

Zeitschrift: Giovani forti, libera patria : rivista di educazione fisica della Scuola federale di ginnastica e sport Macolin

Herausgeber: Scuola federale di ginnastica e sport Macolin

Band: 20 (1963)

Heft: [5]

Artikel: Potenziamento muscolare agli attrezzi [seguito]

Autor: Scheurer, Armin / Gilardi, Clemente / Cyr, J.-Pierre

DOI: <https://doi.org/10.5169/seals-1001082>

Nutzungsbedingungen

Die ETH-Bibliothek ist die Anbieterin der digitalisierten Zeitschriften. 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. [Siehe Rechtliche Hinweise.](#)

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. [Voir Informations légales.](#)

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. [See Legal notice.](#)

Download PDF: 15.03.2025

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

Potenziamento muscolare agli attrezzi

Armin Scheurer, maestro di sport dipl. SFGS, Macolin.

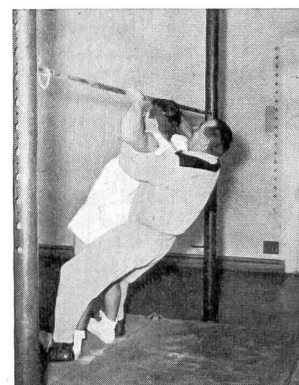
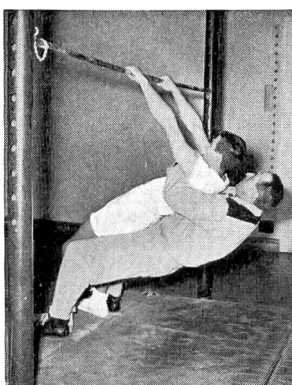
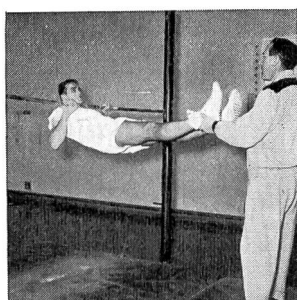
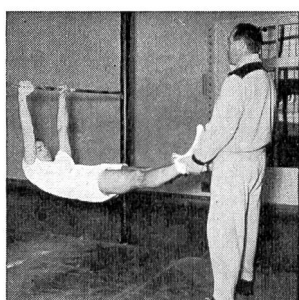
Hanno collaborato: Clemente Gilardi, maestro di ginnastica e sport SFGS, Macolin, J.-Pierre Cyr, studente SFGS, Macolin.

Fotografie: Hugo Lörtscher, SFGS, Macolin.

Testo italiano: Clemente Gilardi.

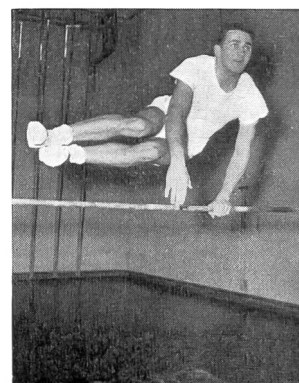
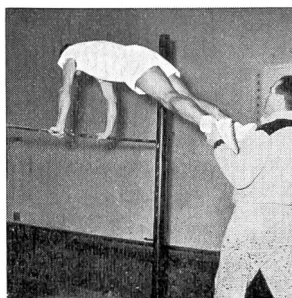
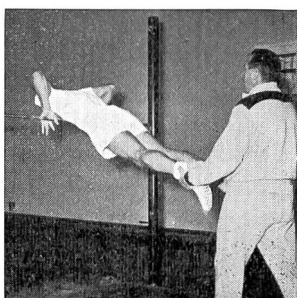
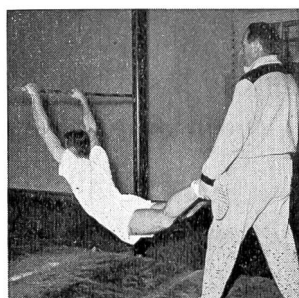
N. d. R. Nel Nr. 3 di quest'anno della nostra rivista, abbiamo trattato diverse forme di esercizi per il potenziamento muscolare agli attrezzi, concentrandoci specialmente sulle possibilità agli anelli, alle pertiche e alle corde. Ci ralleghiamo ora di poter pubblicare la seconda parte del lavoro di Armin Scheurer, ossia le forme permesse dall'uso della sbarra, delle parallele e delle spalliere.

