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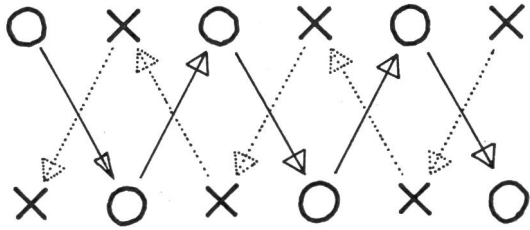
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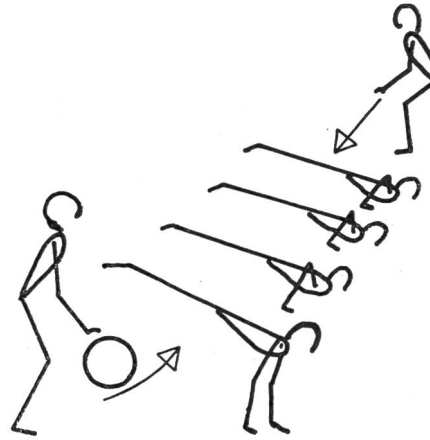
Muscolazione con i giovani

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

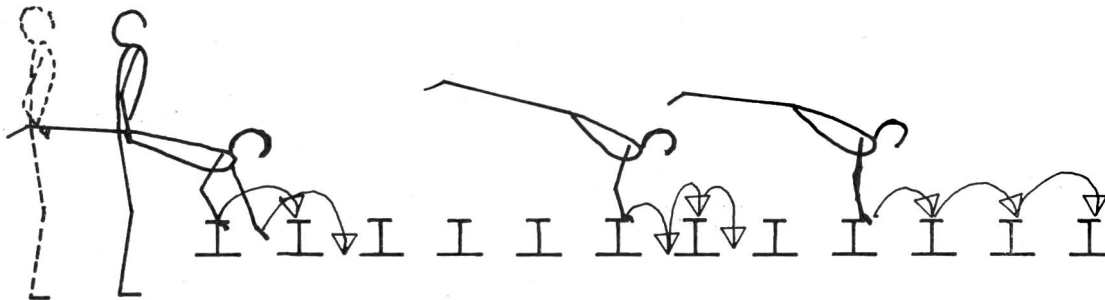
A) Muscolatura delle braccia e delle spalle



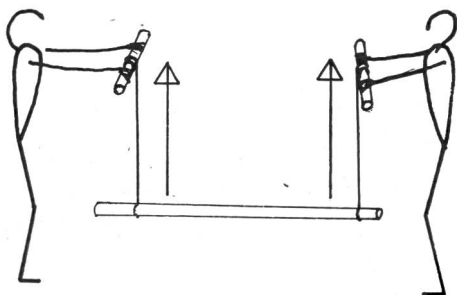
Per squadra:
 In piedi, passarsi il pallone pesante
 seduti a gambe tese
 seduti a gambe incrociate



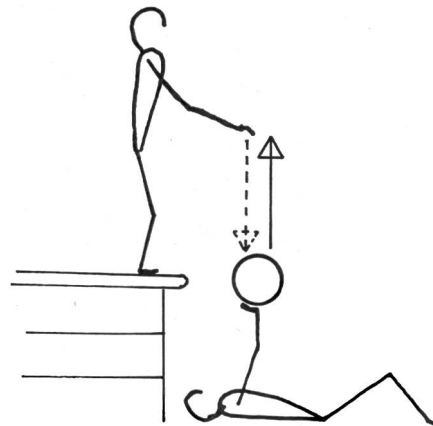
Quando il pallone pesante passa, tendere e flettere rapidamente le braccia



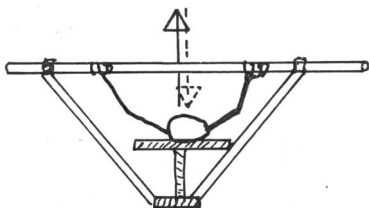
Tenuti alle anche o alle caviglie: marciare o saltare da una panchina all'altra



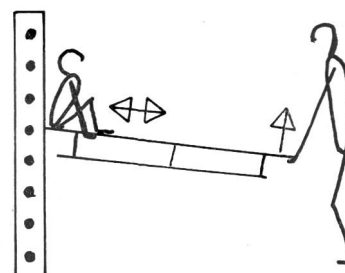
Braccia tese: arrotolare rapidamente la corda



