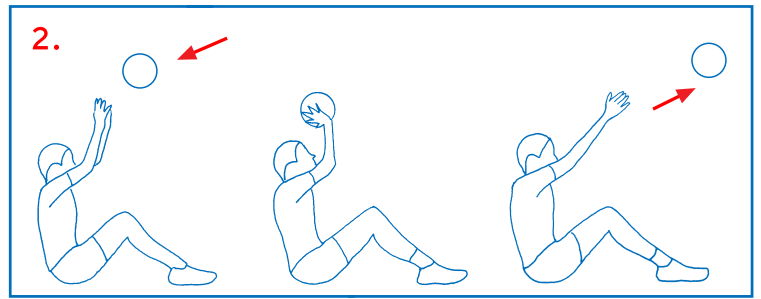
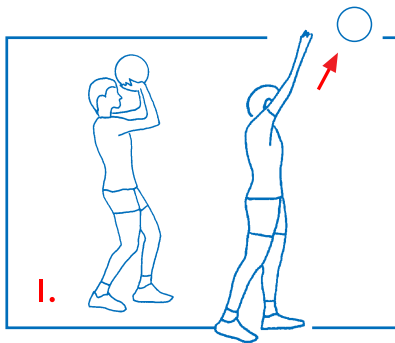
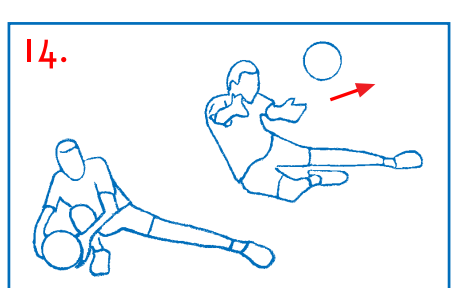
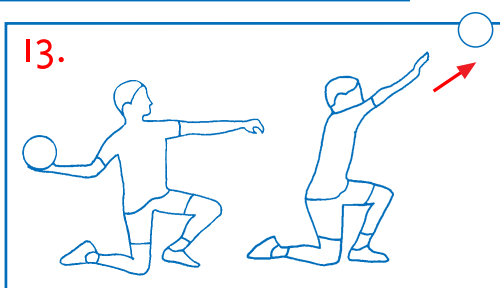
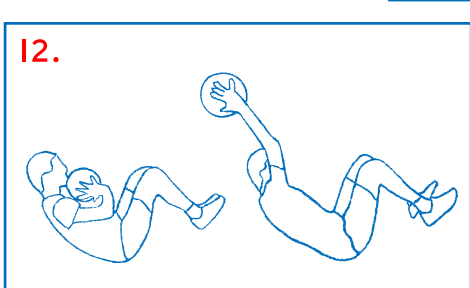
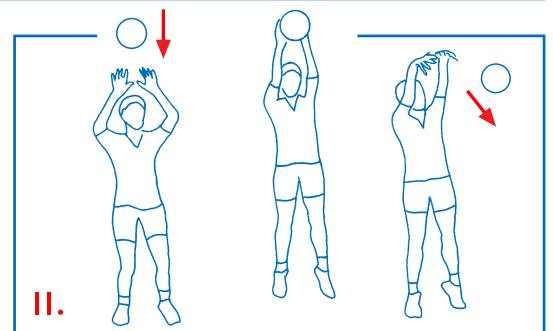
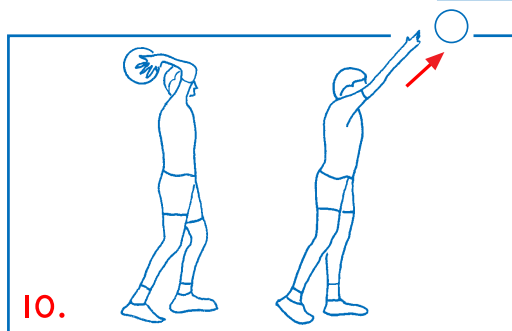
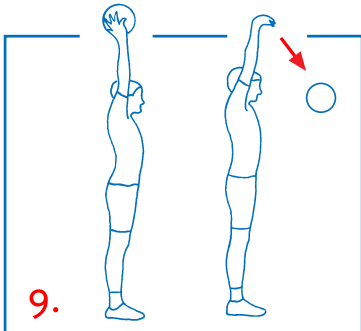
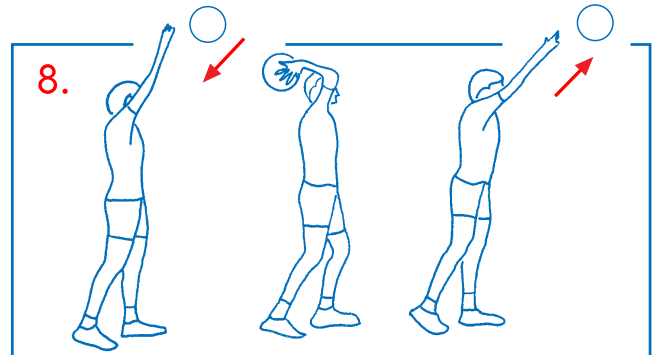
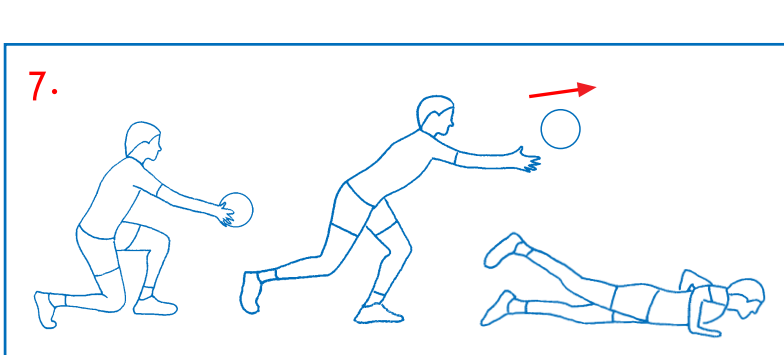
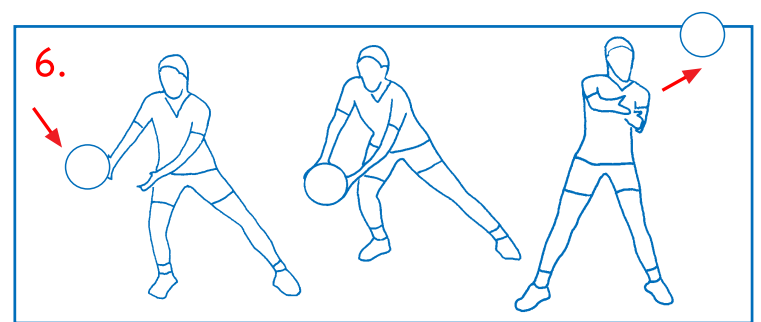
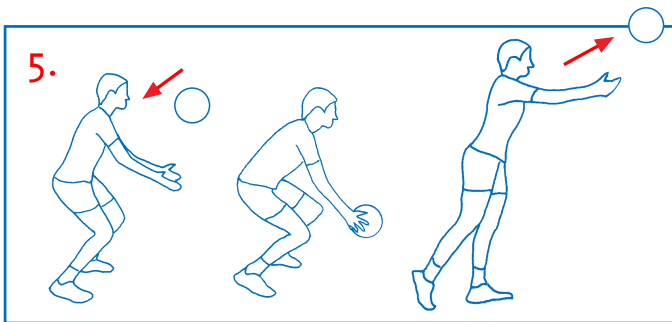
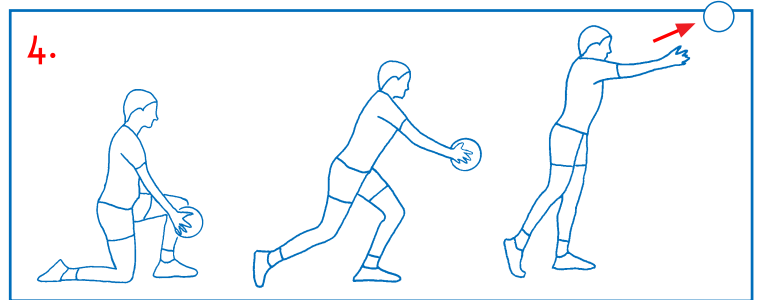
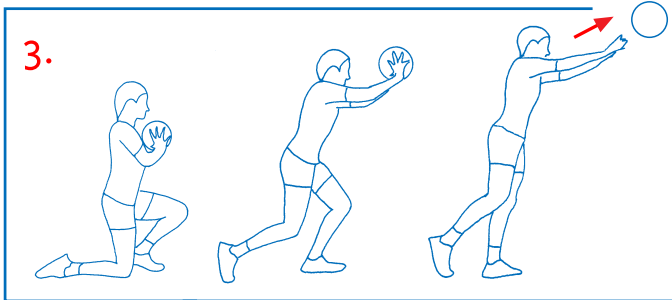


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Esercizi finalizzati al potenziamento delle catene cinetiche di movimento dei gesti sportivi. Esegui questi esercizi con le WTB e subito dopo ripeti il gesto sportivo nell'allenamento. In questo modo potrai migliorare l'apprendimento del gesto sportivo ed il potenziamento muscolare.

Exercises aiming at to the development of the kinetic chains of the sporting gesture. Perform these exercises with WTB and immediately afterwards repeat the sporting movement in the normal training. In this manner you will be able to improve the learning of the technical gesture and the muscular strengthening.