Sbarra



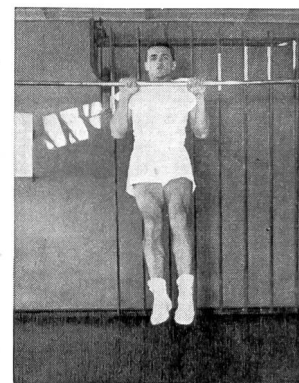
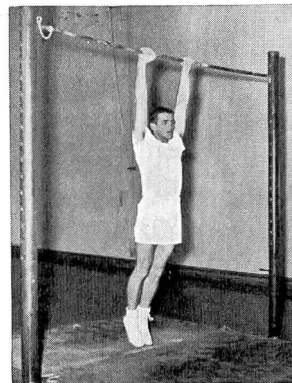
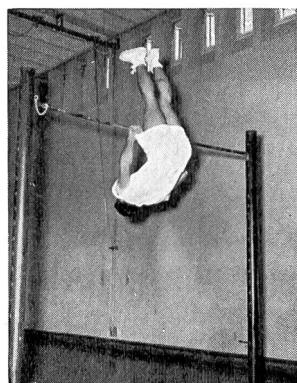
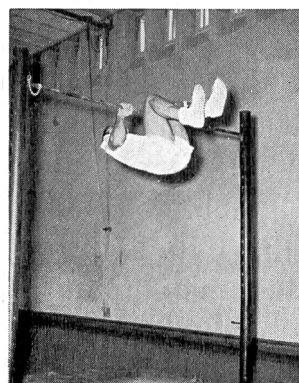
Flessione delle braccia, anche con carica supplementare

Stazione-sospensione: flessione delle braccia con carica supplementare (camerata)



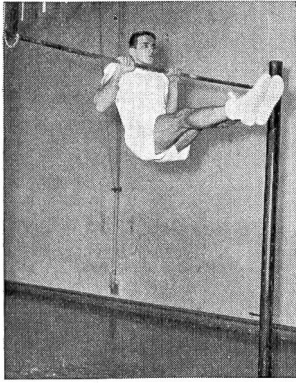
Sosp. facciale: stabilirsi all'appoggio con l'aiuto di un camerata

Saltare costalmente in av. a sinistra e a dr., salto in mezzo, salto a gambe divaricate

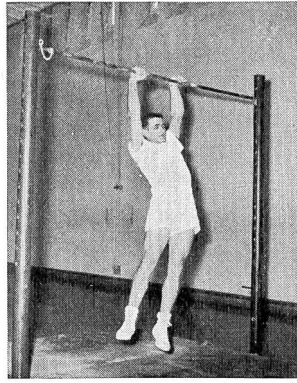


Salto alla sosp., stabilirsi in av. all'appoggio, stazione

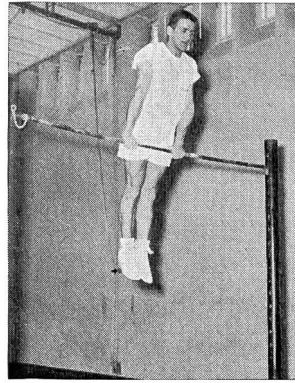
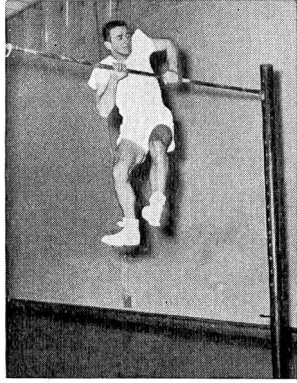
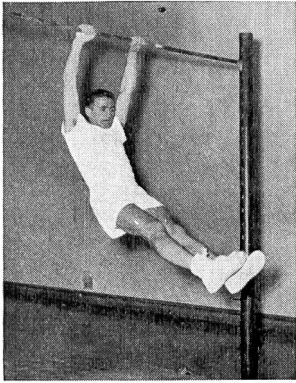
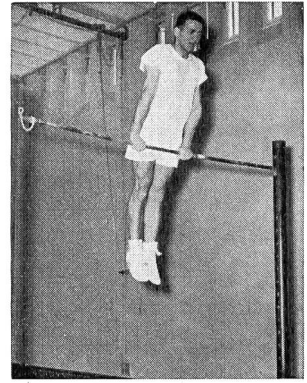
Sospensione: flessione delle braccia



