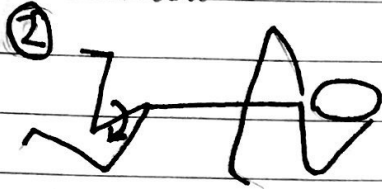
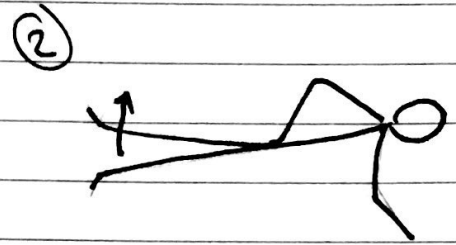


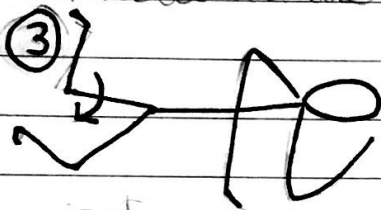
decarb. laterale, cosce unite  
separare a 45° senza aprire i piedi  
mantenere 2"



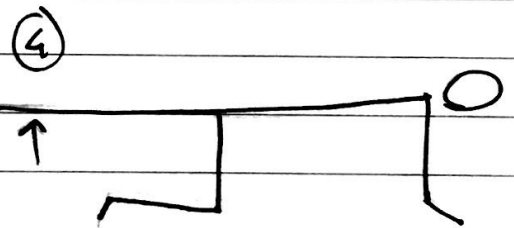
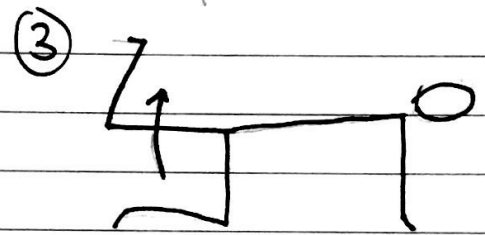
rotazione posteriore di partenza,  
rotazione interna, 2"



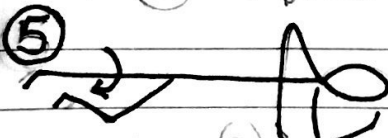
mantenere 2"



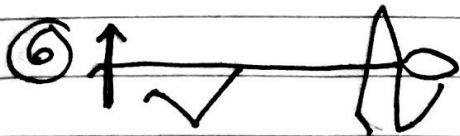
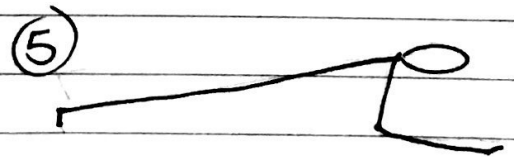
ripetere ex 2) partendo  
e cosce separate come posizione  
finale 1, 2"



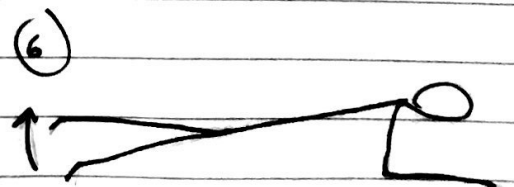
stessa posizione di partenza  
di 3) e estremo, 2"



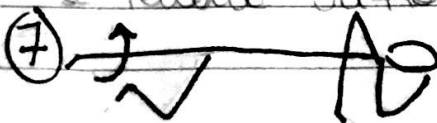
esercizio 2) e gamba tesa, 2"



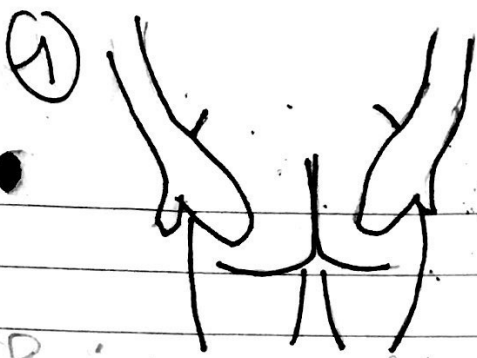
una gamba piegata e flessa  
una distesa, sollevare fino  
a tenerli orizzontale, 2"



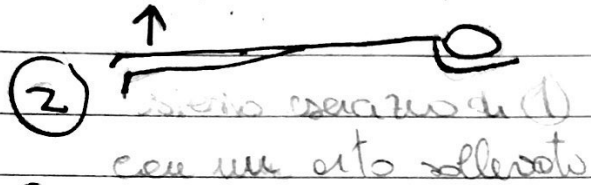
mantenere 2"



