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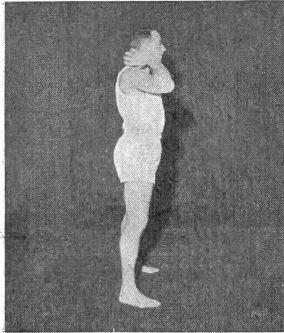
Sviluppo muscolare e suo potenziamento: esercizi speciali

(continuazione dal N. 4, 1961 e fine)

Armin Scheurer e Christoph Kolb,
Maestri di sport, Macolin

Testo italiano:
Clemente Gilardi,
Maestro di sport, Macolin

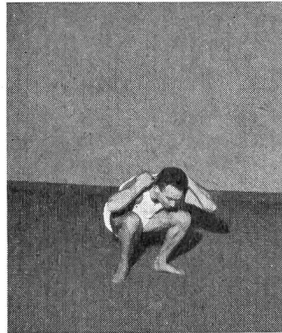
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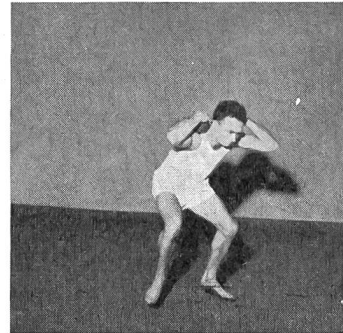
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1b



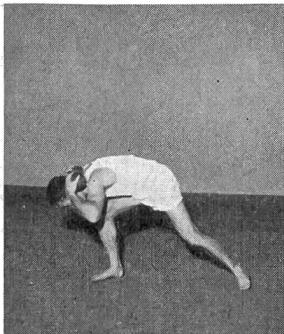
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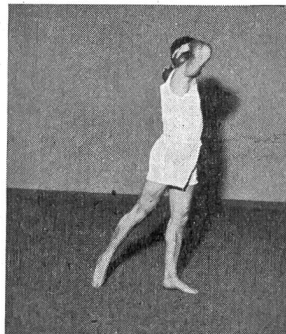
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Getto

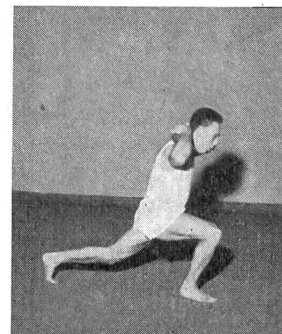
- 1 Dalla posizione raggomitolata, estensione
- 2 Saltellare in posizione raggomitolata, in av., ind., di fianco
- 3 Flessione del tronco e del ginocchio obliquamente in av., fino a toccare la gamba con il petto. Durante l'estensione, $\frac{1}{2}$ giro del corpo (getto del peso)



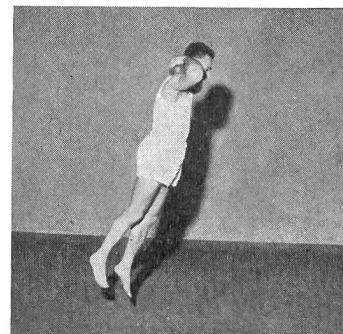
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3b



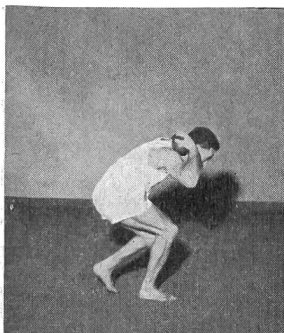
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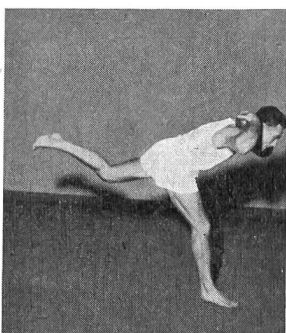
4b