Flessione delle braccia, gambe orizzontali

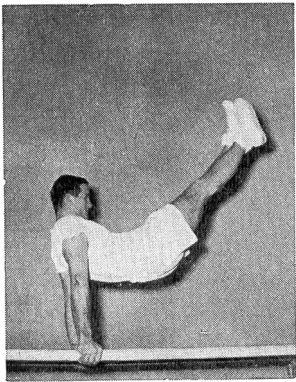


Sospensione: stabilirsi ind. all'appoggio con trazione delle braccia

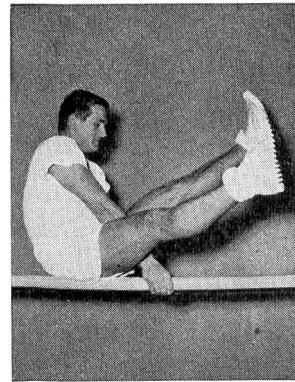
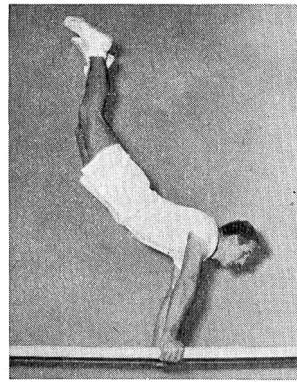


Bilanciare le gambe, stabilirsi ind. all'appoggio con trazione rapida delle braccia

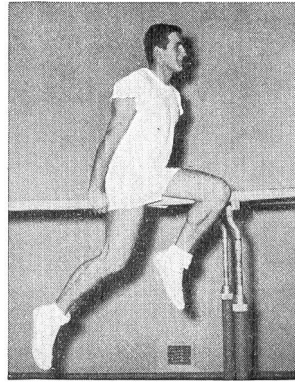
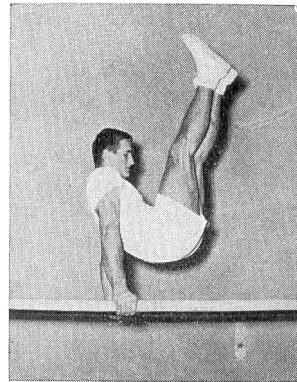
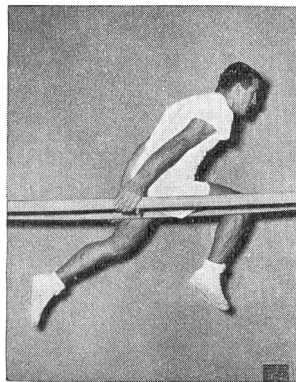
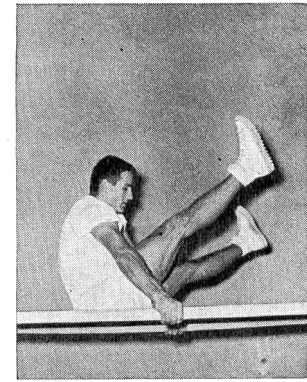
Parallele



