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Potenziamento muscolare agli attrezzi

Armin Scheurer, maestro di sport dipl. SFGS, Macolin.

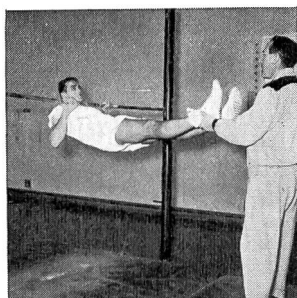
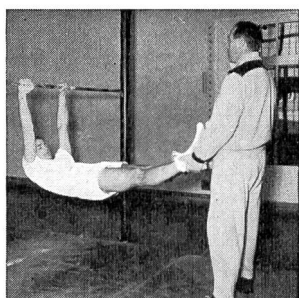
Hanno collaborato: Clemente Gilardi, maestro di ginnastica e sport SFGS, Macolin, J.-Pierre Cyr, studente SFGS, Macolin.

Fotografie: Hugo Lörtscher, SFGS, Macolin.

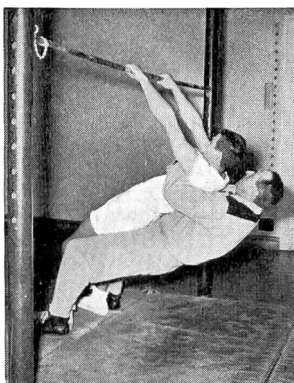
Testo italiano: Clemente Gilardi.

N. d. R. Nel Nr. 3 di quest'anno della nostra rivista, abbiamo trattato diverse forme di esercizi per il potenziamento muscolare agli attrezzi, concentrandoci specialmente sulle possibilità agli anelli, alle pertiche e alle corde. Ci ralleghiamo ora di poter pubblicare la seconda parte del lavoro di Armin Scheurer, ossia le forme permesse dall'uso della sbarra, delle parallele e delle spalliere.

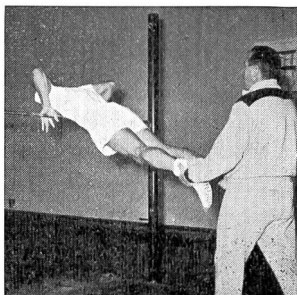
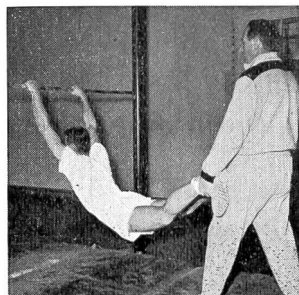
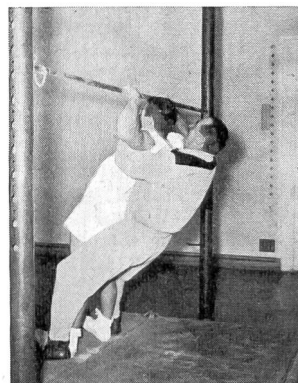
Sbarra



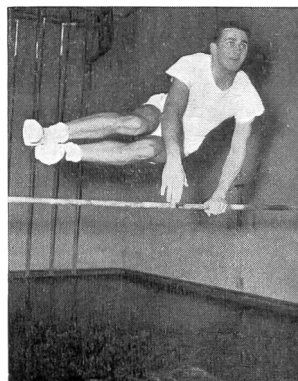
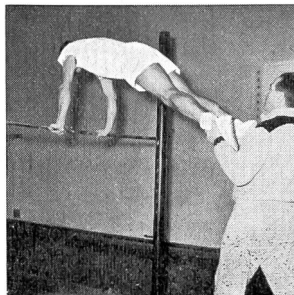
Flessione delle braccia, anche con carica supplementare



