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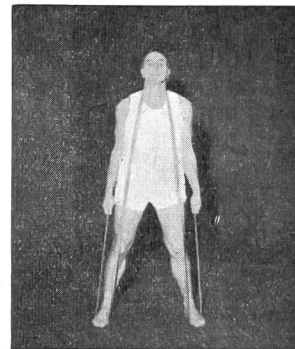
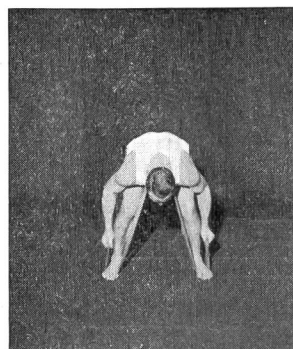
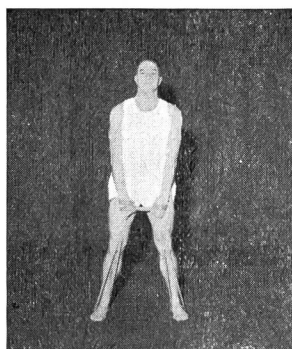
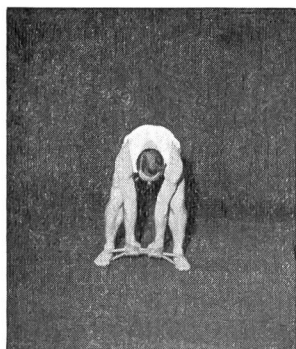
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Sviluppo muscolare e suo potenziamento

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

(Continuazione)

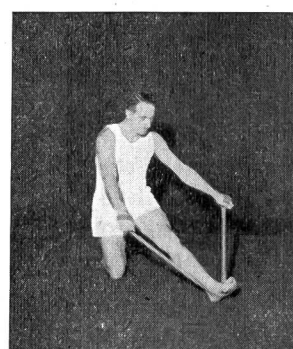
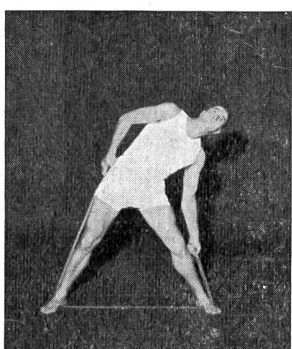
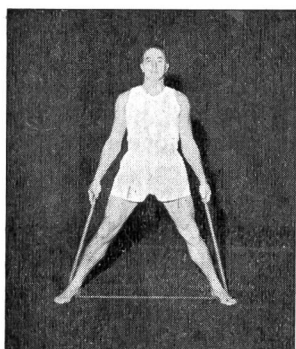


20mo. esercizio:

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)

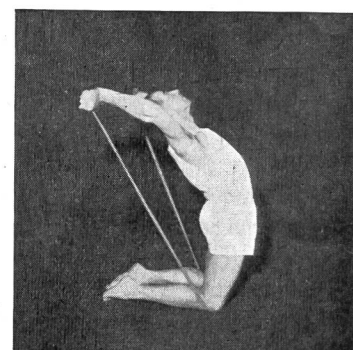
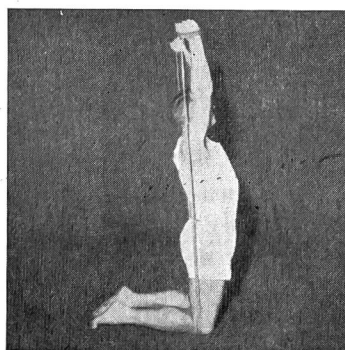
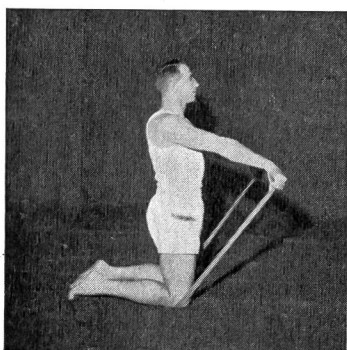


22mo. esercizio:

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

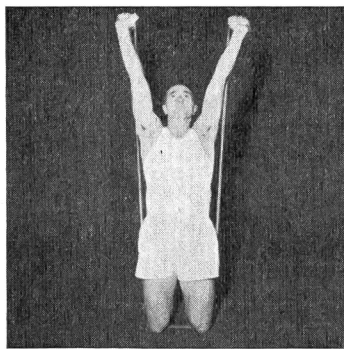
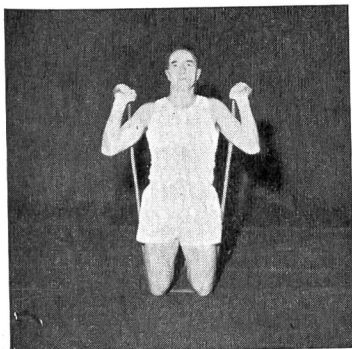
23mo. esercizio (a):

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

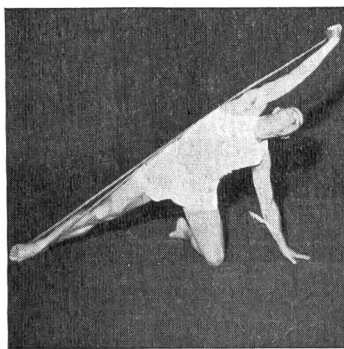


24mo. esercizio:

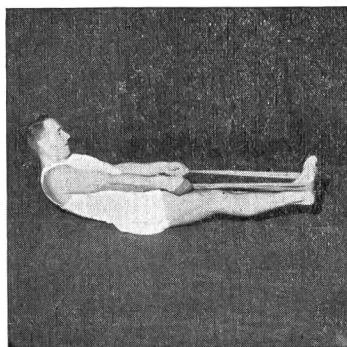
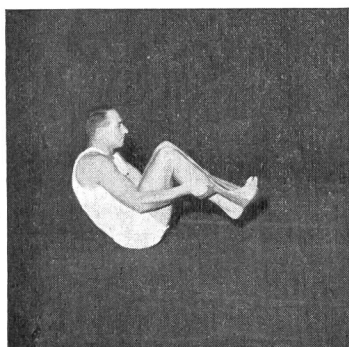
In ginocchio sulla camera d'aria, circolo delle braccia in avanti e indietro a, b e c



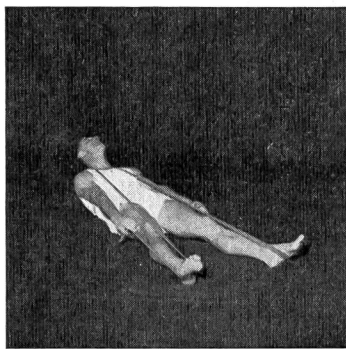
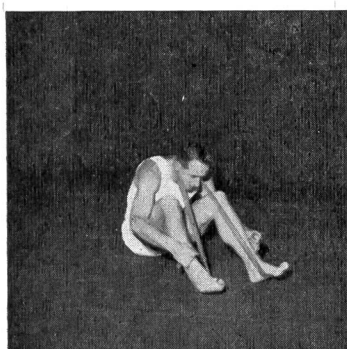
25mo. esercizio:
In ginocchio sulla
camera d'aria,
braccia flesse, tendere le braccia in alto



