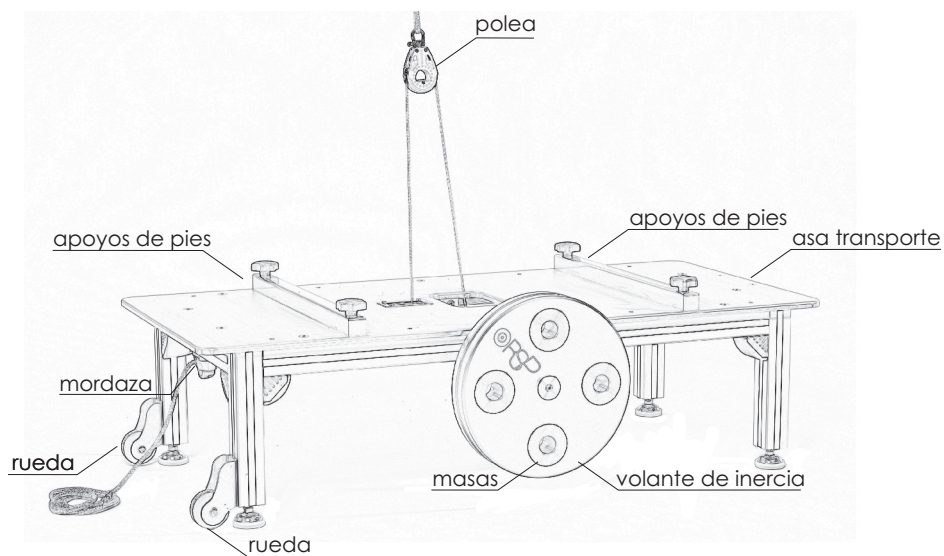
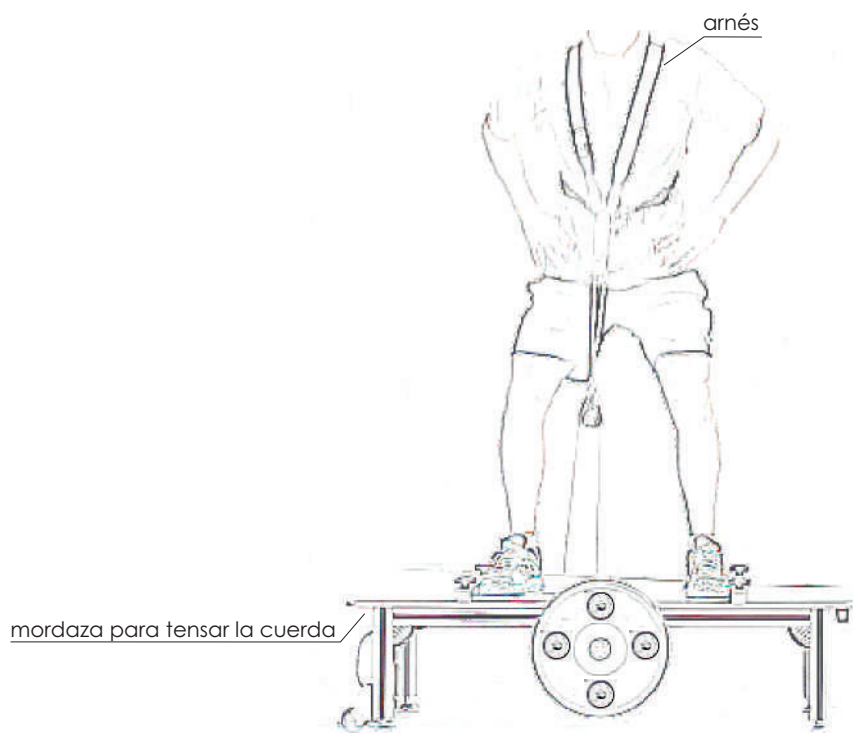


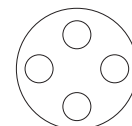
# RSP SQUAT. Componentes



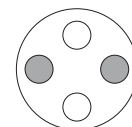
# RSP SQUAT. Instalación



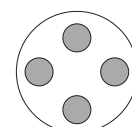
Colocación masas:



sin masas



2 masas



4 masas

Antes de empezar de pie encima de la máquina totalmente estirado, debemos de tensar la cuerda.