

8. ANEXOS

Anexo 1. Programa de ejercicio de fuerza pautado (42).

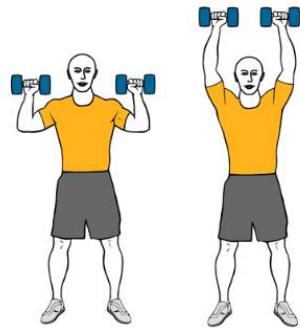


Figura 1. Press militar

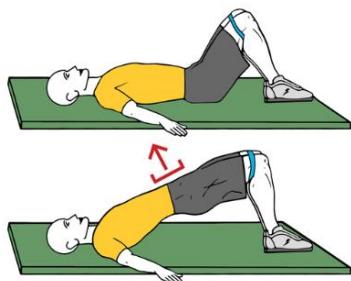


Figura 2. Puente glúteo

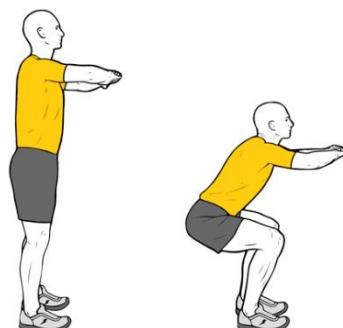


Figura 3. Sentadilla

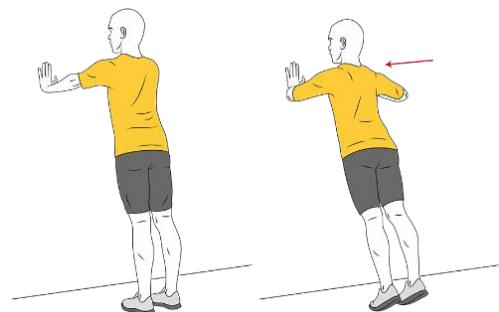


Figura 4. Flexión



Figura 5. Abducción



Figura 6. Aducción

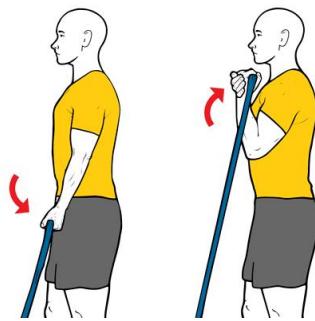


Figura 7. Flexión de codo

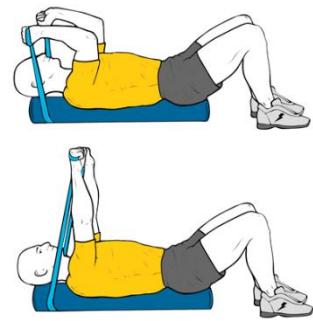


Figura 8. Extensión de codo

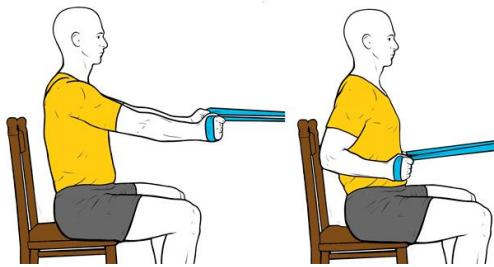


Figura 9. Remo

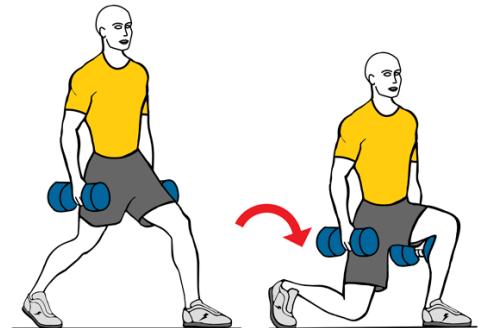


Figura 10. Zancada

Anexo 2. Espirometría.

