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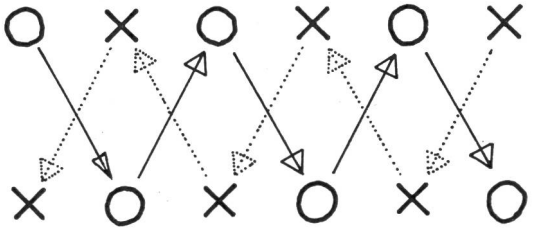
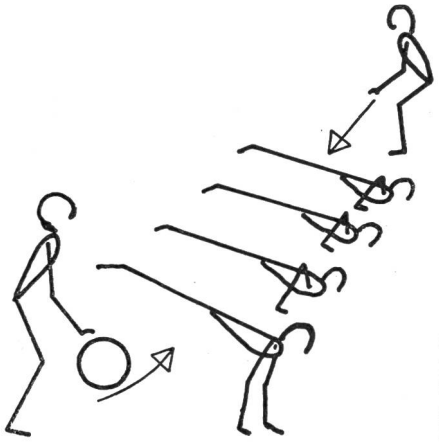
Muscolazione con i giovani

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

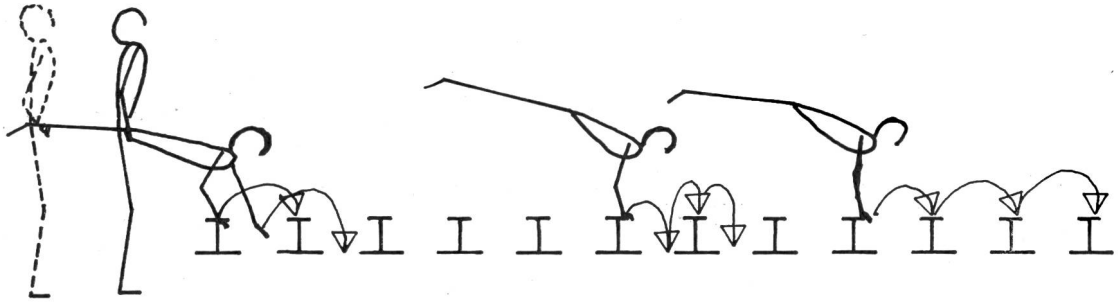
A) Muscolatura delle braccia e delle spalle



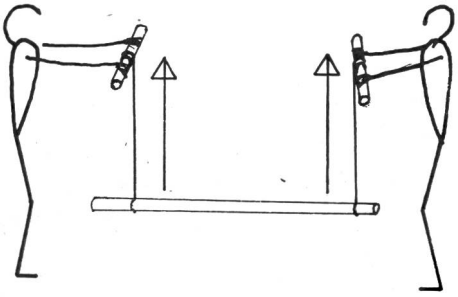
Per squadra:
In piedi, passarsi il pallone pesante
seduti a gambe tese
seduti a gambe incrociate



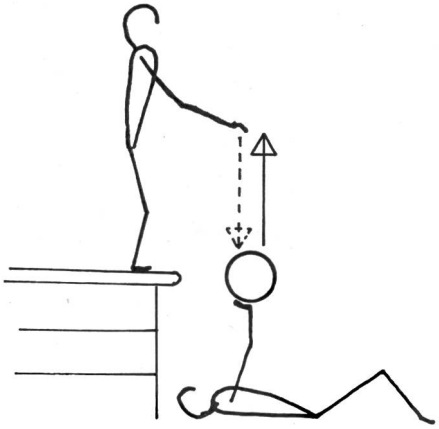
Quando il pallone pesante passa, tendere e flettere rapidamente le braccia



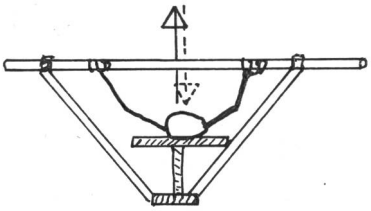
Tenuti alle anche o alle caviglie: marciare o saltare da una panchina all'altra



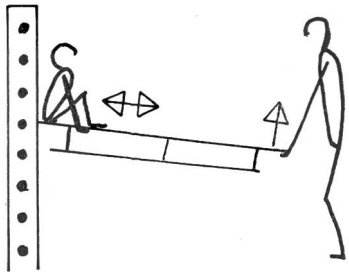
Braccia tese: arrotolare rapidamente la corda