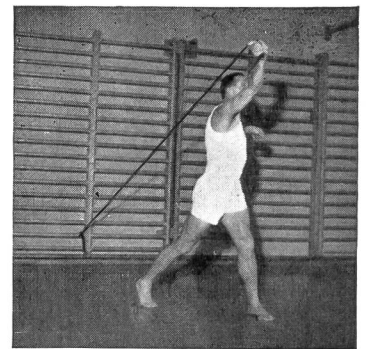
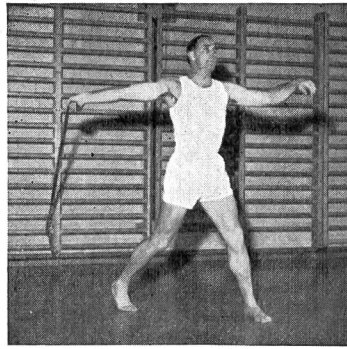
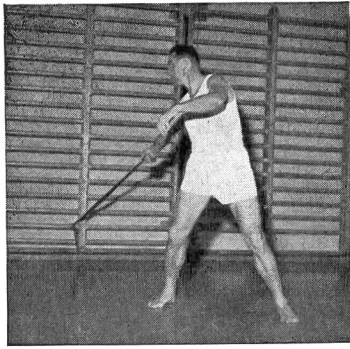
26mo. esercizio:
Dalla posizione in ginocchio
sulla gamba sinistra,
gamba destra tesa di fianco,
la camera d'aria
passata sotto il piede destro,
levare le braccia tese, in alto
appoggiandosi sulla mano
sinistra
a, b e c



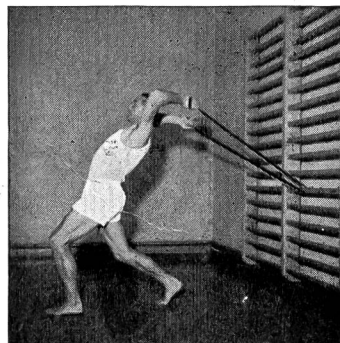
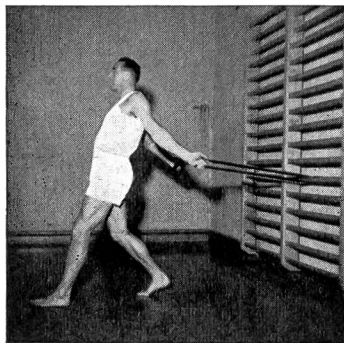
7mo. esercizio:
Posizione seduta,
gambe flesse, piede alzato,
la camera d'aria passata
sotto i piedi,
tendere le gambe e
il corpo
a, b e c



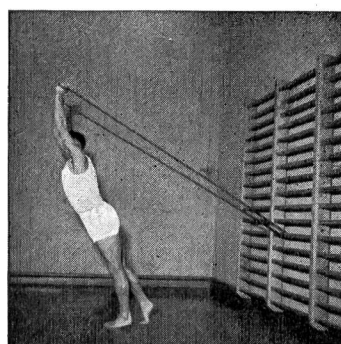
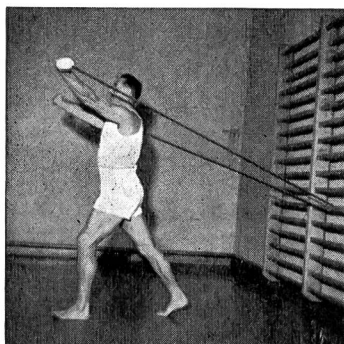
28mo. esercizio:
Posizione seduta,
gambe flesse,
camera d'aria passata
sotto i piedi
dietro la nuca,
tendere le gambe e il corpo
indietro
a, b e c



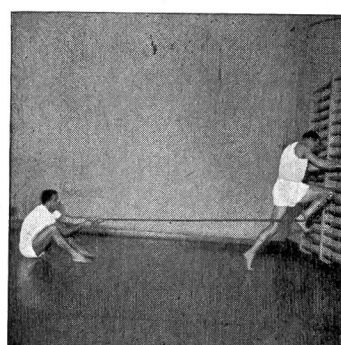
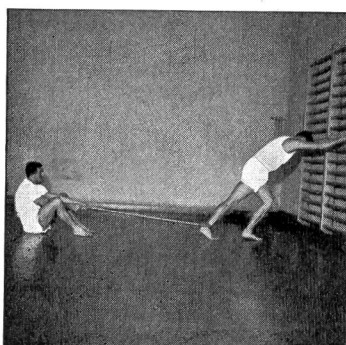
29mo. esercizio:
In posizione tesa,
schiena rivolta alle spalliere.
Rotazione del torace, braccio destro
di fianco (disco)



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