

ESERCIZIO

**MUSCOLI
COINVOLTI**

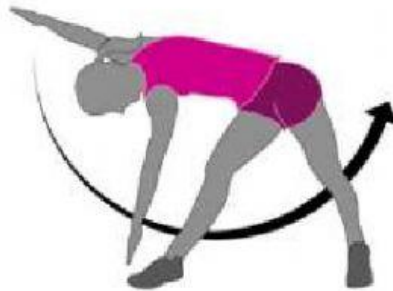
**ROTAZIONE
SPALLE**

10 sx e 10 dx



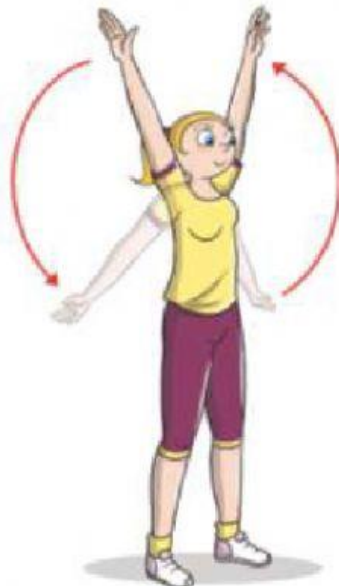
**ROTAZIONI
DEL BUSTO**

20 esercizi



**CIRCONDUZION
E BRACCIA**

20 esercizi



Respirazione

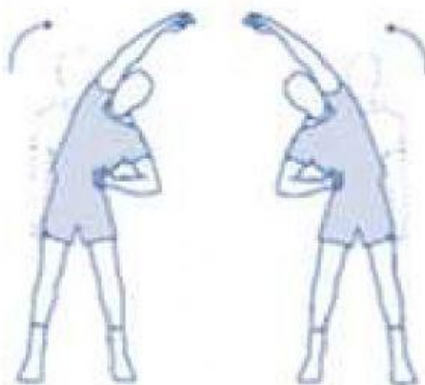
SKIP ALTO

2 min



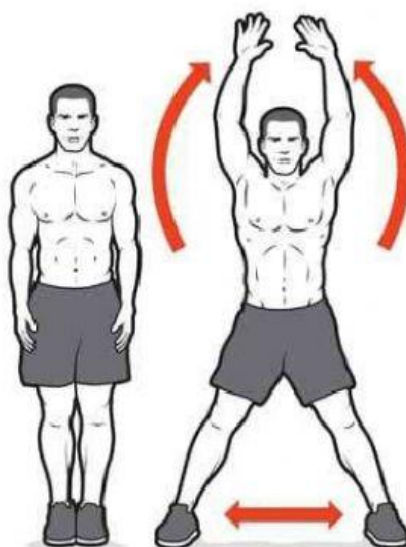
PIEGAMENTI LATERALI DEL BUSTO

10 dx e 10 sx



Jumping Jacks (Saltello con divaricazione gambe e braccia)

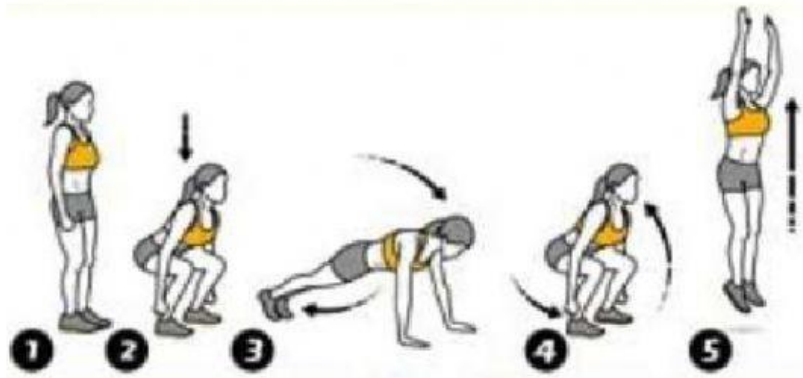
2 min



Respirazione

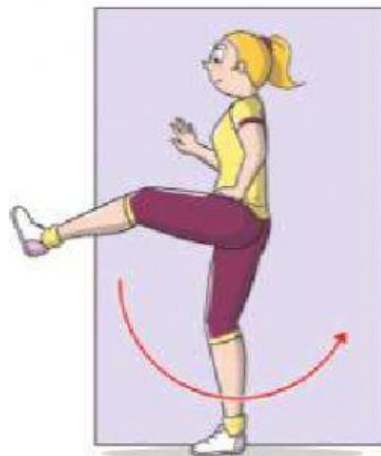
Burpee

2 min



Slanci avanti e dietro a gambe alternate

10 sx e 10 dx



Squat Jump

10 esercizi



Respirazione

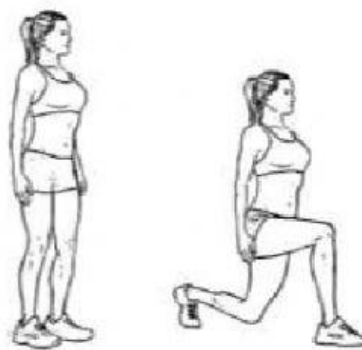
ALLUNGHI

1 giro palestra



AFFONDI IN AVANTI E RITORNO

15 esercizi



CORSA

3 giri palestra



**Stratching
Respirazione**