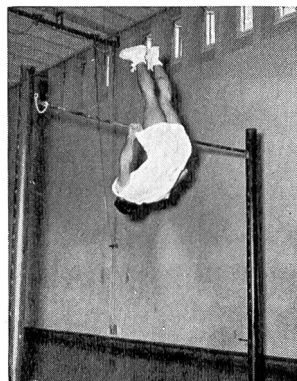
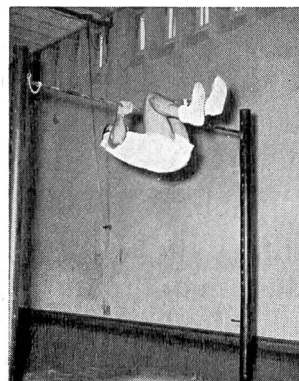
Stazione-sospensione: flessione delle braccia con carica supplementare (camerata)



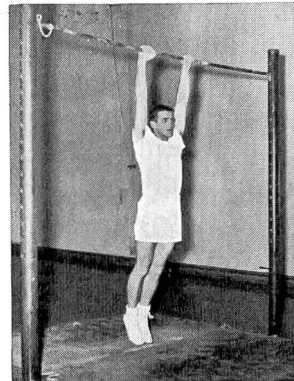
Sosp. facciale: stabilirsi all'appoggio con l'aiuto di un camerata



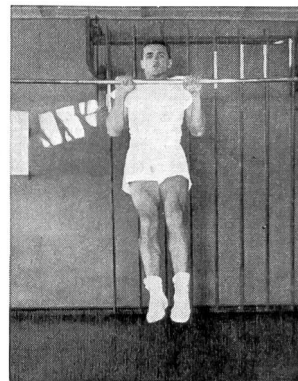
Saltare costalmente in av. a sinistra e a dr., salto in mezzo, salto a gambe divaricate

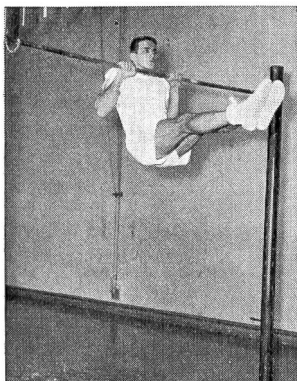


Salto alla sosp., stabilirsi in av. all'appoggio, stazione

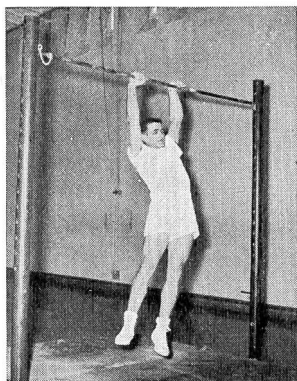


Sospensione: flessione delle braccia

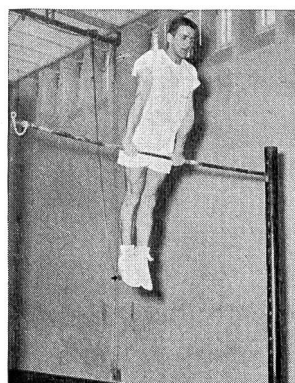
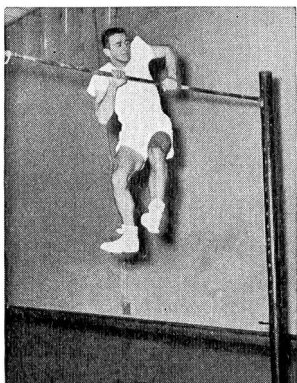
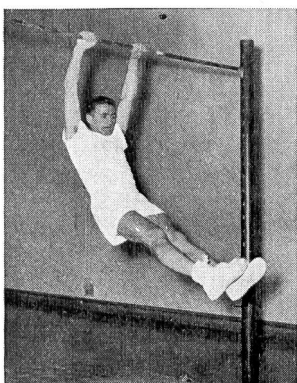
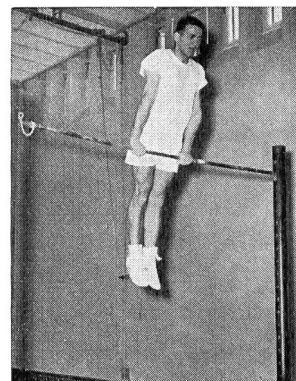




