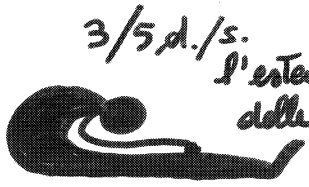


PRATICA x LE GAMBE 40"



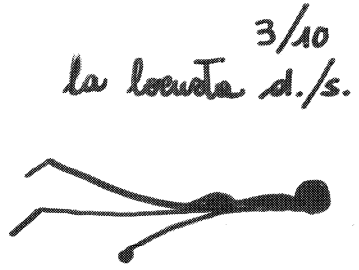
3/5 d./s.
l'estensione
delle gambe



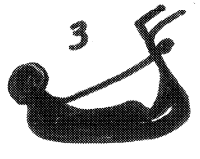
3
d./s.
l'estensione
alternate
delle gambe



l'aratro 3



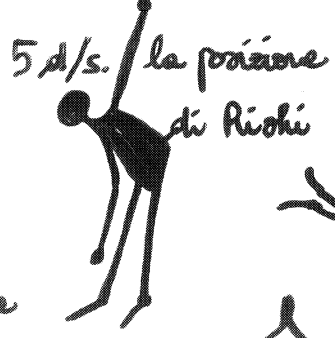
3/10
la locusta d./s.



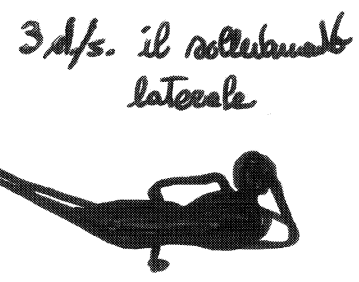
3 l'arco



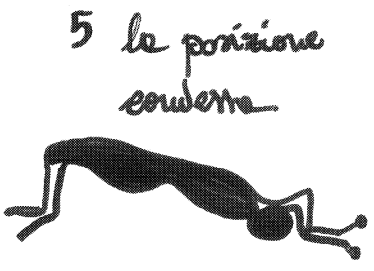
3 la flessione
del Trover
indietro



5 d./s. la posizione
di Richi



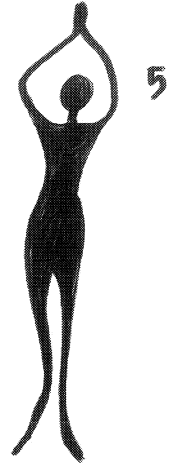
3 d./s. il sollevamento
laterale



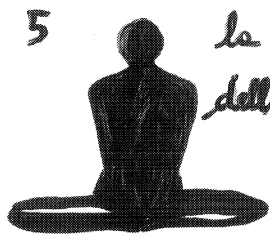
5 la posizione
eowerra



5 la posizione
eazporri



5 la posizione
associata
con le mani
sulla Testa



5 la posizione
della lingua