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**Autor:** Scheurer, Armin

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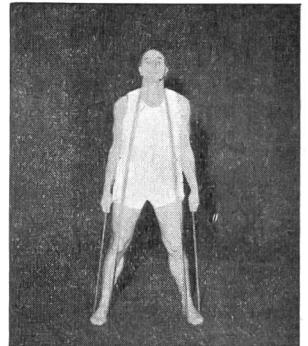
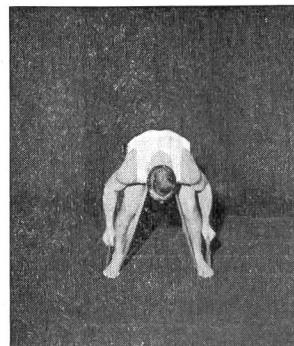
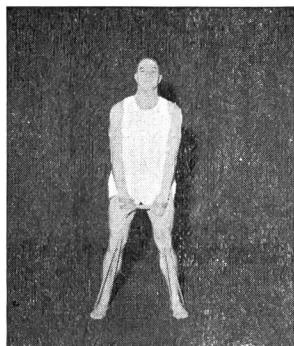
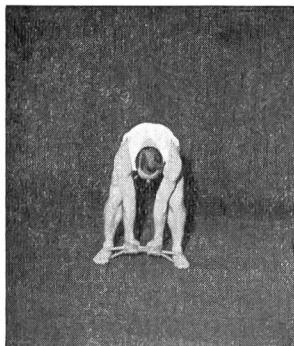
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# Sviluppo muscolare e suo potenziamento

Testo: Armin Scheurer, maestro di sport, Macolin. Foto: W. Brotschin, Macolin.

(Continuazione)

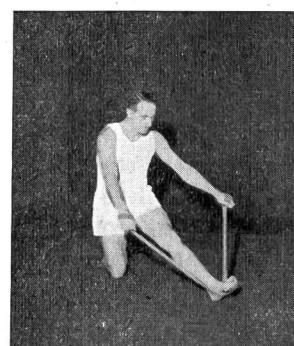
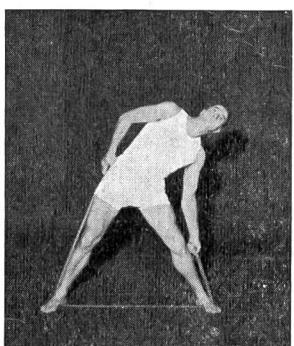
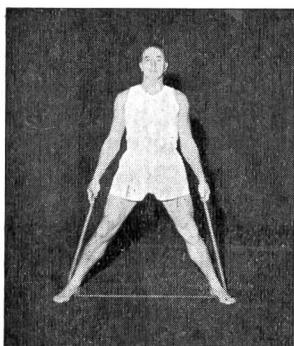


20mo. esercizio:

In posizione accosciata sulla camera d'aria,  
afferrarla entro i piedi, raddrizzarsi  
alla posizione divaricata (2 camere d'aria)

21mo. esercizio:

In posizione accosciata sulla camera d'aria,  
afferrarla, passarla dietro la nuca,  
raddrizzarsi alla posizione divaricata (2 camere d'aria)

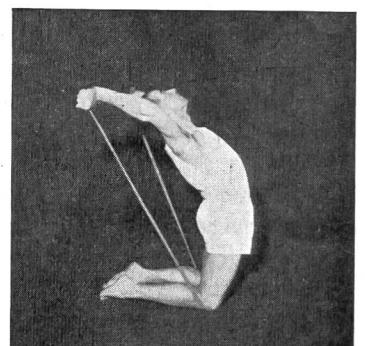
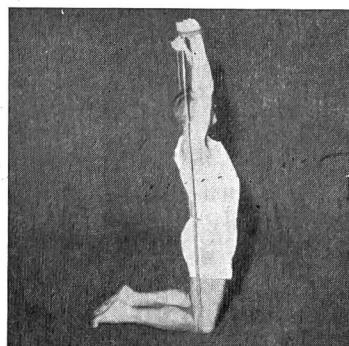
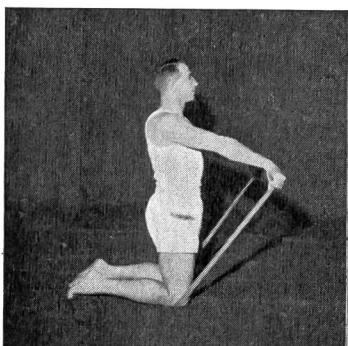