Flessione delle braccia,
gambe orizzontali

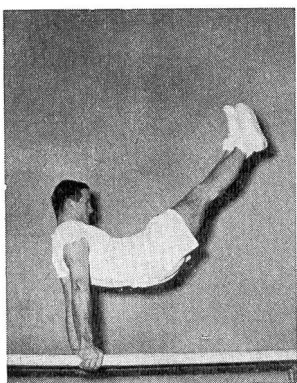


Sospensione: stabilirsi ind. all'appoggio con trazione delle braccia

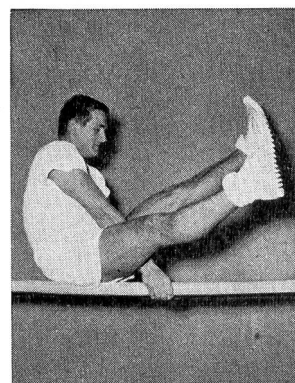
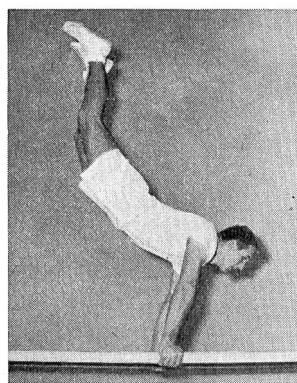


Bilanciare le gambe, stabi-
lirsi ind. all'appoggio con
trazione rapida delle brac-
cia

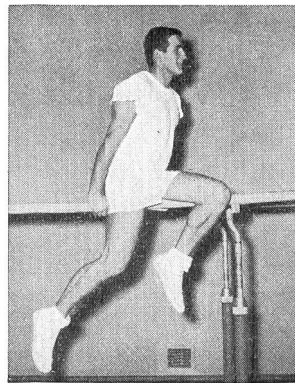
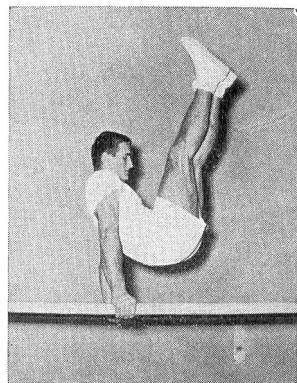
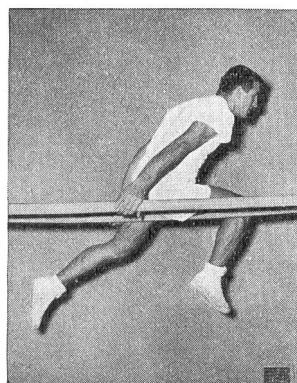
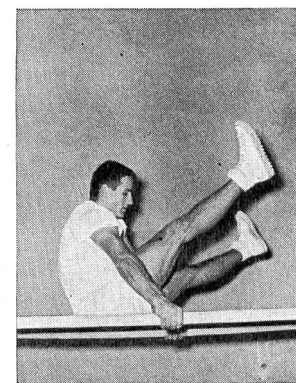
Parallele



