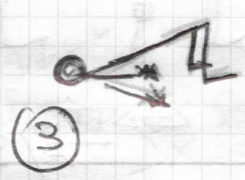
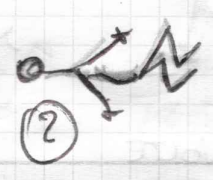
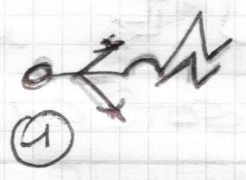
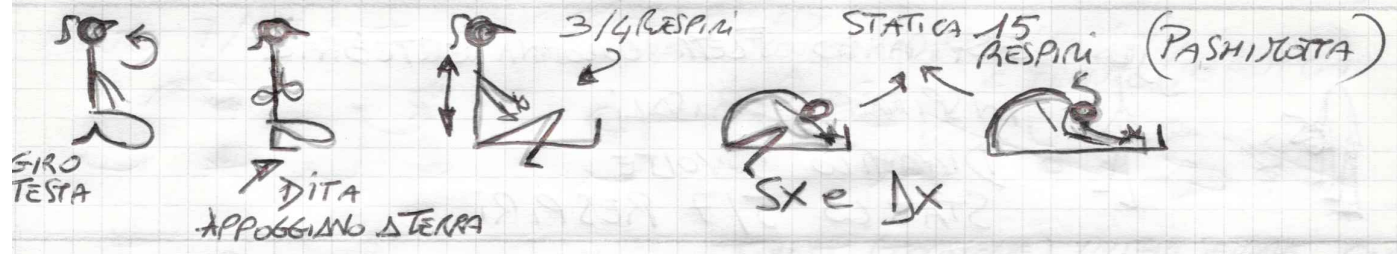


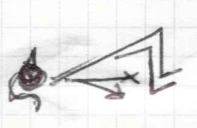
II SEQUENZA

- PUNTE / TALLONI
- INTRA / EXTRA ROTAZIONE
- CIRCONDUZIONI

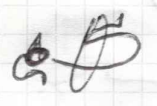


PONTE
DINAMICO 7/9
VOLTE

(*) FASE DINAMICA = { 1 + 2 + 3 (SALI ESPIRANDO)
INSPIRI BACINO FERMO SU
ESPIRANDO SCENDI } x 7/9 VOLTE



PONTE STATICO 7/9 RESPIRI
(APPOGGIO SULLE SPALLE, NO CARICO SULLE CERVICALI!)



RIASSALTENZO
5 MINUTI



MEDITAZIONE
7/10 MINUTI