Rilanciare il pallone pesante il più in alto possibile

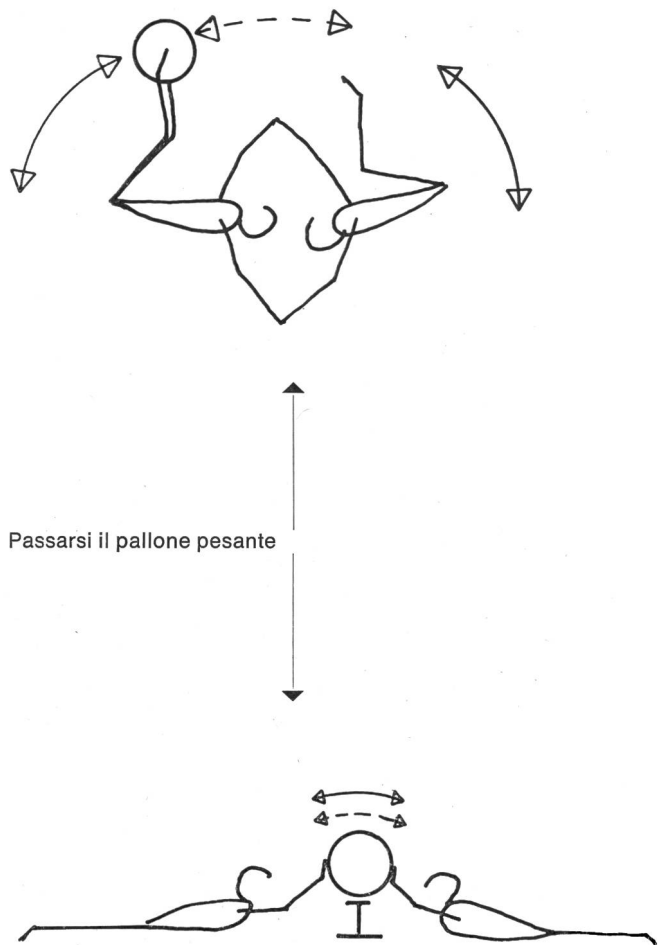


Una o due sbarre attaccate ad una camera ad aria di bicicletta:
 tendere le braccia rapidamente, poi flettere lentamente