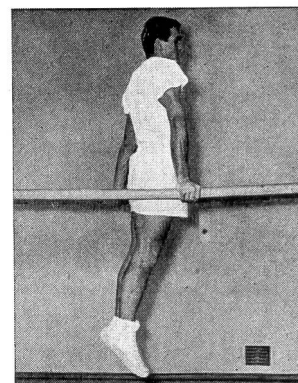
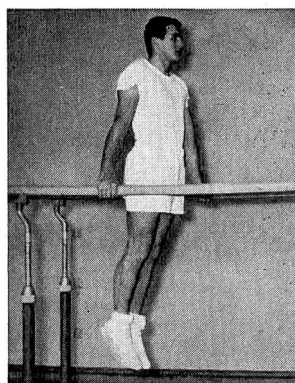
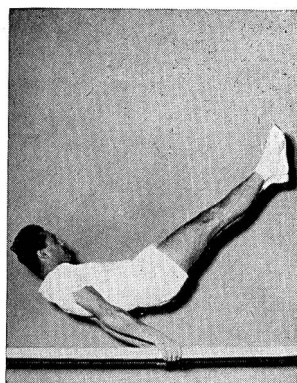
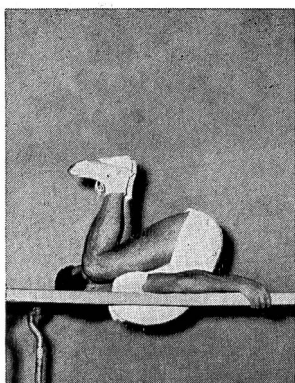
Appoggio: bilanciare all'appoggio rovesciato



Seggio a cavallo, bilanc., seggio a cavallo

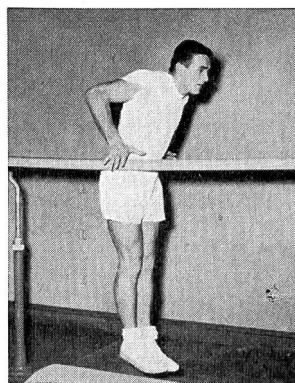
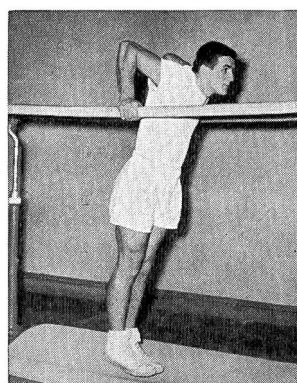
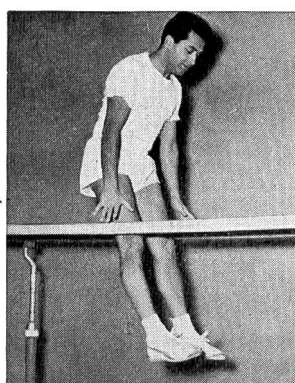


Seggio trasversale, bilan-
ciamento, seggio trasver-
sale

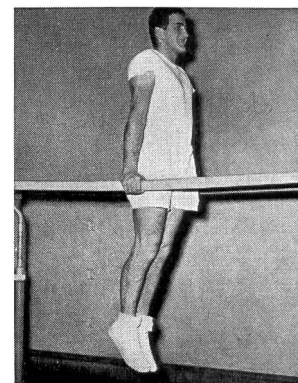
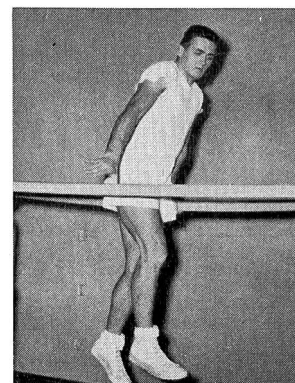
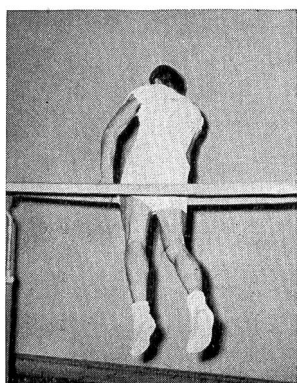
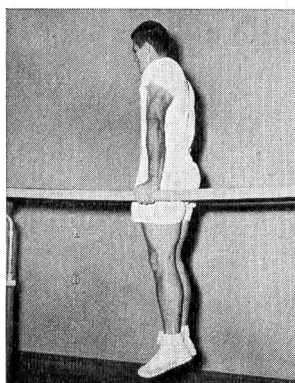