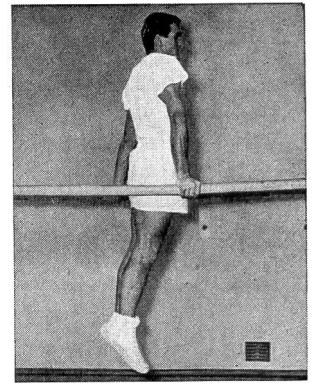
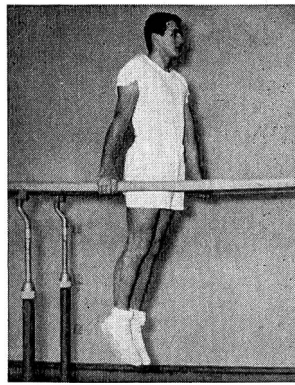
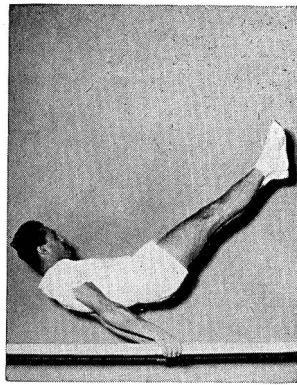
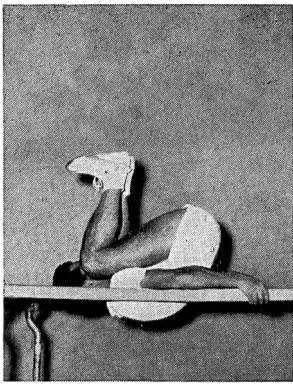
Appoggio: bilanciare all'appoggio rovesciato



Seggio a cavallo, bilanc., seggio a cavallo

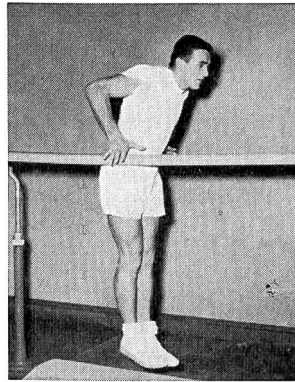
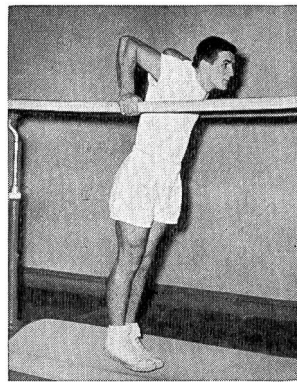
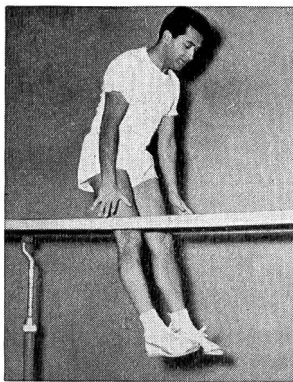


Seggio trasversale, bilanciamento, seggio trasversale

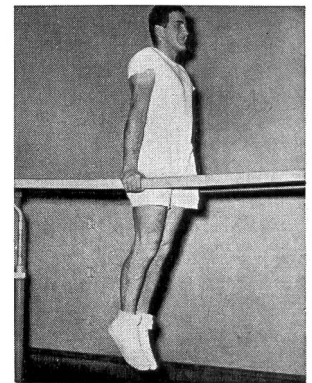
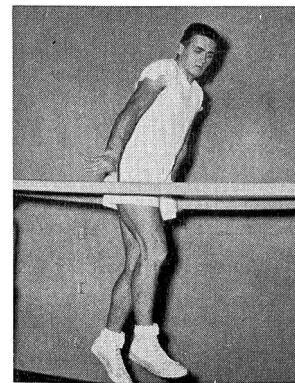
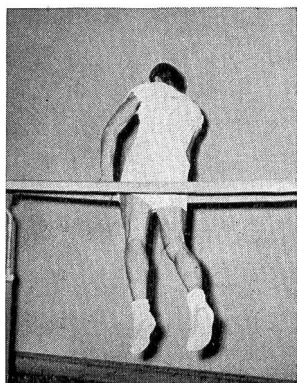
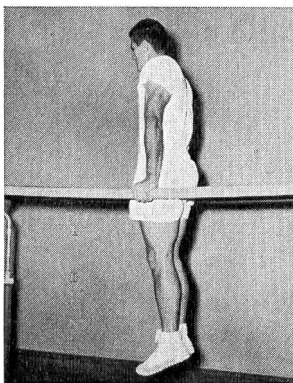


