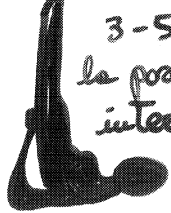


PRATICA x DIMAGRIRE VITA e FIANCHI

30/70  
la contrazione  
addominale




3-5"  
la posizione  
intesa



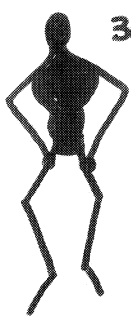
l'aratro 3



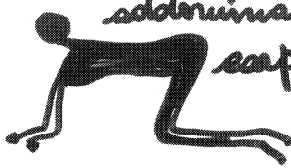
4 orolios  
4 autorotazio  
la torsione  
con rotazione



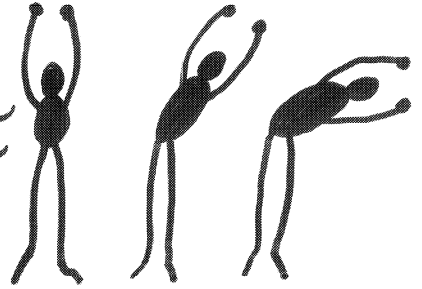
30/70  
la contrazione  
addominale  
in piedi




30/70  
la contrazione  
addominale  
caproni



5 d./s.  
la flessione  
sul fianco



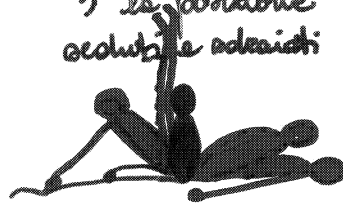
3 d./s.  
la torsione spinale  
completa



2 d./s.  
l'espansione del  
torace  
pedali



5 la posizione  
occlusiva addorchi



5 il sollevamento  
della gambe  
d./s.  
alto/basso

