

Zeitschrift: Gioventù e sport : rivista d'educazione sportiva della Scuola federale di ginnastica e sport Macolin
Herausgeber: Scuola federale di ginnastica e sport Macolin
Band: 30 (1973)
Heft: 7

Artikel: Muscolazione con i giovani
Autor: Dornbierer, E. / Leuba, J.-C.
DOI: <https://doi.org/10.5169/seals-1000897>

Nutzungsbedingungen

Die ETH-Bibliothek ist die Anbieterin der digitalisierten Zeitschriften auf E-Periodica. Sie besitzt keine Urheberrechte an den Zeitschriften und ist nicht verantwortlich für deren Inhalte. Die Rechte liegen in der Regel bei den Herausgebern beziehungsweise den externen Rechteinhabern. Das Veröffentlichen von Bildern in Print- und Online-Publikationen sowie auf Social Media-Kanälen oder Webseiten ist nur mit vorheriger Genehmigung der Rechteinhaber erlaubt. [Mehr erfahren](#)

Conditions d'utilisation

L'ETH Library est le fournisseur des revues numérisées. Elle ne détient aucun droit d'auteur sur les revues et n'est pas responsable de leur contenu. En règle générale, les droits sont détenus par les éditeurs ou les détenteurs de droits externes. La reproduction d'images dans des publications imprimées ou en ligne ainsi que sur des canaux de médias sociaux ou des sites web n'est autorisée qu'avec l'accord préalable des détenteurs des droits. [En savoir plus](#)

Terms of use

The ETH Library is the provider of the digitised journals. It does not own any copyrights to the journals and is not responsible for their content. The rights usually lie with the publishers or the external rights holders. Publishing images in print and online publications, as well as on social media channels or websites, is only permitted with the prior consent of the rights holders. [Find out more](#)

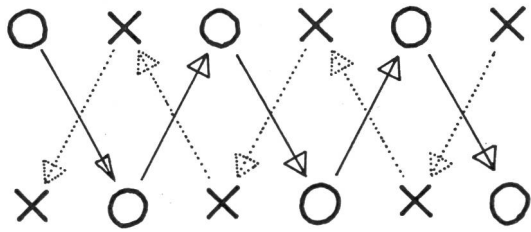
Download PDF: 27.04.2026

ETH-Bibliothek Zürich, E-Periodica, <https://www.e-periodica.ch>

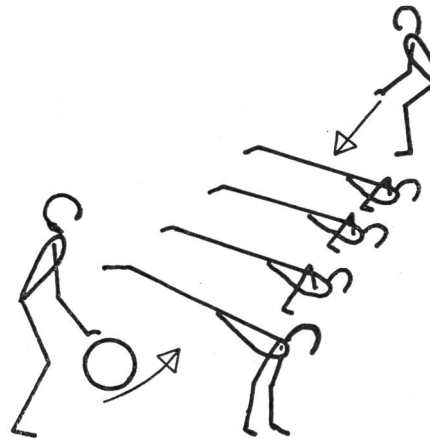
Muscolazione con i giovani

E. Dornbierer / J.-C. Leuba
 Testo italiano: Sandro Rossi

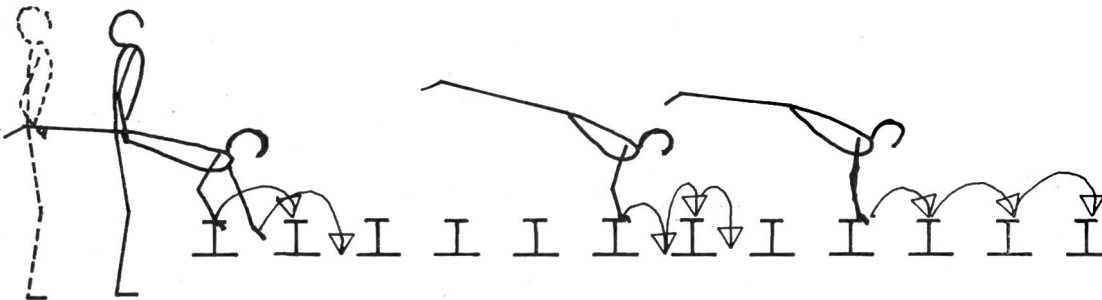
A) Muscolatura delle braccia e delle spalle