- 4 Gran passo a gambe divaricate in av.: salto in alto con cambiamento di gamba alla stessa posizione (sul posto)
- 5 Posizione di partenza: tecnica O'Brien. Spinta continuata ind. della gamba di slancio, riprendendo il corpo sulla gamba d'appoggio (fase di saltello)
- 6 In appoggio ventrale sulla banchina, sollevare e abbassare il tronco (anche con rotazione a tronco sollevato)

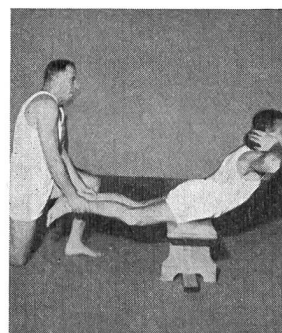
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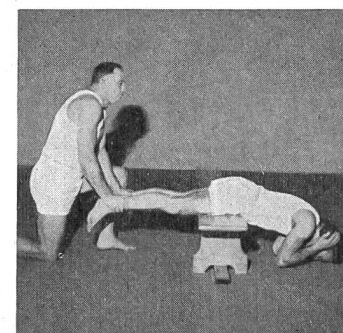
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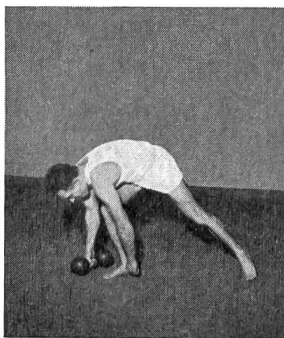


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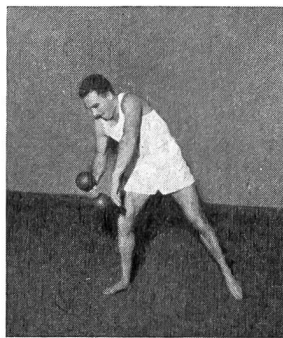


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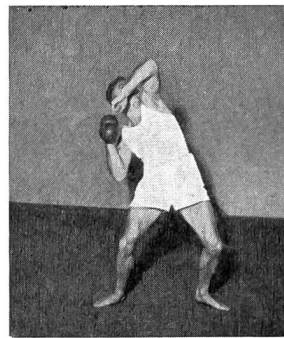




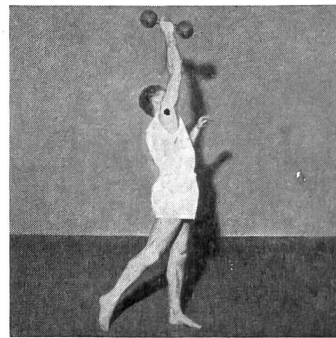
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7b



7c



7d

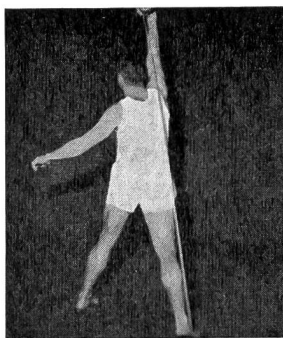
7 Manubrio di fianco al piede destro (per lanciatori a destra). Sollevare e spingere il manubrio fino all'estensione, con $\frac{1}{2}$ giro del corpo

8 Posizione di partenza per il getto del peso: tendere il corpo alla posizione di getto

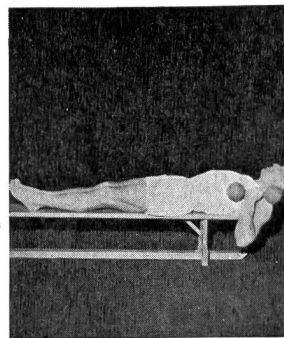
9 Il più rapidamente possibile, tendere il braccio portante il manubrio