Rilanciare il pallone pesante il più in alto possibile

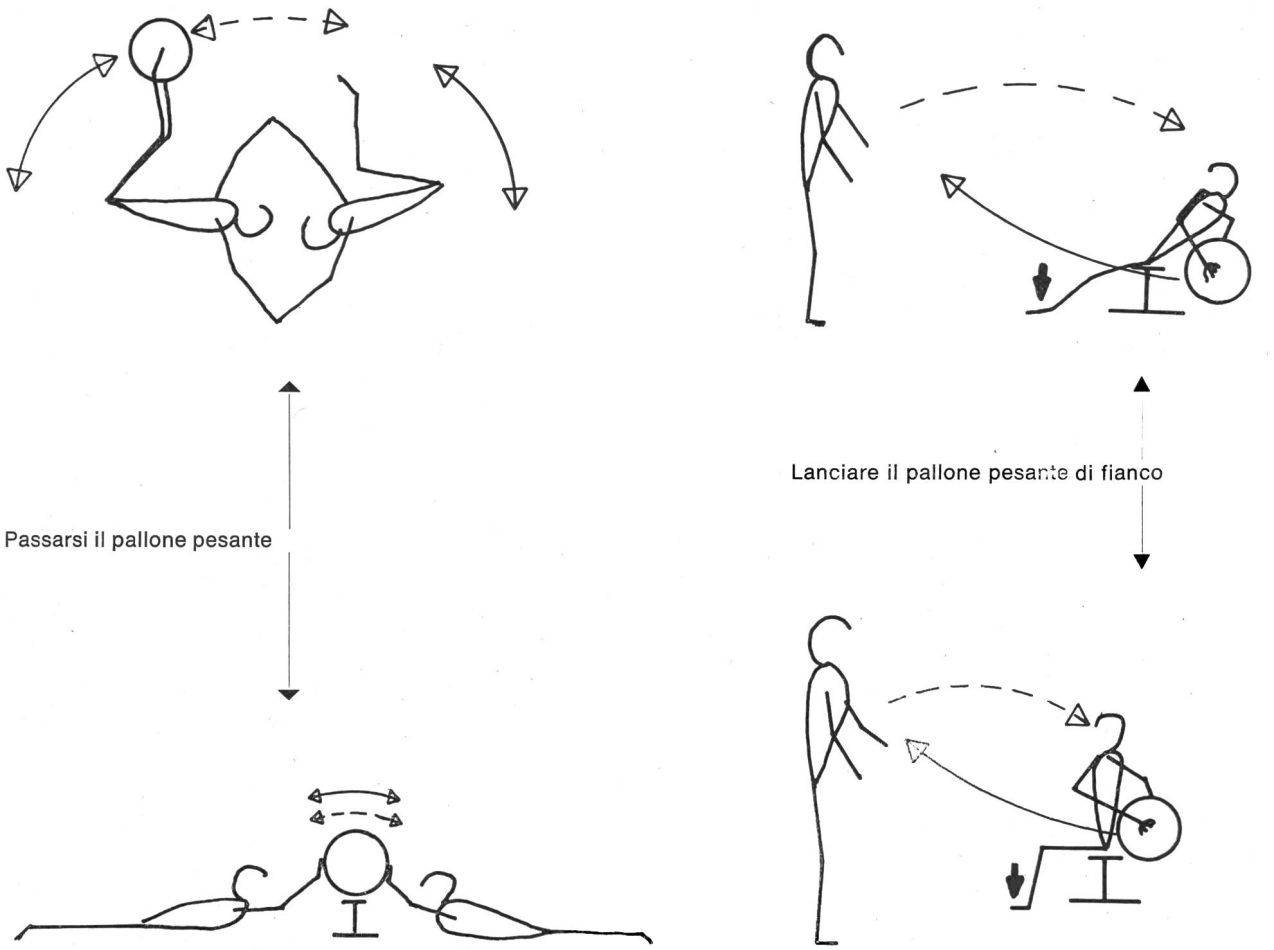


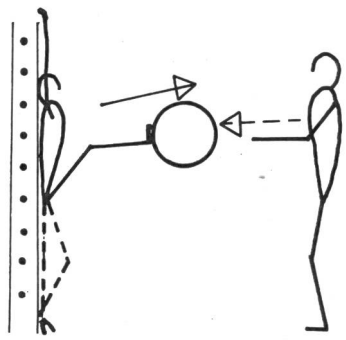
Una o due sbarre attaccate ad una camera ad aria di bicicletta:
tendere le braccia rapidamente, poi flettere lentamente