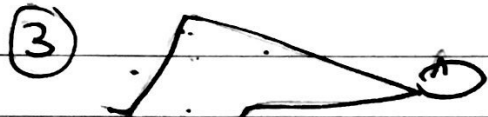
come 5) ma in estremo



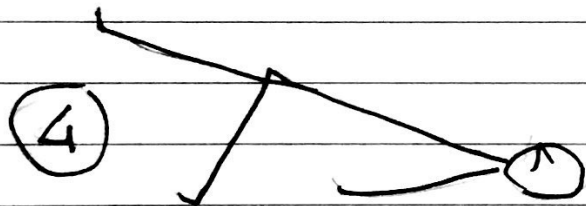
Primo stirare un gluteo alla  
volte 2" alternando  
5 volte. Poi 5 volte  
insieme



2) Stiro braccio di (1)  
con un dito allungato

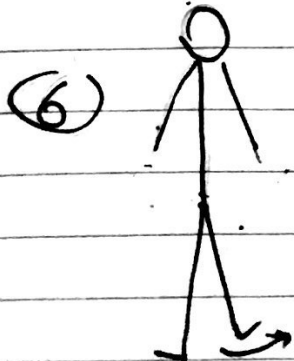


3)



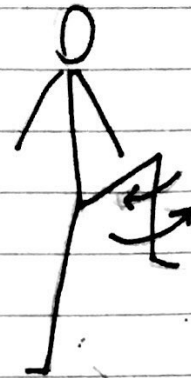
4)

5) ripetere (1) in  
posizione eretta



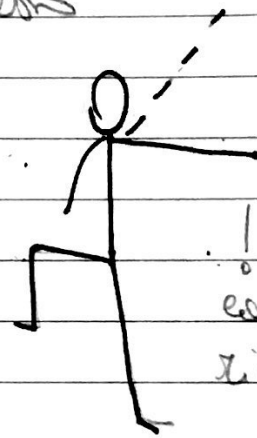
staccare un  
piede ed allungarlo  
nelle varie  
direzioni

7)



come (6) e ginocchio  
flessi

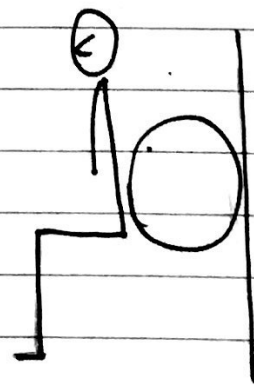
8)



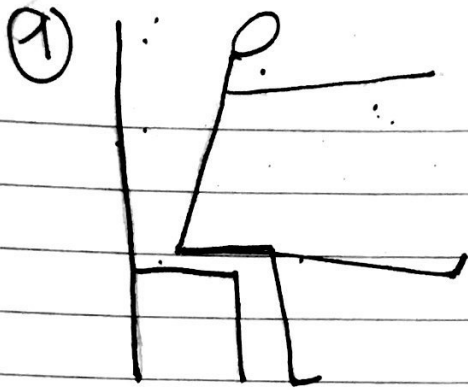
! anche  
con sovraccarico  
ricchi (1-3kg)  
!!!

ripetere gli esercizi  
precedenti variando  
la posizione degli arti

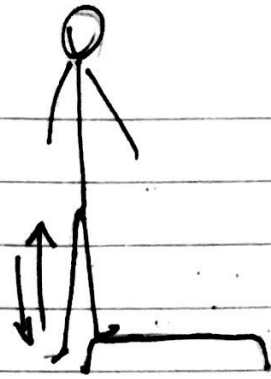
9)



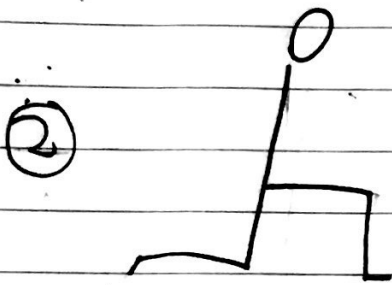
squat al muro  
col polso e  
Vendetta con perle e  
elastici



