

# Entrenament natació: tècnica de papallona, braça i treball de tronc

```
[playbuzz](function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(d.getElementById(id))return;js=d.createElement(s);js.id=id;d.js.src='https://embed.ex.co/sdk.js';fjs.parentNode.insertBefore(js,fjs);}(document,'script','playbuzz-sdk'));
```

[/playbuzz]

[noticia]44654[/noticia]

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[noticia]44570[/noticia]

[noticia]44729[/noticia]

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[suportEsports][noautor] [superfoto] [sensepubli] [nointext]
@media (min-width: 1200px){
.amp_titol { top: 100vh; }
}
```