Posizione di scatto, g. flesse, tendere all'appoggio

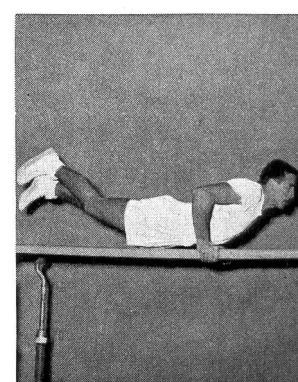
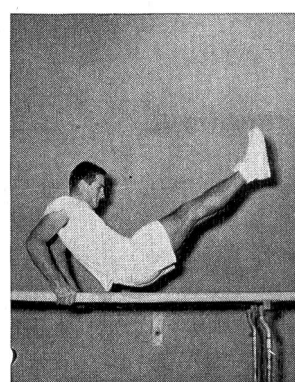
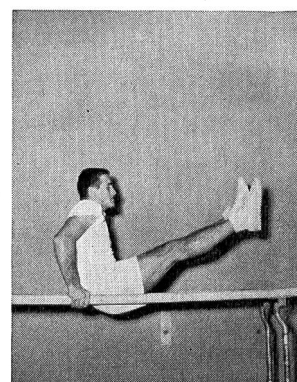
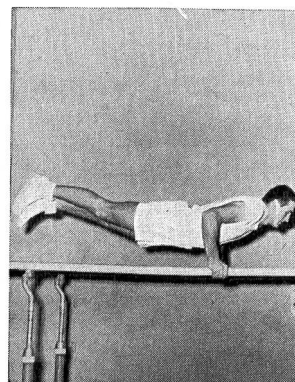
Avanzare in appoggio spostando alternativamente la mano sin. e la m. dr.; anche indietro



A sinistra: saltellare in appoggio in avanti e indietro
Nel mezzo e a destra: appoggio a br. flesse, saltellare in av. e ind.

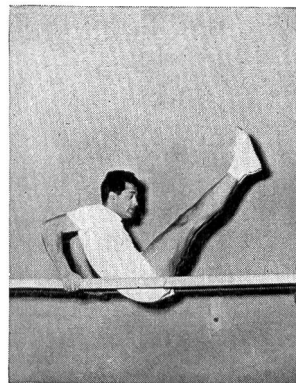
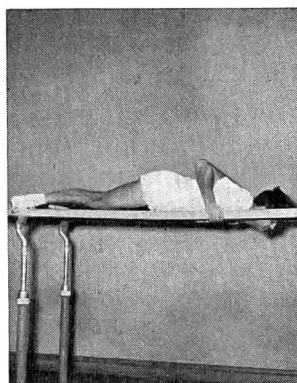
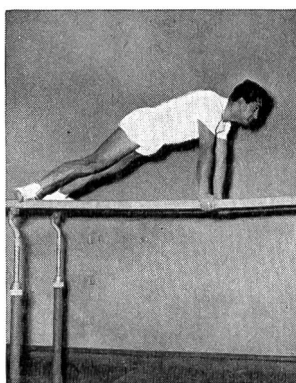


Appoggio: 1 giro intero senza arresti

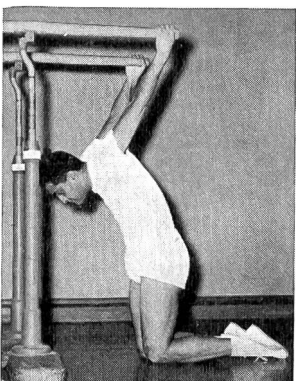
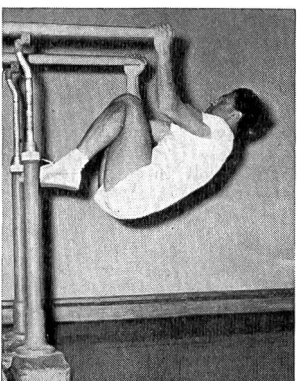
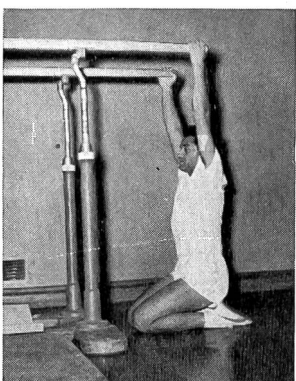