Posizione di scatto, g. flesse, tendere all'appoggio

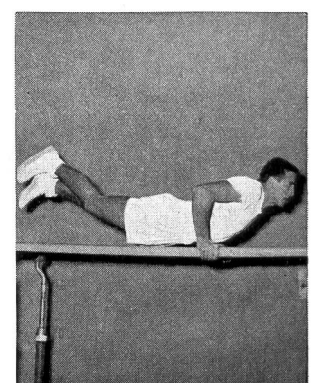
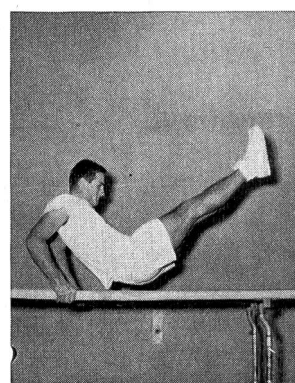
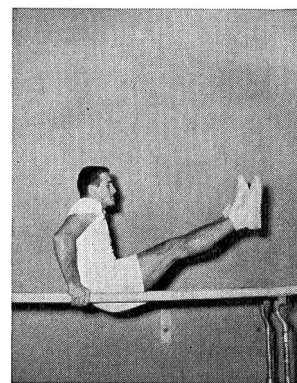
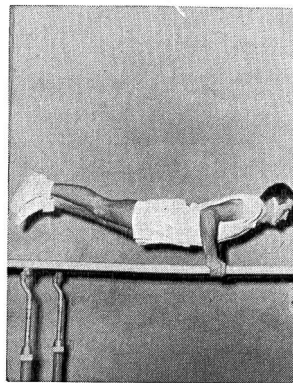
Avanzare in appoggio spostando alternativamente la mano sin. e la m. dr.; anche indietro



A sinistra: saltellare in appoggio in avanti e indietro
Nel mezzo e a destra: appoggio a br. flesse, saltellare in av. e ind.

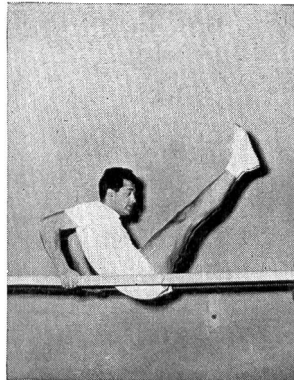
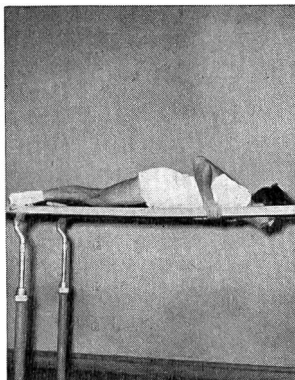
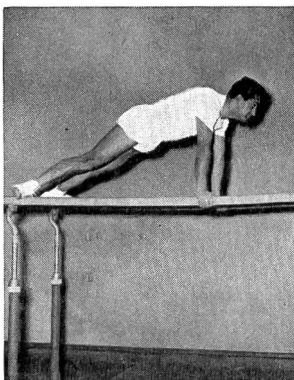


Appoggio: 1 giro intero senza arresti

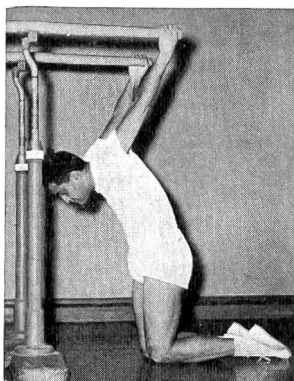
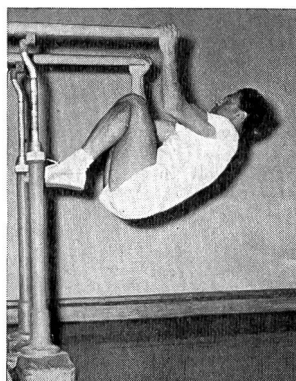
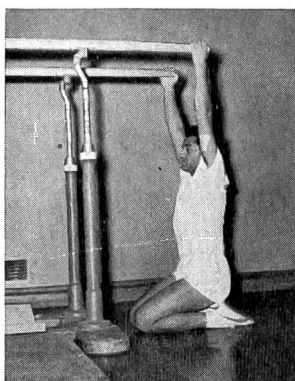


