

Gimnasia Cerebral

| | | | | | |
|---------------|---------------|---------------|---------------|---------------|---------------|
| A d | B i | C j | D j | E i | F d |
| G i | H j | I d | J i | K j | L d |
| M i | N d | Ñ j | O d | P i | Q j |
| R d | S i | T j | U d | V j | W i |
| X d | Y i | Z j | | | |

Levanta tus brazos

- d Izquierda
- i Derecha
- j Ambos