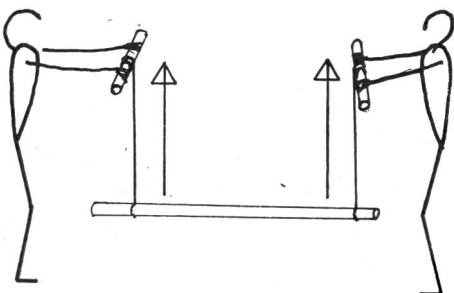
Per squadra:
 In piedi, passarsi il pallone pesante
 seduti a gambe tese
 seduti a gambe incrociate



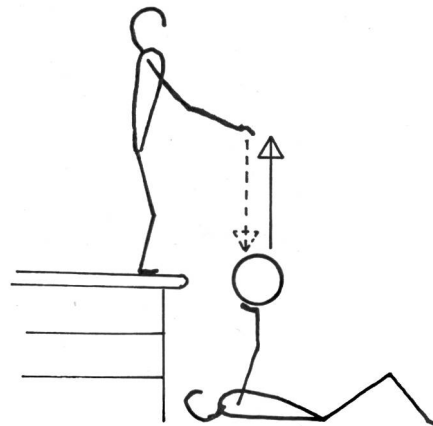
Quando il pallone pesante passa, tendere e flettere rapidamente le braccia



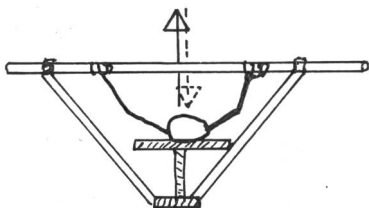
Tenuti alle anche o alle caviglie: marciare o saltare da una panchina all'altra



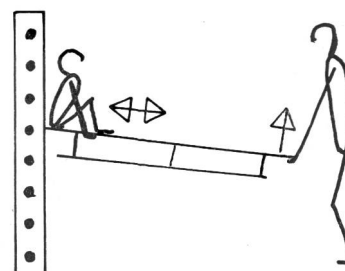
Braccia tese: arrotolare rapidamente la corda



Rilanciare il pallone pesante il più in alto possibile

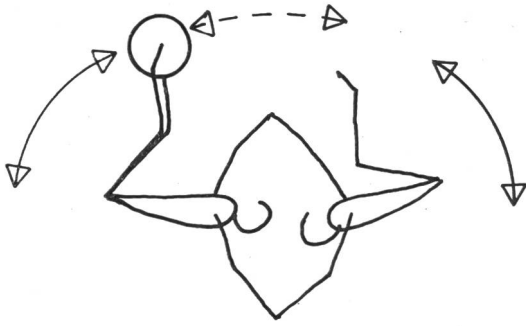


Una o due sbarre attaccate ad una camera ad aria di bicicletta:
 tendere le braccia rapidamente, poi flettere lentamente

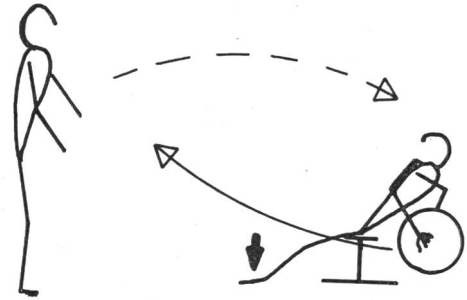
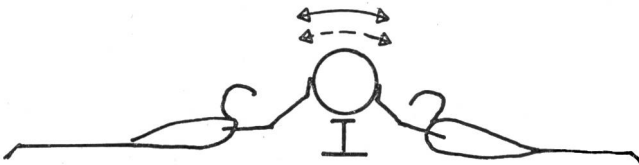


Alzare la panchina

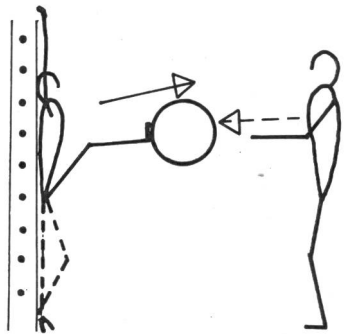
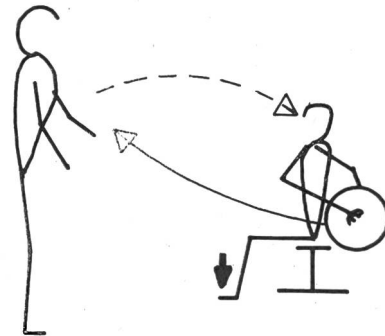
B) Muscolatura addominale e dorsale



