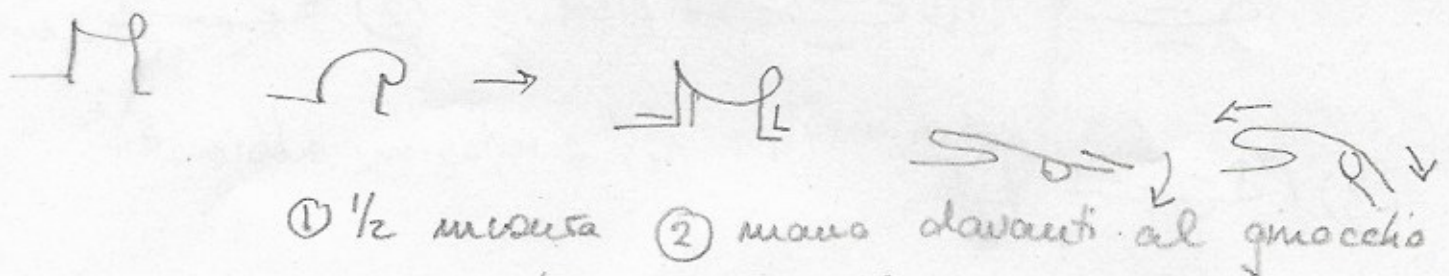
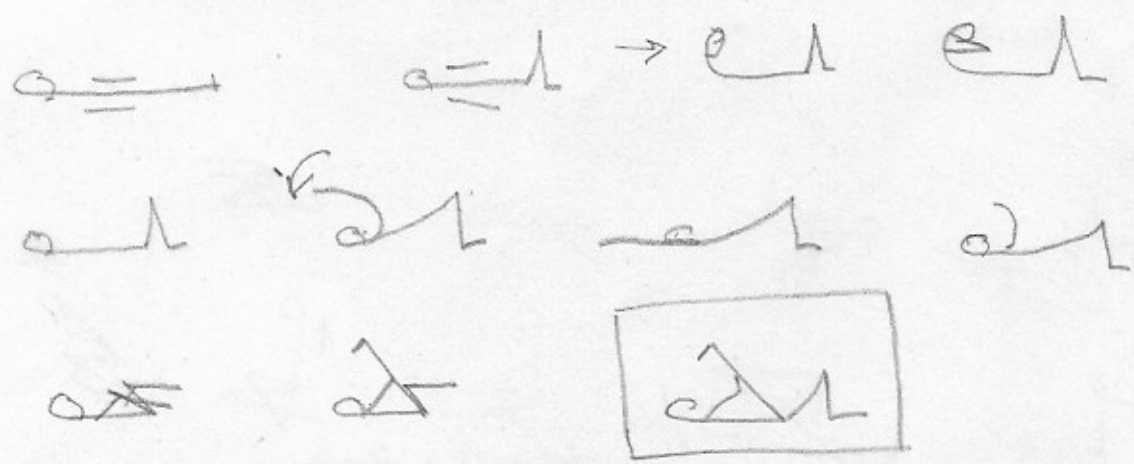
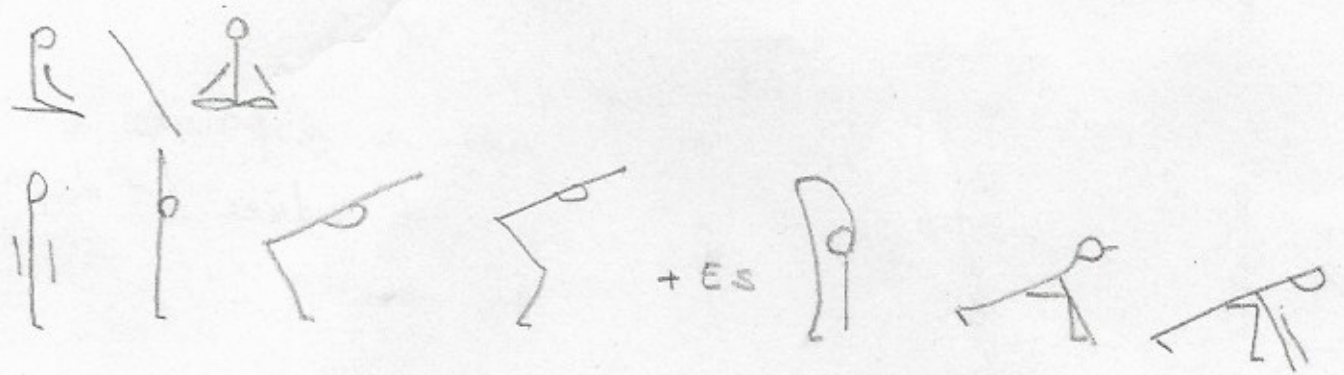


RISPETTO DEL PROPRIO LIMITE - 17/3/18
mattino



Avanzare mano esterna alla flessione

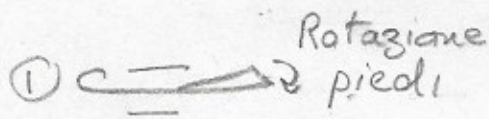


torsione ginocchia
a terra

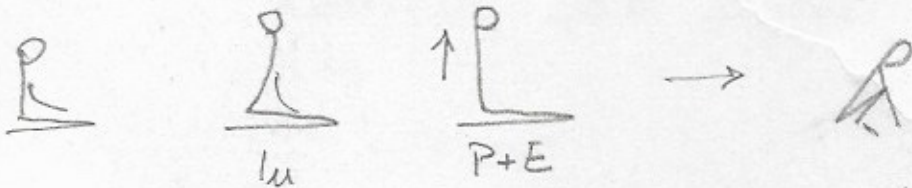


RISPETTO DEL PROPRIO LIMITE

17/3/18



④ 2 rotazioni abbinate



mov. si espande e poi si riduce e deposita al centro