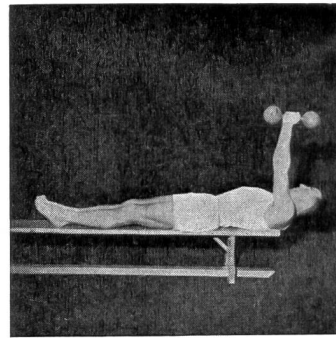
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8b



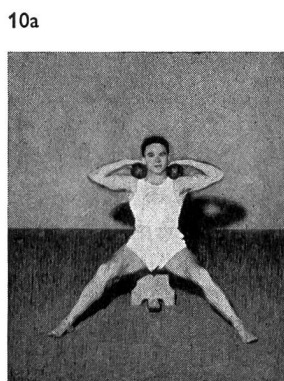
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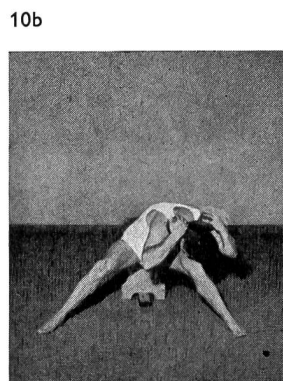
9b

10 Flettere il corpo obliquamente in avanti a destra e a sinistra

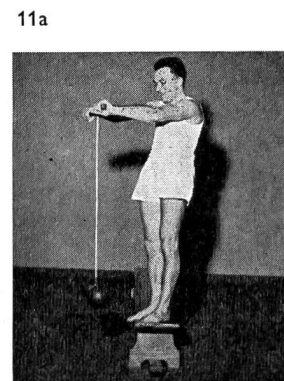
11 Manubrio fissato con una corda a un testimone per staffette: mantenendo le braccia in avanti, avvolgere la corda attorno al testimone



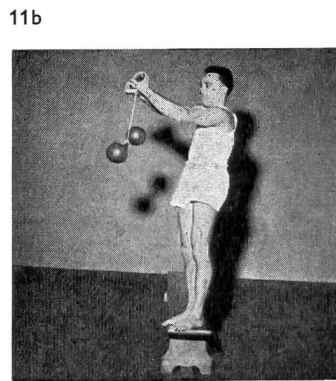
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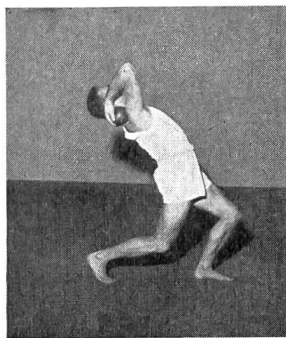
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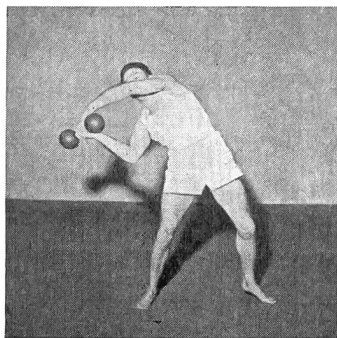
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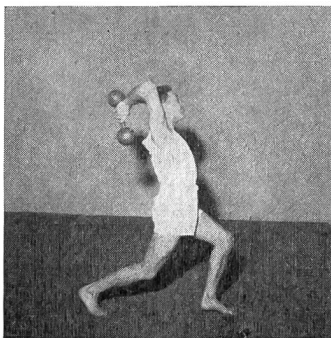
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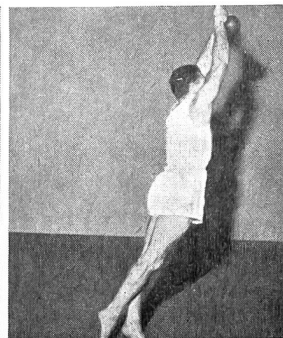
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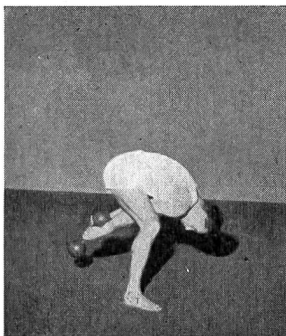
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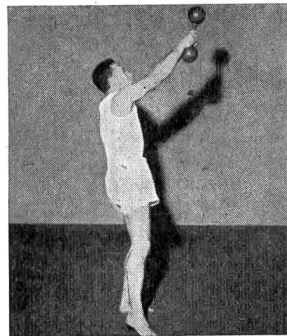
2c