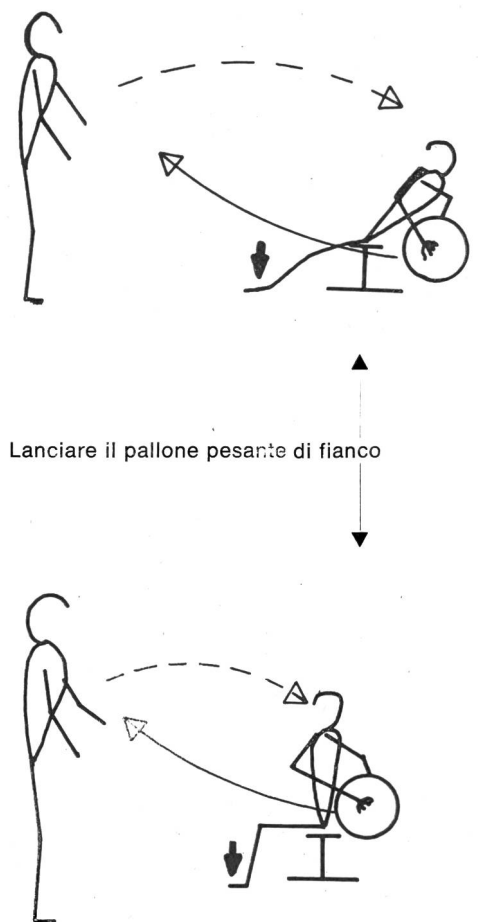


Alzare la panchina

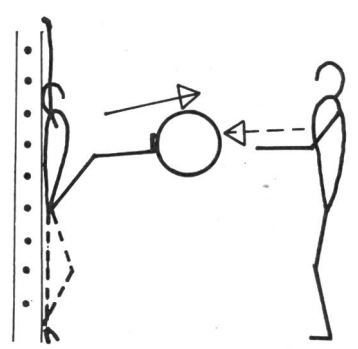
B) Muscolatura addominale e dorsale



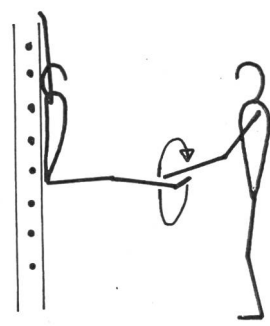
Passarsi il pallone pesante



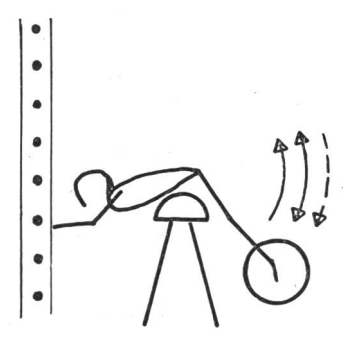
Lanciare il pallone pesante di fianco



Dalla sospensione: respingere il pallone pesante con i piedi

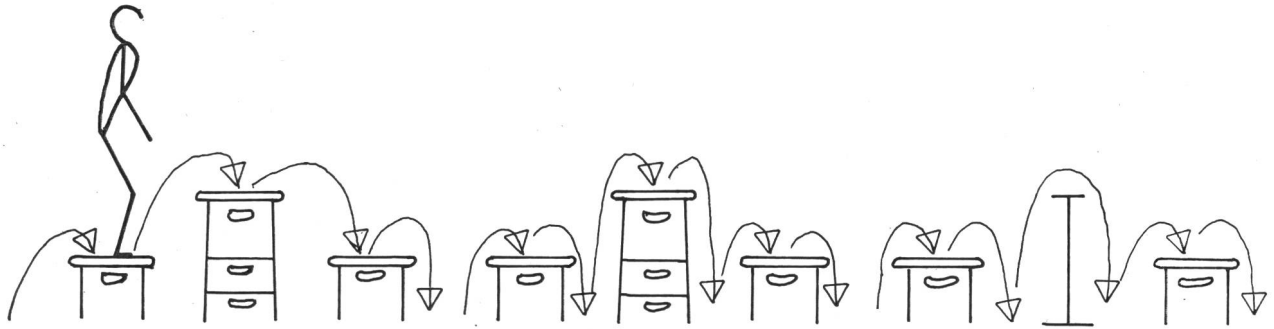


Circoli delle gambe attorno alle braccia del compagno

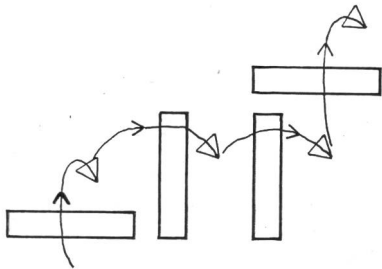


Sollevero rapidamente il pallone pesante, ridiscendere lentamente

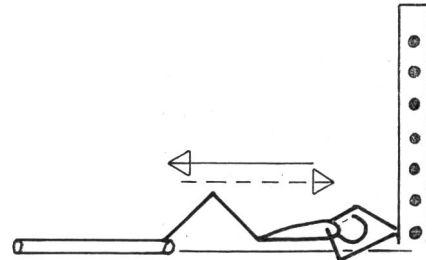
C) Muscolatura delle gambe



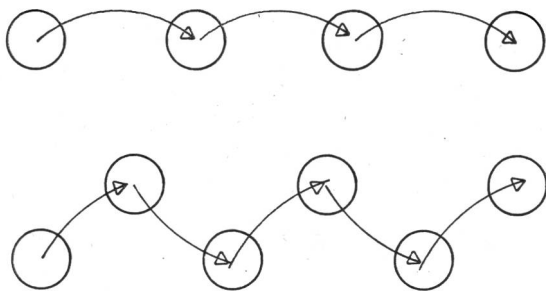
Saltare a piedi uniti sugli ostacoli, fra e direttamente oltre gli stessi



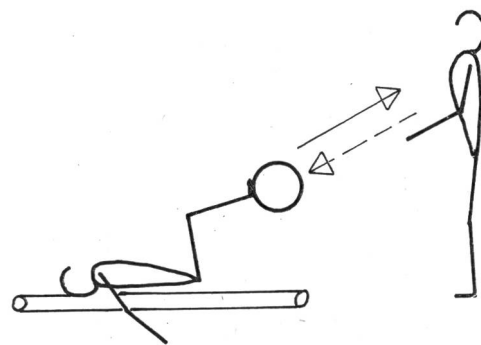
Saltare a piedi uniti in avanti, di fianco, di fianco in avanti



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