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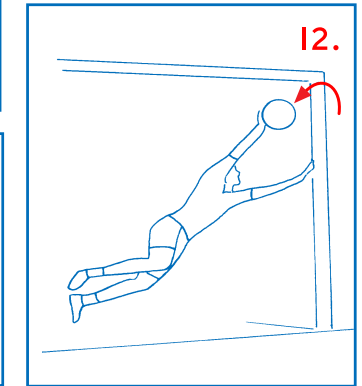
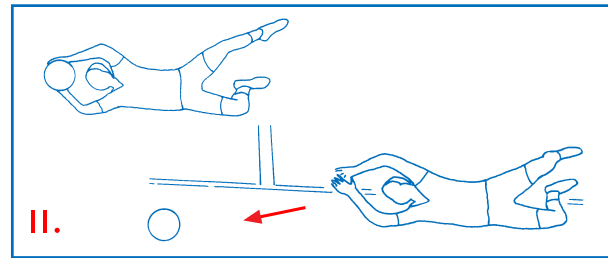
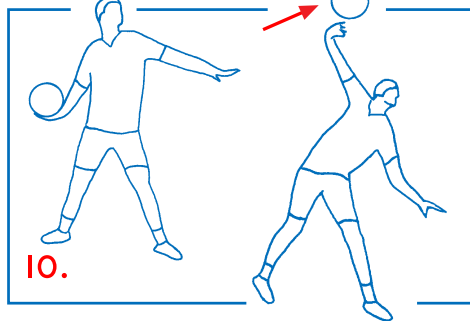
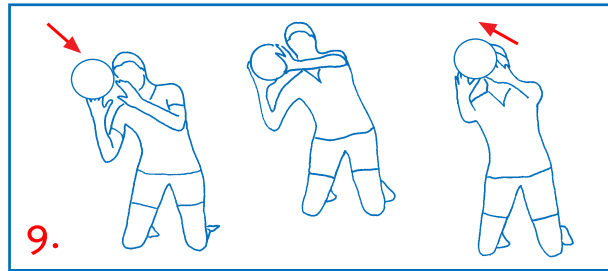
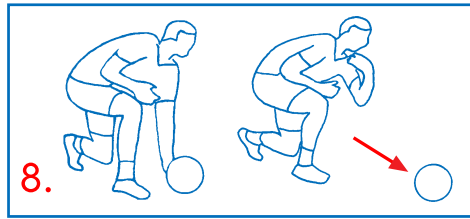
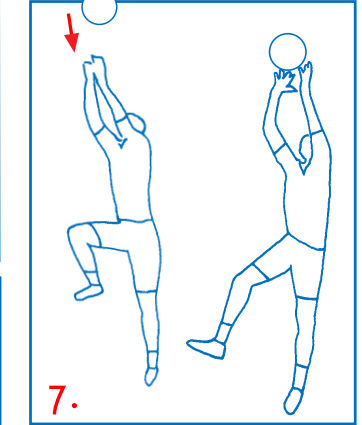
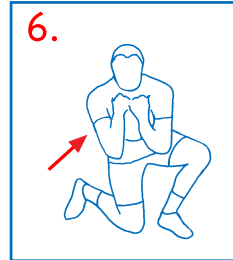
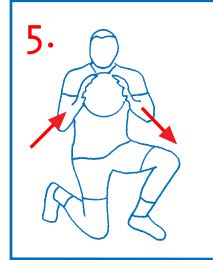
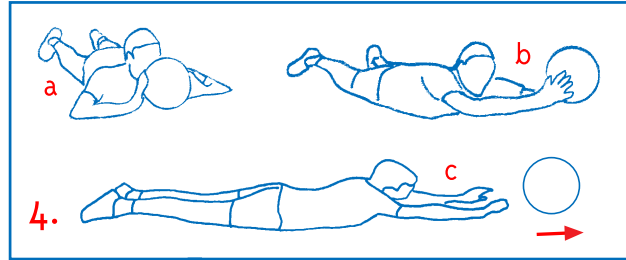
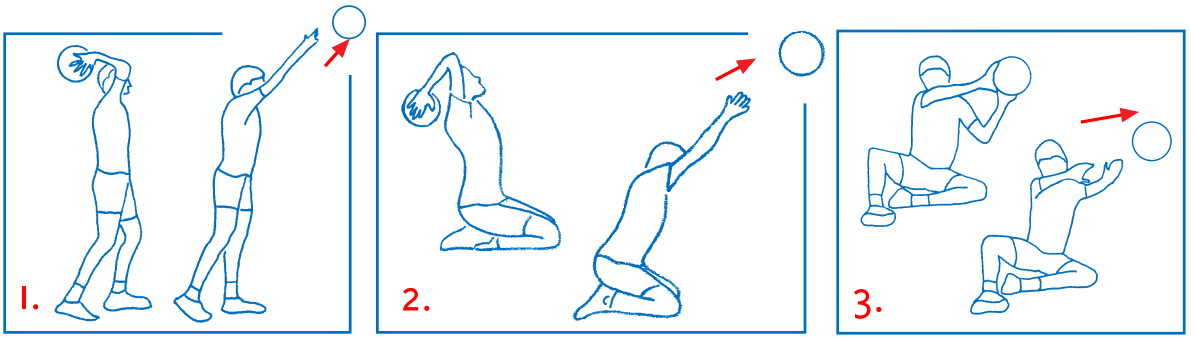
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