

**masaje shiatsu pdf**

El masaje deportivo es uno de las tantas modalidades existentes dentro de esta prÁctica. Consiste, básicamente, en otro tipo de masaje que el terapÉutico y, obviamente, estÁ apuntado a la alta competici³n. Su finalidad es la de evitar lesiones, relajar m³sculos y tambi³n eliminar toxinas. Aprende m³s sobre Él en este artÍculo.

**El masaje deportivo :: TÉcnica de masajes deportivos**

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