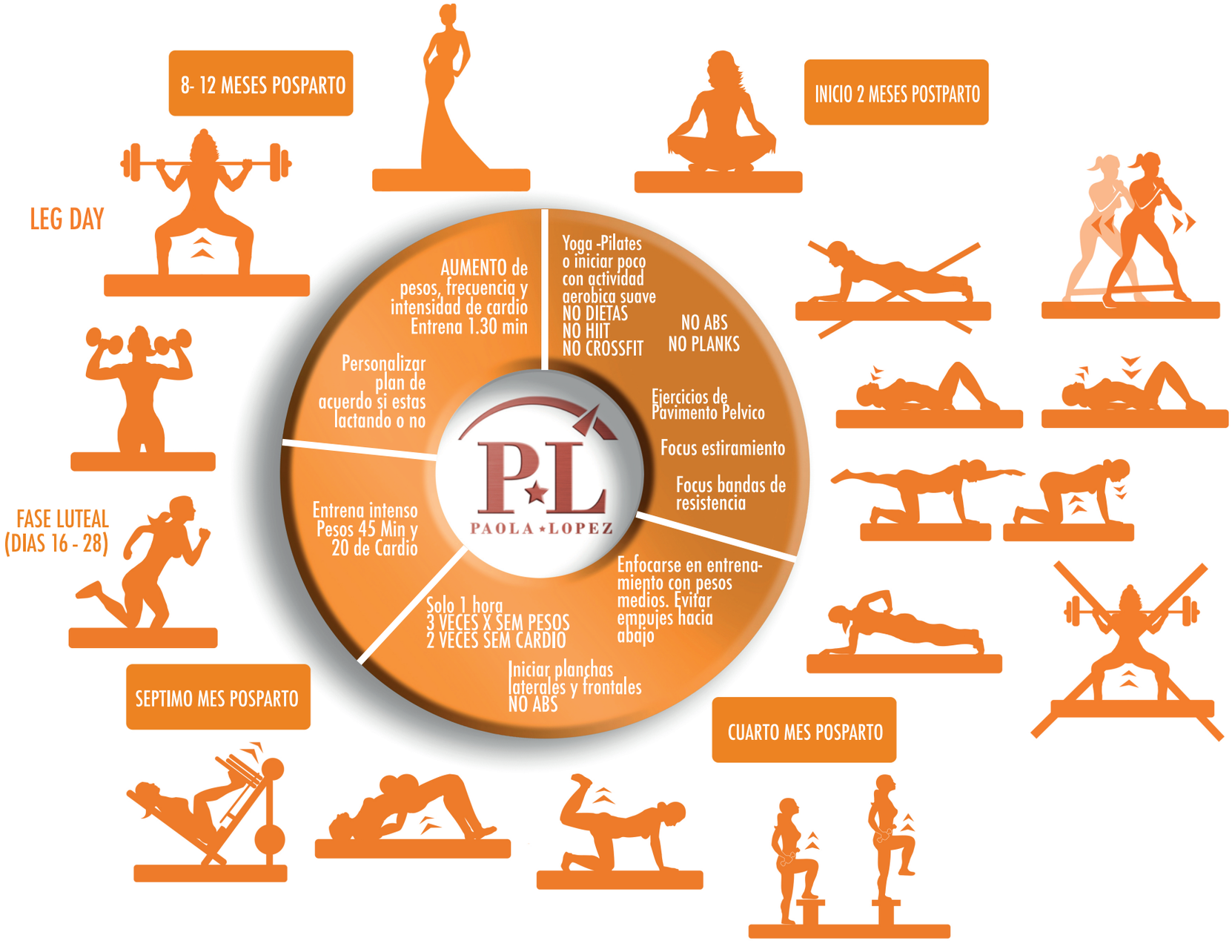ENTRENAMIENTO DURANTE POSTPARTO