Bilanciare in av. flettendo le braccia, bilanciare ind. in appoggio

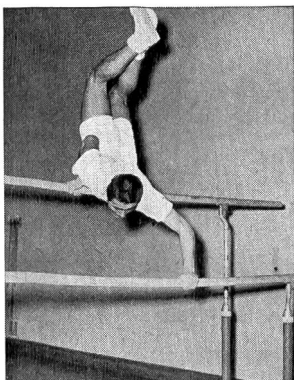
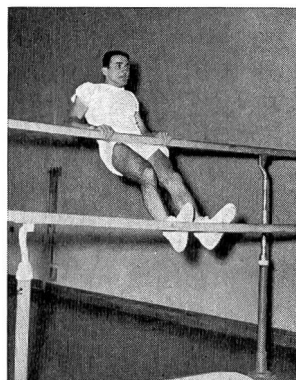
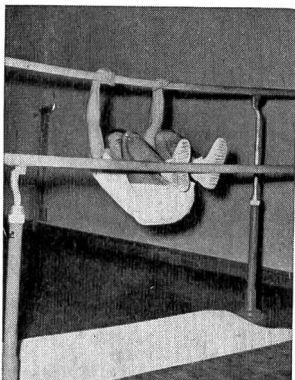
Bilanciare ind. flettendo le braccia, bilanciare in av. in appoggio



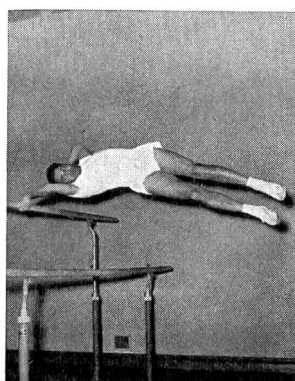
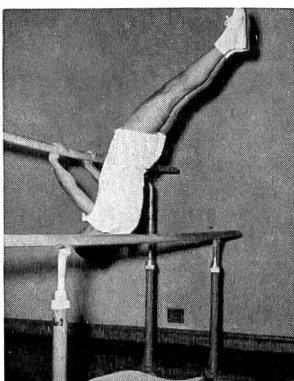
Appoggio manuale e pedestre: flettere le braccia, bilanciare in av., tendere all'appoggio



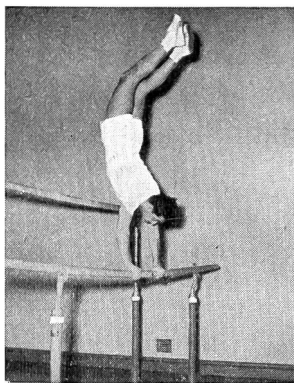
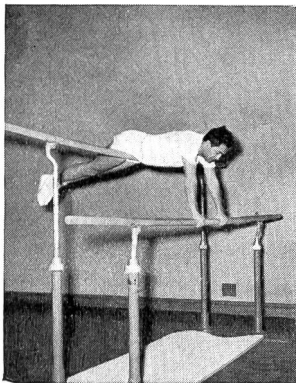
Posizione in ginocchio-sospensione: girare ind. alla staz. in ginocchio-sospensione dorsale



Sospensione-stazione raggomitolata sullo staggio basso: stabilirsi ind. all'appoggio, saltare in av. alla stazione attraverso l'appoggio rovesciato passeggero su di un braccio