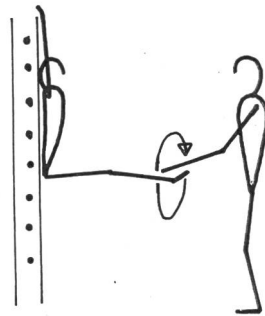
Passarsi il pallone pesante



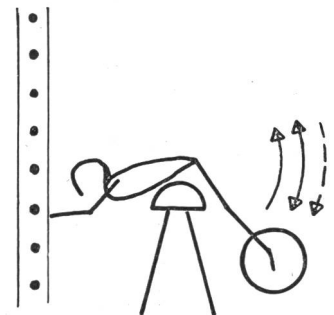
Lanciare il pallone pesante di fianco



Dalla sospensione:
respingere il pallone pesante
con i piedi

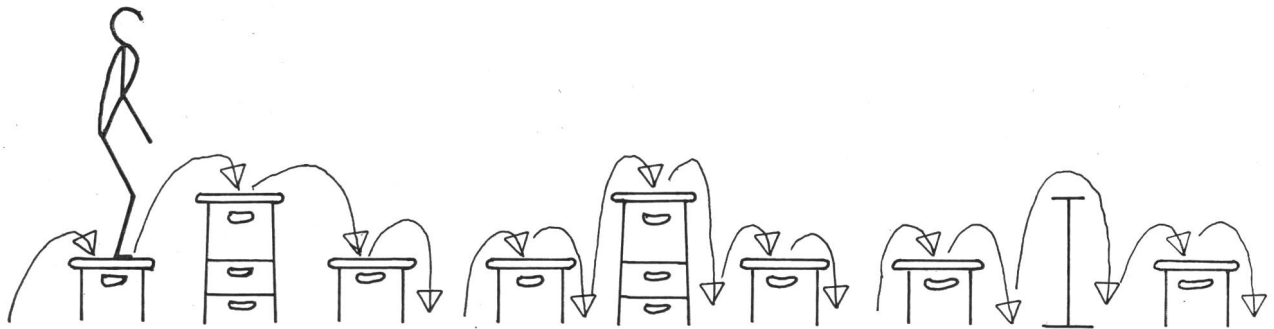


Circoli delle gambe
attorno alle braccia
del compagno

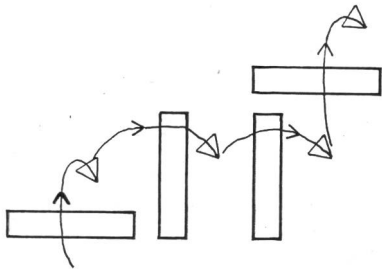


Sollevero rapidamente
il pallone pesante,
ridiscendere lentamente

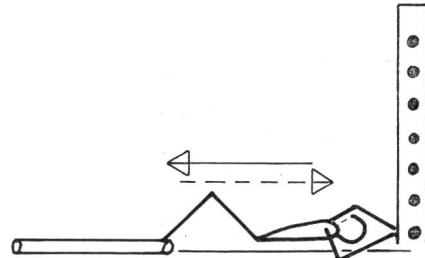
C) Muscolatura delle gambe



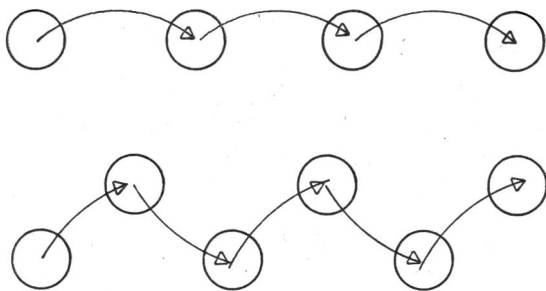
Saltare a piedi uniti sugli ostacoli, fra e direttamente oltre gli stessi



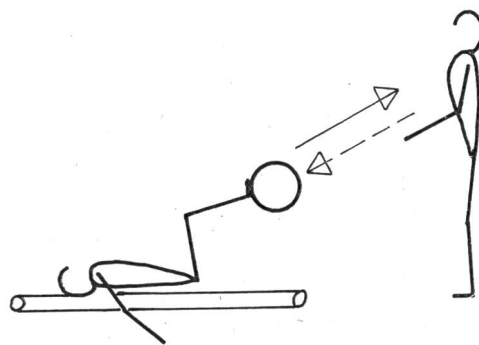
Saltare a piedi uniti in avanti, di fianco, di fianco in avanti



Respingere rapidamente il tappeto trattenuto da una camera ad aria di bicicletta, poi flettere lentamente le gambe



- 1) Salti in corsa
- 2) Salti di fianco a piedi uniti



Respingere il pallone pesante