22mo. esercizio:

In posizione divaricata sulla camera d'aria,  
afferrarla il più vicino possibile ai piedi,  
flessione laterale del corpo a sinistra e a destra

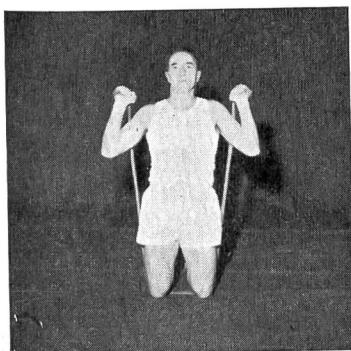
23mo. esercizio (a):

Posizione in ginocchio sulla gamba destra,  
gamba sinistra tesa in avanti, la camera d'aria passata  
sotto il piede sinistro, levare le braccia in avanti  
in alto e di fianco in alto. a, b e c

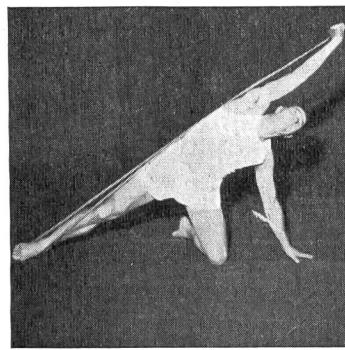


24mo. esercizio:

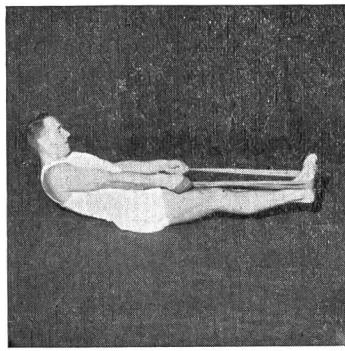
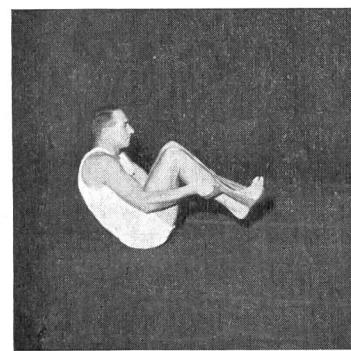
In ginocchio sulla camera d'aria,  
circolo delle braccia in avanti e indietro  
a, b e c



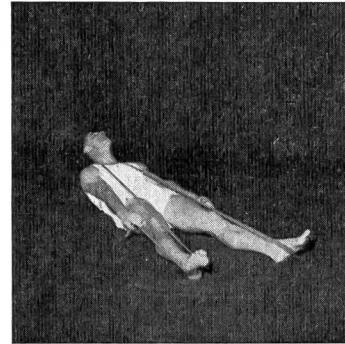
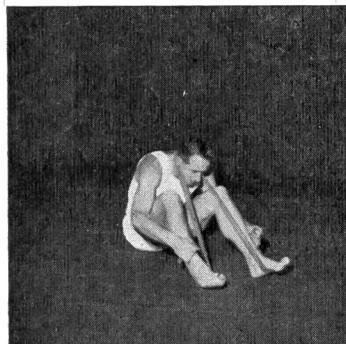
25mo. esercizio:  
In ginocchio sulla  
camera d'aria,  
braccia flesse, tendere le braccia in alto



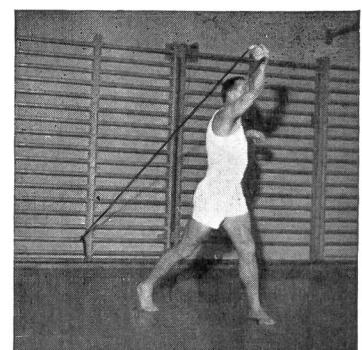
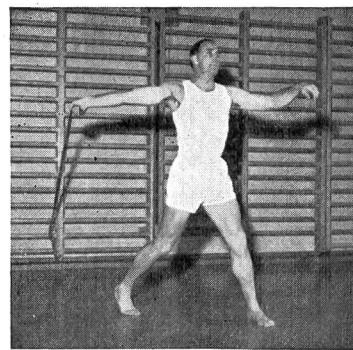
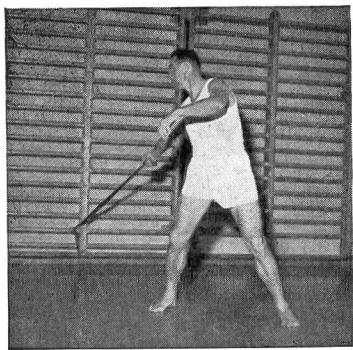
26mo. esercizio:  
Dalla posizione in ginocchio  
sulla gamba sinistra,  
gamba destra tesa di fianco,  
la camera d'aria  
passata sotto il piede destro,  
levare le braccia tese, in alto  
appoggiandosi sulla mano  
sinistra  
a, b e c