Lanci

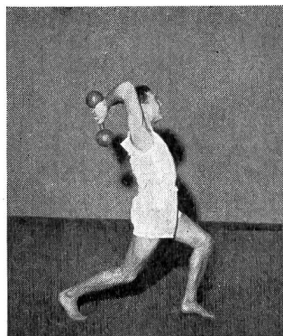
- 1 Passo di caduta ind., alternativamente a destra e a sinistra, con flessione ind. del tronco. Senza molleggiamento!
- 2 Presa del manubrio a due mani. Slancio di fianco ind., movimento di lancio sopra la testa, accentuando l'estensione
- 3 Presa del manubrio a due mani. Bilanciare ind. tra le gambe, in av. in alto, passo di caduta ind. con bilanciamento ind., estensione in av. in alto, bilanciare ind. tra le gambe



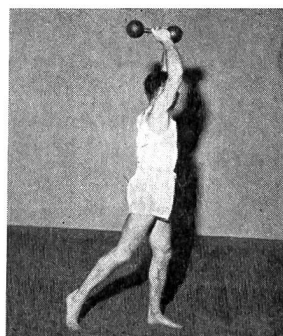
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3b



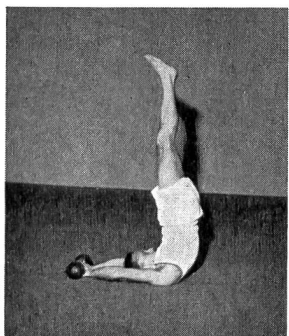
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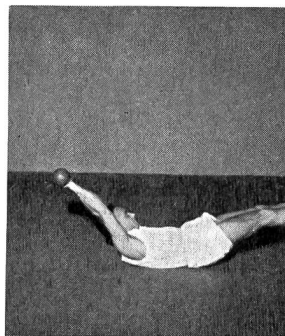
3d

- 4 Presa del manubrio a due mani. Dalla candela, piccolo movimento di scatto, sollevare il tronco e flettere in av. fino a toccare i piedi
- 5 Manubrio tenuto alla nuca, presa a due mani. Abbassarsi ind. fino a toccare il suolo, ritorno alla posizione seduti.

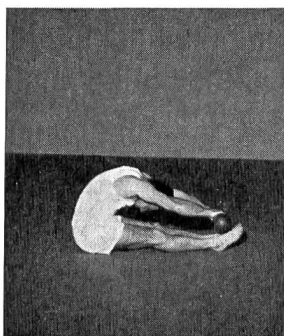
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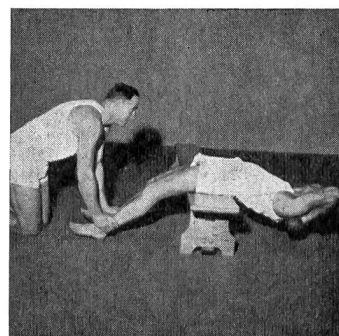
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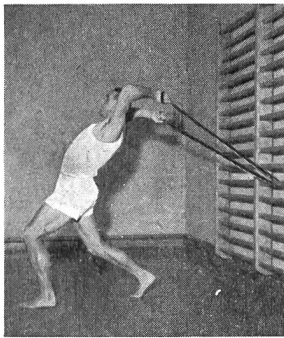