Bilanciare in av. flettendo le braccia, bilanciare ind. in appoggio

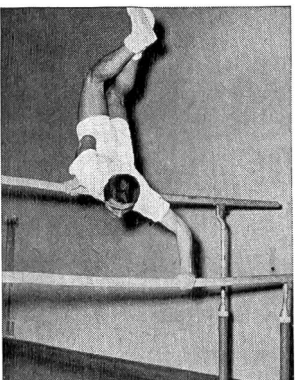
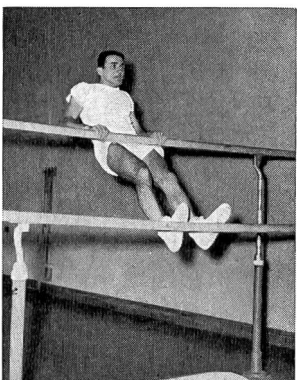
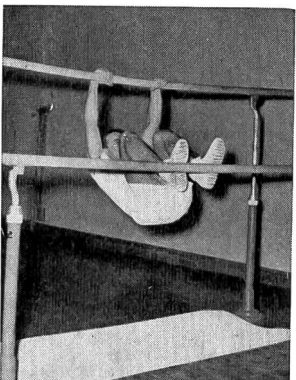
Bilanciare ind. flettendo le braccia, bilanciare in av. in appoggio



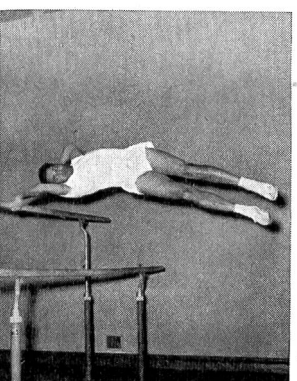
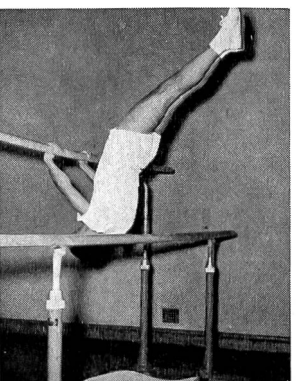
Appoggio manuale e pedestre: flettere le braccia, bilanciare in av., tendere all'appoggio



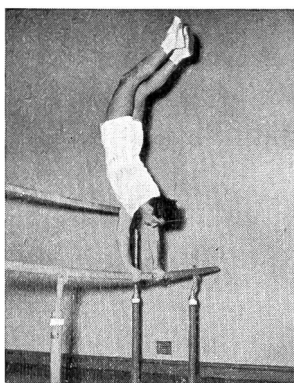
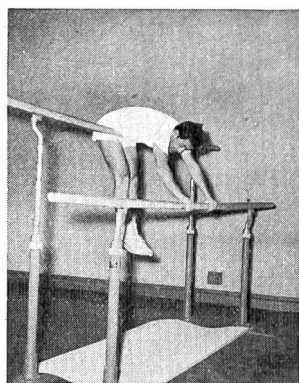
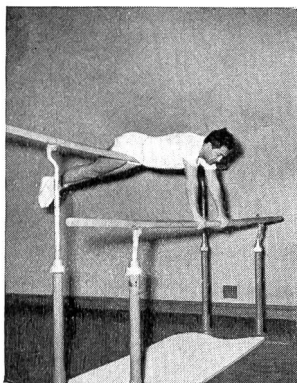
Posizione in ginocchio-sospensione: girare ind. alla staz. in ginocchio-sospensione dorsale