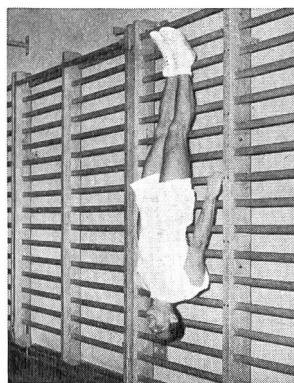
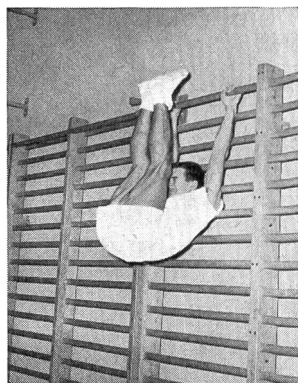
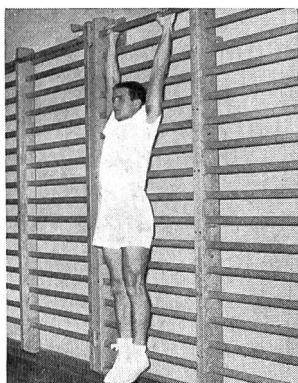


Saltare in av. passando sopra lo staggio basso, anche con $\frac{1}{2}$ giro



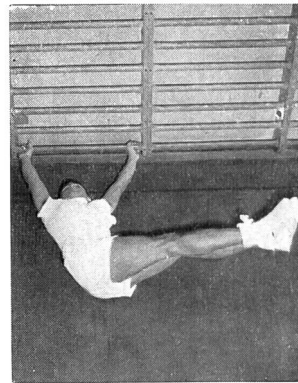
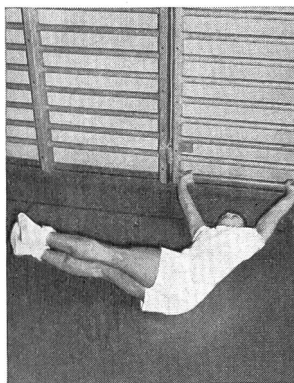
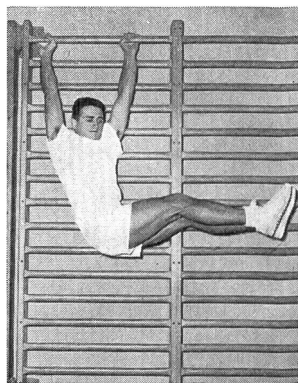
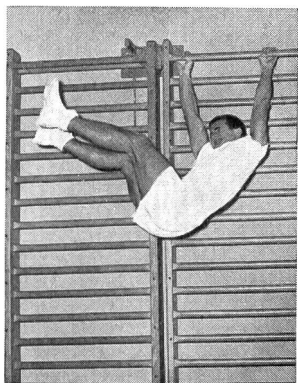
Appoggio ventrale sullo staggio alto: rovescio in av. in appoggio sullo staggio basso

Spalliere



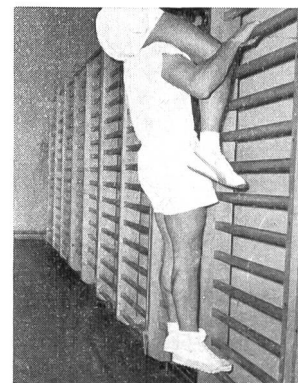
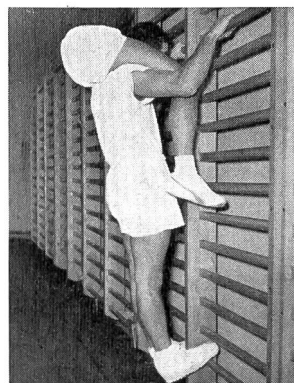
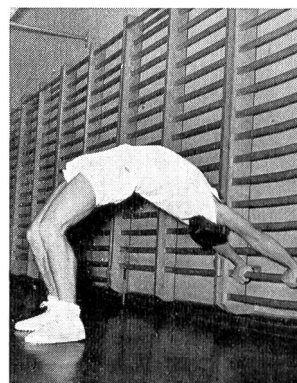
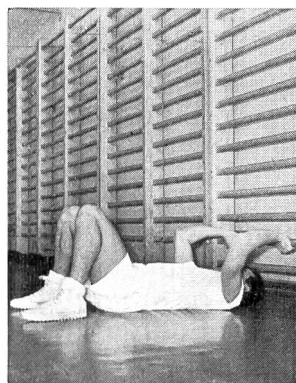
Sosp. dorsale: alzare le gambe per toccare con i piedi sopra la testa