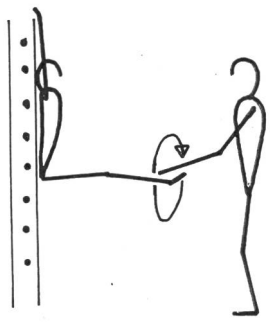
Alzare la panchina

B) Muscolatura addominale e dorsale

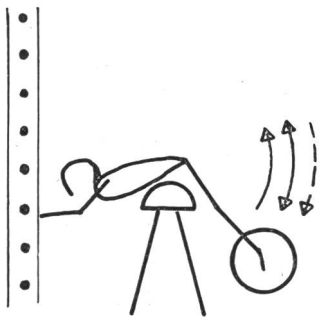




Dalla sospensione:
respingere il pallone pesante
con i piedi

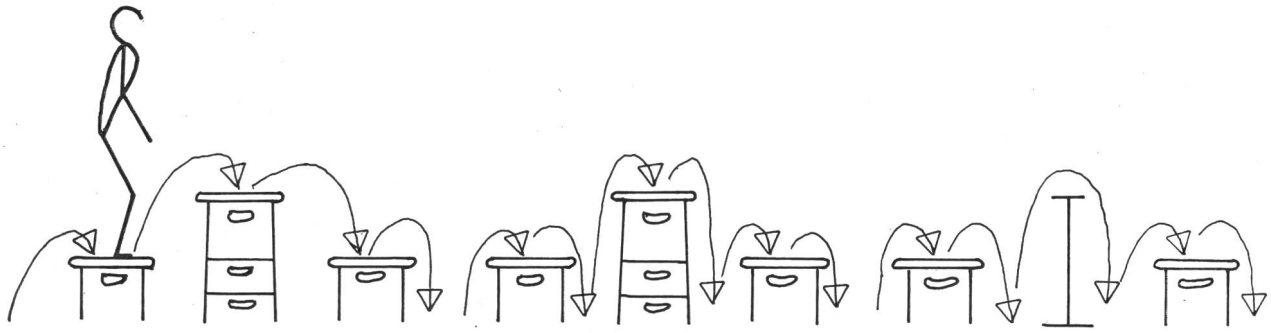


Circoli delle gambe
attorno alle braccia
del compagno

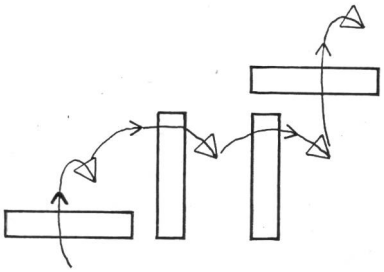


Sollevare rapidamente
il pallone pesante,
ridiscendere lentamente

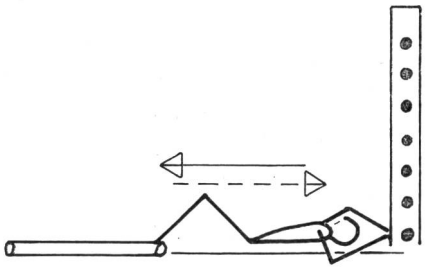
C) Muscolatura delle gambe



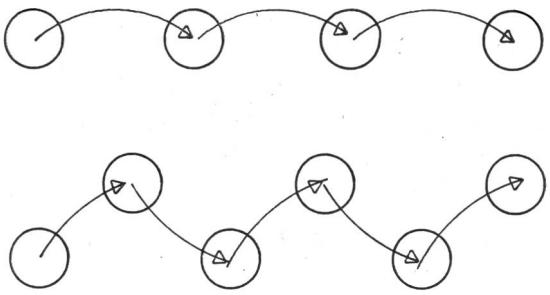
Saltare a piedi uniti sugli ostacoli, fra e direttamente oltre gli stessi



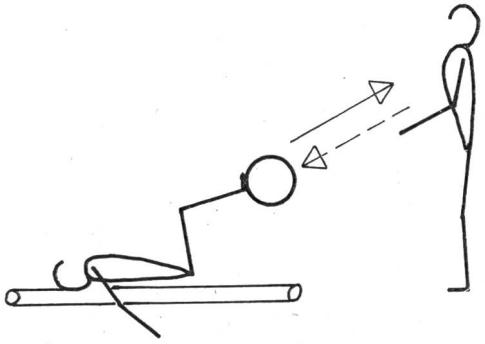
Saltare a piedi uniti in avanti, di fianco, di fianco in avanti



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