Espirometría inicial

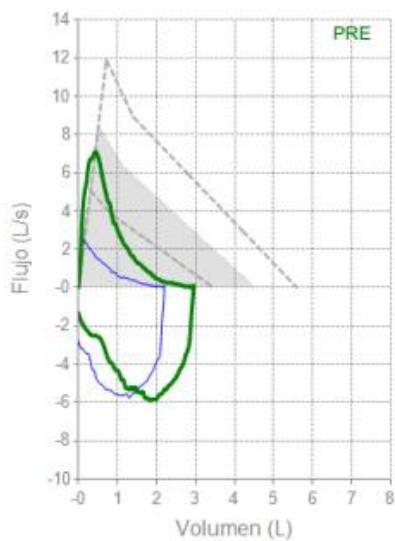


Figura 11.

Curva flujo-volumen inicial.

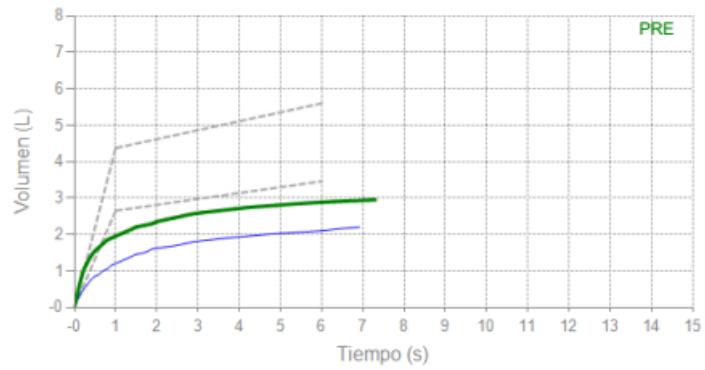


Figura 12.

Curva volumen-tiempo inicial.

Espirometría final

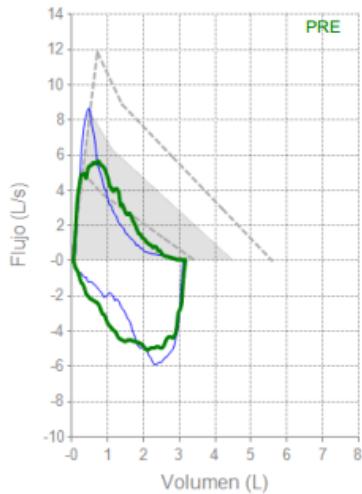


Figura 13.

Curva flujo-volumen final.

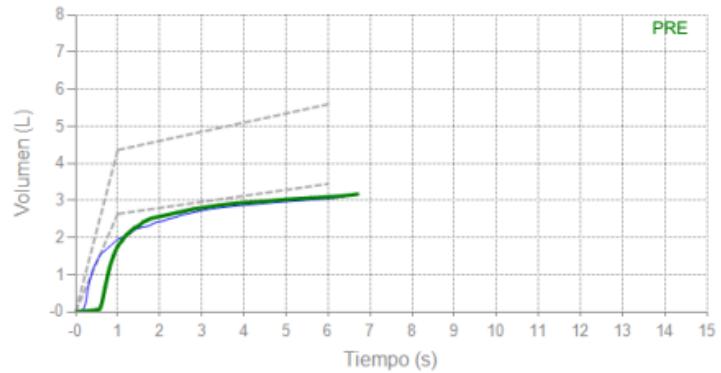


Figura 14.

Curva volumen-tiempo final.

Anexo 3. 6MWT.

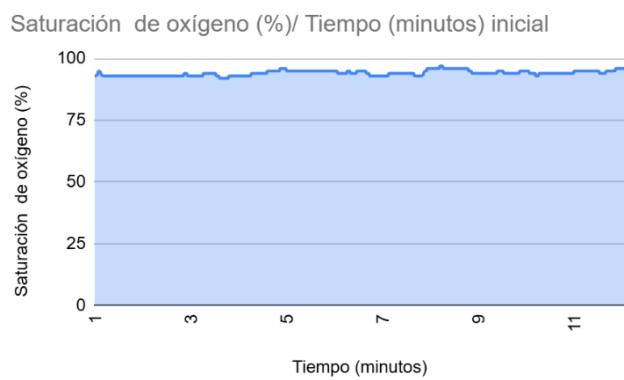


Figura 15.