① squat unilaterale



⑦ portare il piede al suolo e poi si muove all'alterna-  
za del bacino



② affondi



⑧ step frontali, e  
step laterali

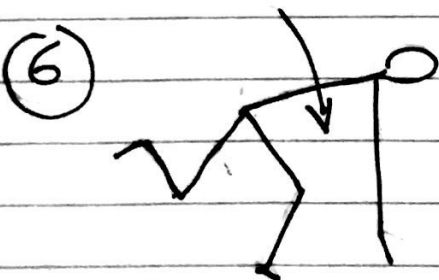
③ affondi con  
Trazione del tronco



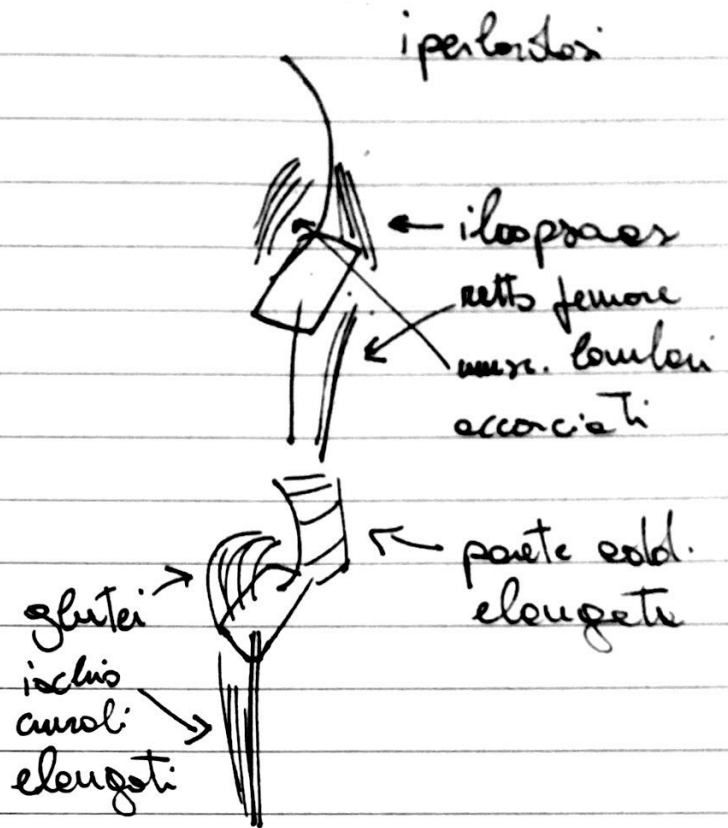
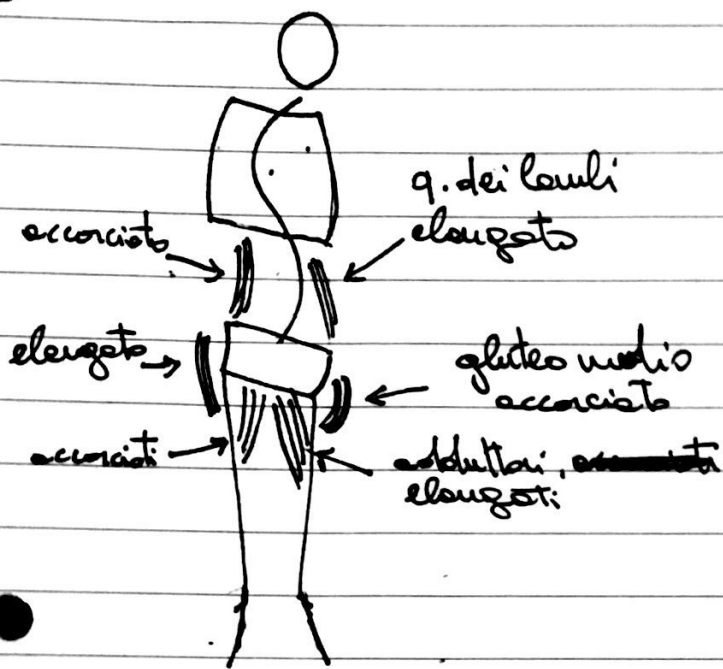
⑨ step laterali con  
affondo

④ con pesetti

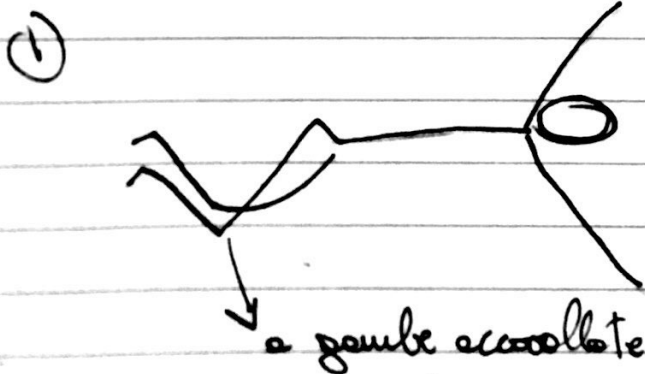
⑤ dalla posizione di  
un squat, salto  
in avanti, max 1 metro



⑥ step unilaterale



tratto lombare opprimito ; ~~costo~~ elungati : ileo psoas, estensori cosce  
 accorciati : ischio curvati, parte alta addome



prima si applica una resistenza 6", poi si usa per allungare 6"-8"