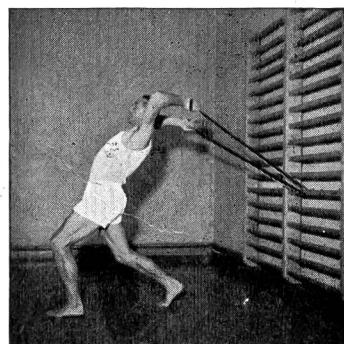
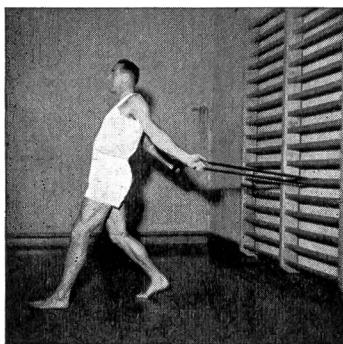
7mo. esercizio:  
Posizione seduta,  
gambe flesse, piede alzato,  
la camera d'aria passata  
sotto i piedi,  
tendere le gambe e  
il corpo  
a, b e c



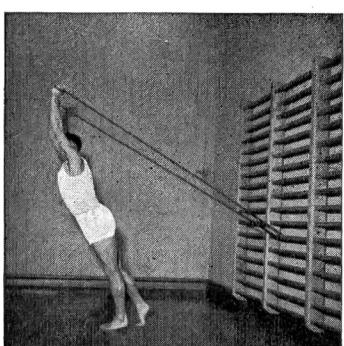
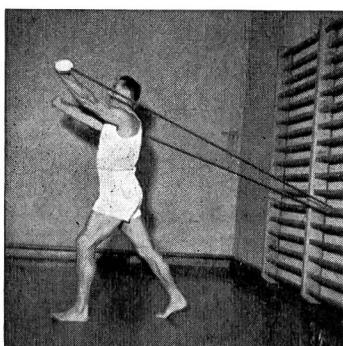
28mo. esercizio:  
Posizione seduta,  
gambe flesse,  
camera d'aria passata  
sotto i piedi  
dietro la nuca,  
tendere le gambe e il corpo  
indietro  
a, b e c



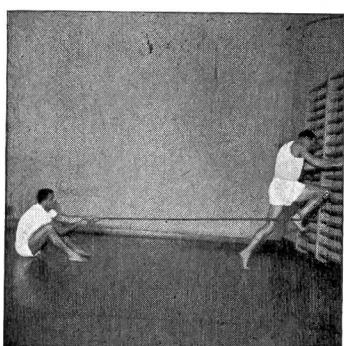
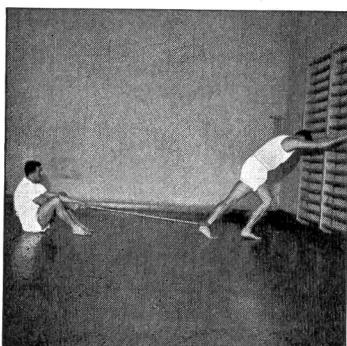
29mo. esercizio:  
In posizione tesa,  
schiena rivolta alle spalliere.  
Rotazione del torace, braccio destro  
di fianco (disco)



30mo. esercizio:  
Posizione dorsale laterale,  
posizione tesa, camera d'aria  
fissata alle spalliere  
all'altezza delle anche,  
tirare obliquamente le braccia  
in avanti in alto  
a, b e c



31mo. esercizio:  
Medesima posizione del 30,  
braccia flesse dietro la testa,  
tirare in avanti in alto,  
tendendo le braccia  
a, b e c



32mo. esercizio:  
Posizione facciale laterale,  
presa all'altezza del petto,  
camera d'aria  
passata attorno al piede  
che si trova all'indietro,  
tirare il ginocchio in avanti  
in alto  
gamba d'appoggio tesa