Saturación de oxígeno (%) /tiempo (minutos) inicial

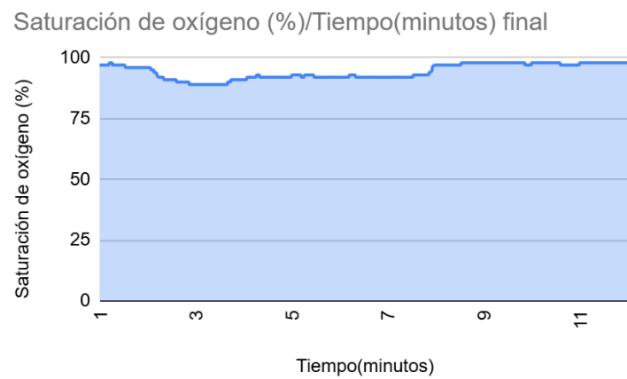


Figura 16.

Saturación de oxígeno (%) /tiempo (minutos) final.

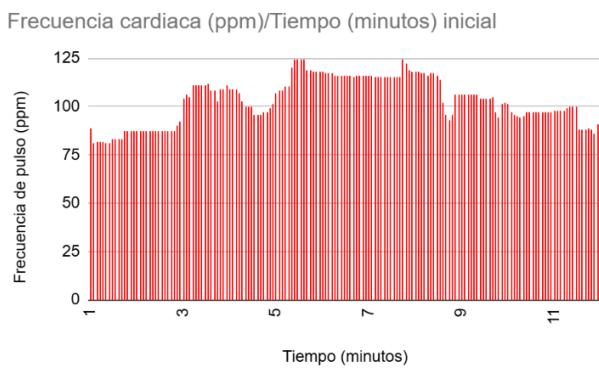


Figura 17.

Frecuencia cardiaca (ppm)/
Tiempo (minutos) inicial



Figura 18.

Frecuencia cardiaca (ppm)/
Tiempo (minutos) final

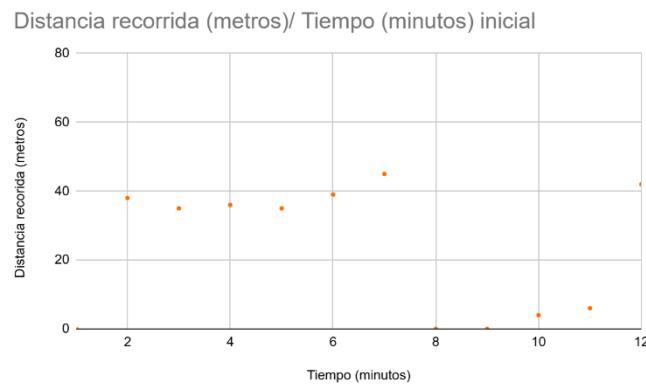


Figura 19.

Distancia recorrida (metros)/
Tiempo (minutos) inicial

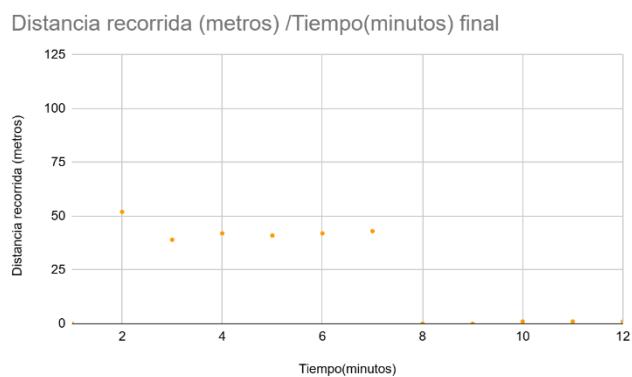


Figura 20.

Distancia recorrida (metros)/
Tiempo (minutos) final

*En estas figuras se recogen los valores del 6MWT en sí, (de una duración de seis minutos) y de los cinco minutos posteriores al mismo.