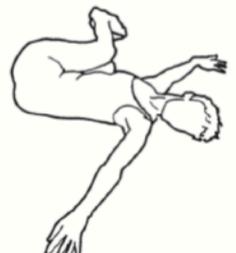
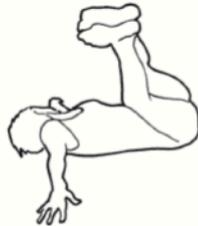
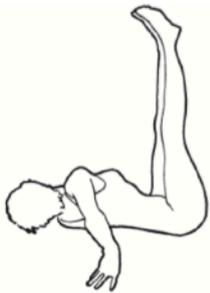
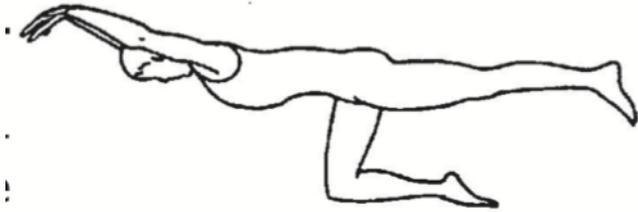


Lezione #3

PREPARAZIONE (primi 20 minuti circa), fasi salienti rappresentate qui di seguito:



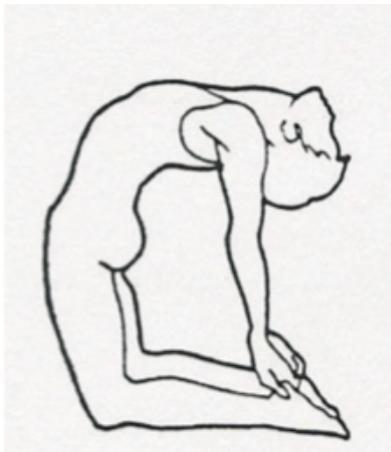
POSTURE (40 minuti circa)



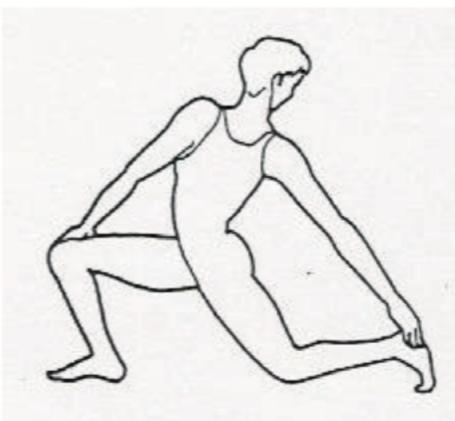
1. PERTICA SOLLEVATA IN GINOCCHIO



2. MEZZA LUNA SU UNA GAMBA



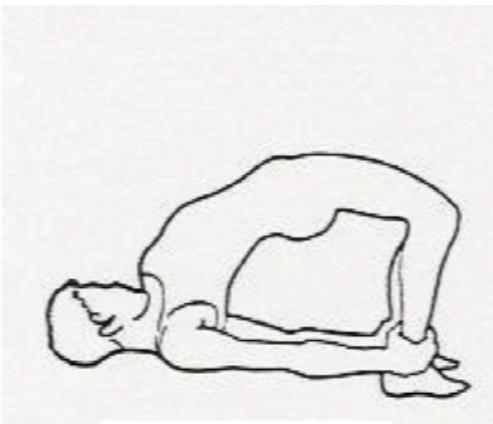
3. RUOTA IN GINOCCHIO



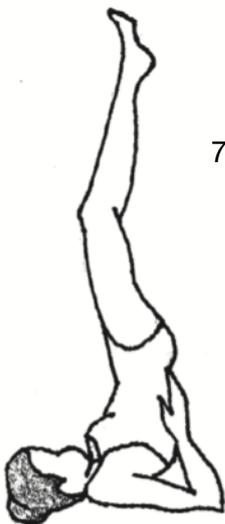
4. MEZZA RUOTA IN GINOCCHIO IN ROTAZIONE



5. POSIZIONE DELLA SQUADRA



6. POSIZIONE DELLE SPALLE



7. LA CANDELA



8. POSIZIONE DEL RIPOSO

RILASSAMENTO