Sospensione-stazione raggomitolata sullo staggio basso: stabilirsi ind. all'appoggio, saltare in av. alla stazione attraverso l'appoggio rovesciato passeggero su di un braccio

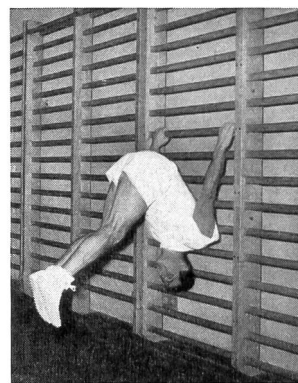
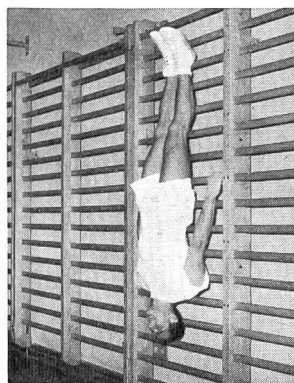
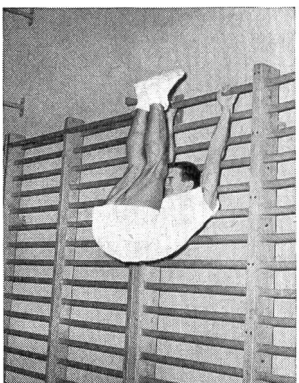
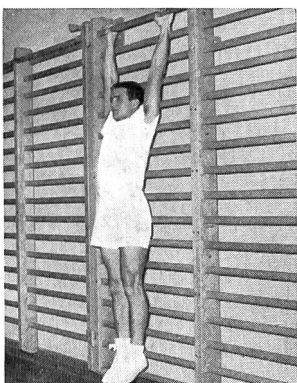


Saltare in av. passando sopra lo staggio basso, anche con $\frac{1}{2}$ giro



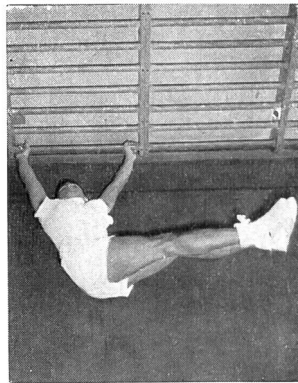
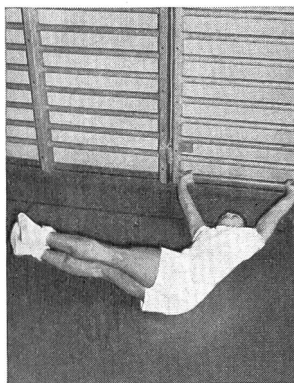
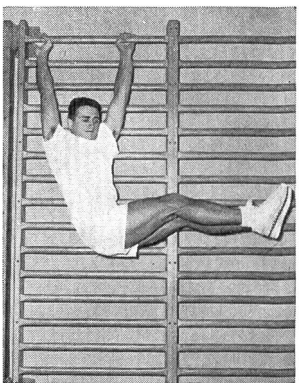
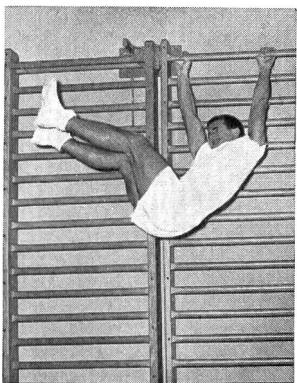
Appoggio ventrale sullo staggio alto: rovescio in av. in appoggio sullo staggio basso