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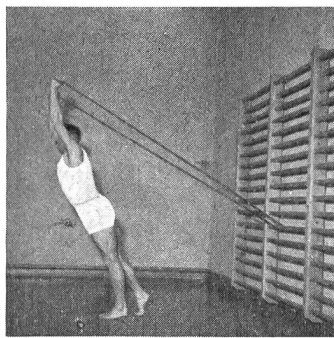


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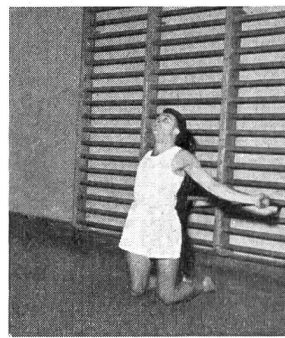




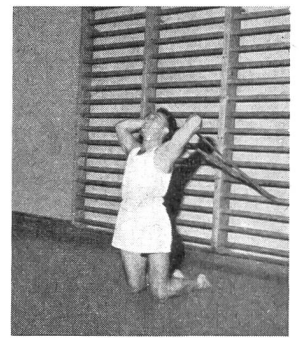
6a



6b



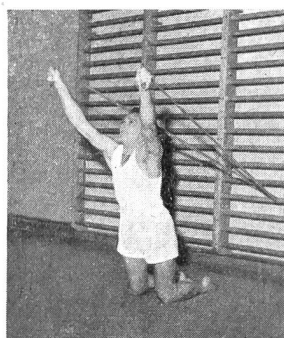
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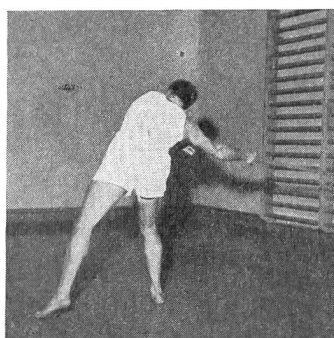
7b

6 Fissare la camera d'aria alla spalliera, all'altezza delle anche. Movimento di lancio fino all'estensione completa del corpo

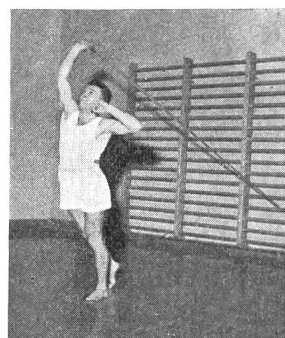
7 Come 6, ma dalla posizione in ginocchio



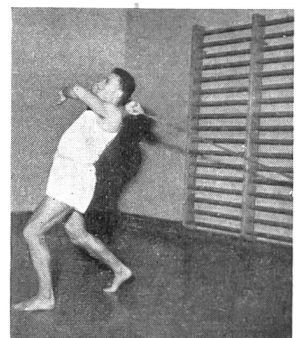
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8a



8b

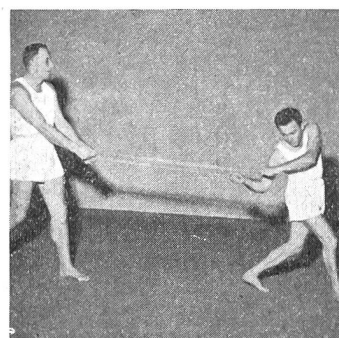


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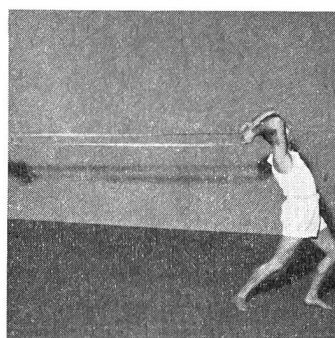
8 Come 6, ma con un braccio (movimento del lancio del giavellotto)

9 Movimento del lancio del giavellotto: il camerata equilibra la resistenza tirando o cedendo leggermente

9a



9b



9c

