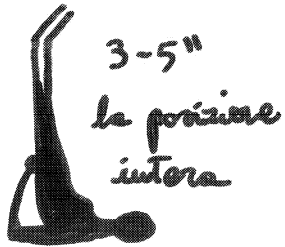
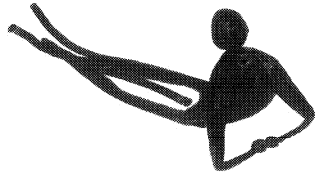


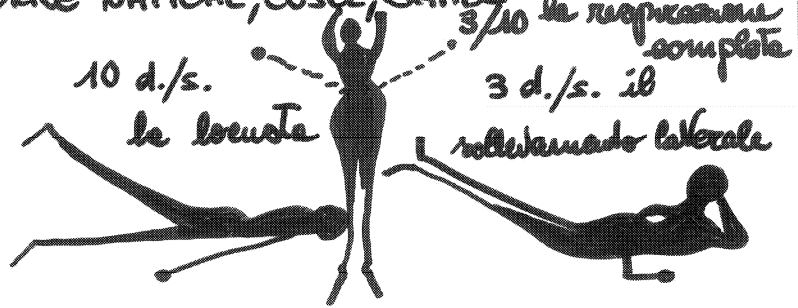
PRATICA x RIDURRE NATICHE, COSE, GAMBE



3-5"  
la posizione  
intera

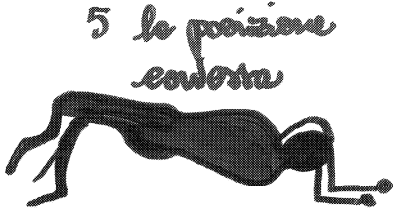


3 il cobra



10 d./s.  
la locusta

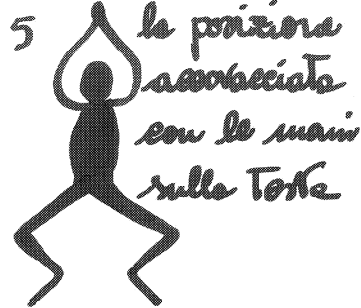
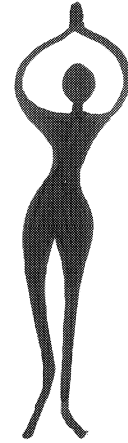
3/10 la respirazione  
completa  
3 d./s. il  
rotolamento laterale



5 la posizione  
cobro



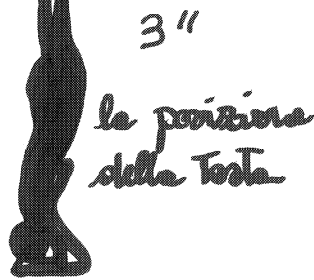
5 la posizione  
carpini



5 la posizione  
accosciata  
con le mani  
sulle Toste



5 la posizione  
reclati e  
accosciati



3"

la posizione  
della Tosta