Sosp. rovesciata dorsale: abbassare le gambe fino a terra



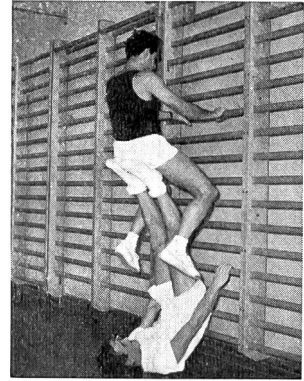
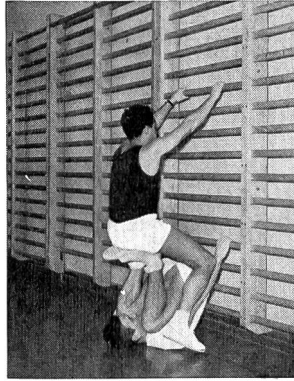
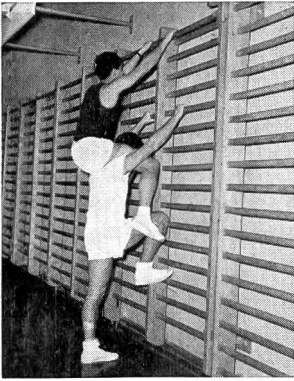
Sosp. dorsale: grandi cerchi delle gambe a sin. e a dr.

Posizione a terra dorsale, gambe verticali: bilanciare le gambe a sin. e a dr.



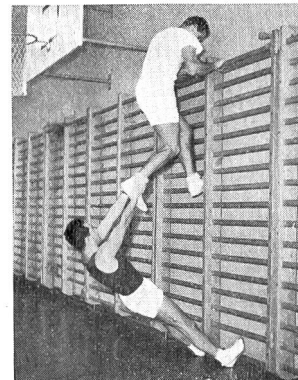
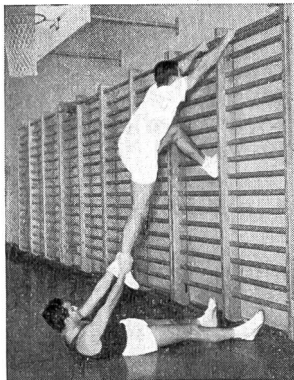
Posizione dors. a terra, gambe flesse: stabilirsi in «ponte»

Staz. sul piolo, un camerata sulle spalle: flessione e estensione delle articolazioni dei piedi



Con un camerata sulle spalle salire sul terzo o sul quarto piolo

A terra sulla schiena, contro le spalliere, gambe flesse, un camerata seduto sui piedi: tendere e flettere le gambe



Il camerata vien tirato in alto grazie all'estensione della gamba d'appoggio e alla flessione della gamba di trazione

Bibliografia

Fallon, M. Weigh-Training for Sport and Fitness. London, N. Kaye, 1959.

Nett, T.; Jonat, U. Kraftübung zur Konditionsarbeit. Leichtathletisches Muskelkrafttraining für Verein und Schule. Berlin-Charlottenburg, Bartels und Wernitz, 1960.

Kestler, H.; Sommer, H. Die athletische Körperschule. Der Weg zum idealen Körperbau — Die Grundübungen des Krafttrainings — Der Ergänzungs, der Leichtathleten. Karlsruhe, Athletik-Verlag, 1963.

Mollet, R. Power-Training. L'entraînement total. Bruxelles, CISM., 1961.

Moros, R. P. Kraftübungen für jedermann. Berlin, Sportverlag, 1959.

Scheurer, A. Sviluppo muscolare e suo potenziamento, Macolin, SFGS, 1960.