

## Scheda Stretching ESTATE Jun-15



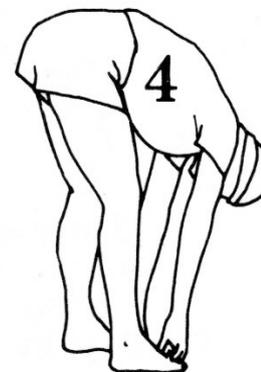
1  
5 volte in  
ciascuna  
direzione



2  
10 secondi  
per ciascun  
lato



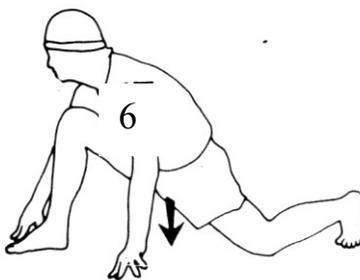
3  
10 secondi



4  
30 secondi



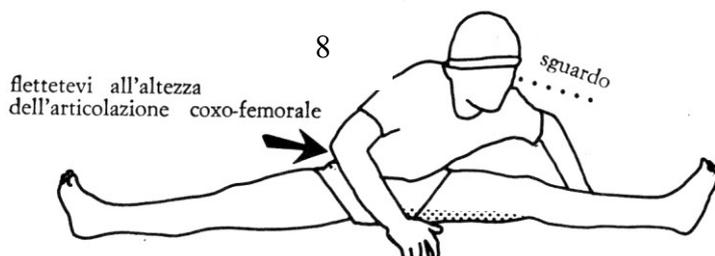
5  
15 secondi  
per ciascun  
braccio



6  
20 secondi  
per ciascuna  
gamba



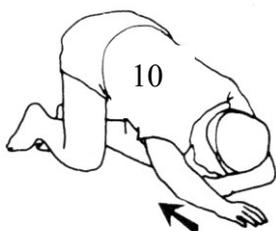
7  
20 secondi



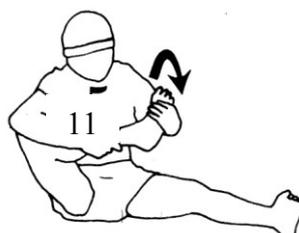
8  
30 secondi per ogni gamba



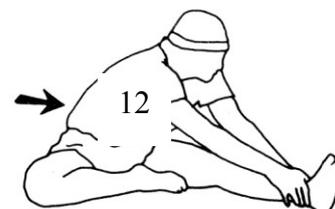
9  
30 secondi  
per ciascuna  
gamba



10  
10 secondi  
per ciascun  
braccio



11  
15 volte  
per ciascuna  
direzione



12  
30 secondi  
per ciascuna  
gamba

Durata scheda circa 6', da svolgere possibilmente  
Dopo il riscaldamento  
e alla fine allenamento dimezzando i tempi (p. 10)