Spalliere



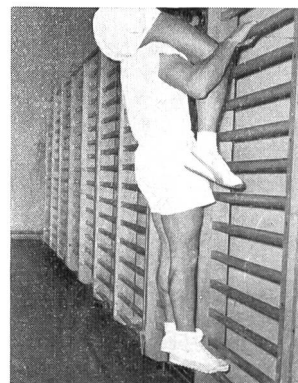
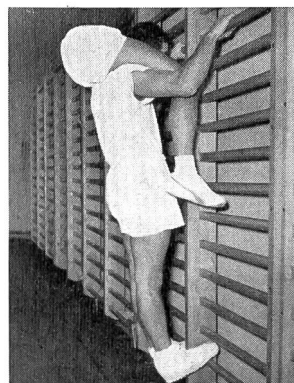
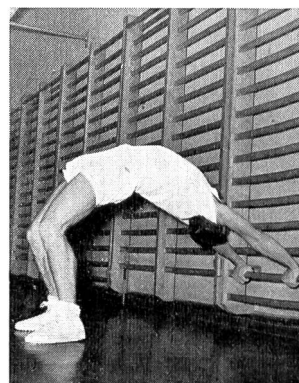
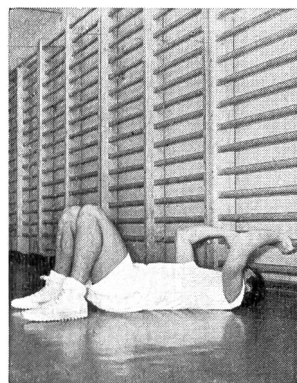
Sosp. dorsale: alzare le gambe per toccare con i piedi sopra la testa

Sosp. rovesciata dorsale: abbassare le gambe fino a terra



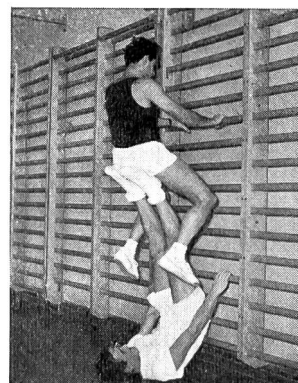
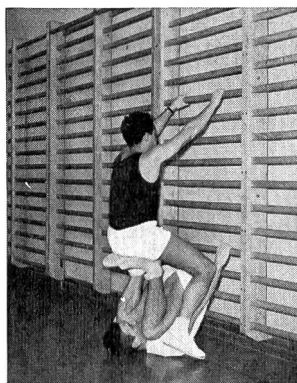
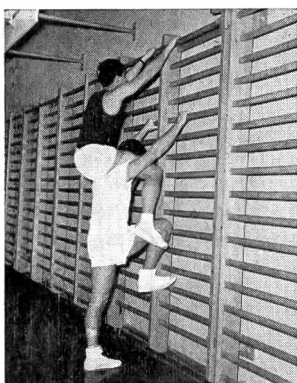
Sosp. dorsale: grandi cerchi delle gambe a sin. e a dr.

Posizione a terra dorsale, gambe verticali: bilanciare le gambe a sin. e a dr.



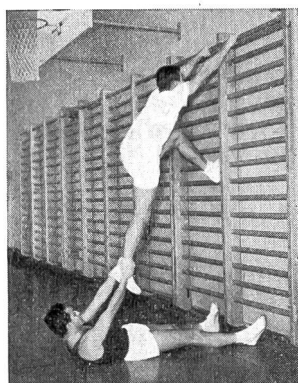
Posizione dors. a terra, gambe flesse: stabilirsi in «ponte»

Staz. sul piolo, un camerata sulle spalle: flessione e estensione delle articolazioni dei piedi



Con un camerata sulle spalle salire sul terzo o sul quarto piolo

A terra sulla schiena, contro le spalliere, gambe flesse, un camerata seduto sui piedi: tendere e flettere le gambe



Il camerata vien tirato in alto grazie all'estensione della gamba d'appoggio e alla flessione della gamba di trazione

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