

warm up

corsa a ritmo blando



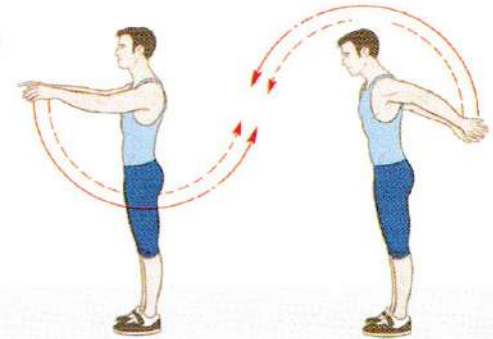
jumping jack



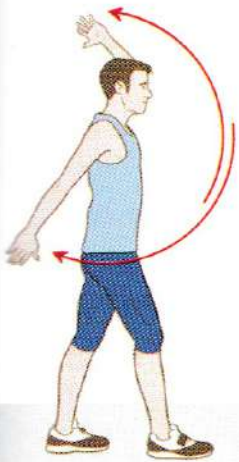
rotazioni braccia



circondazioni arti superiori



slanci alternati braccia



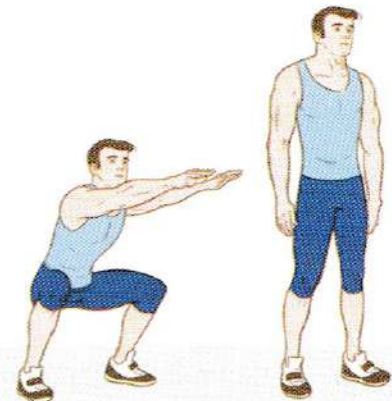
calciata dietro



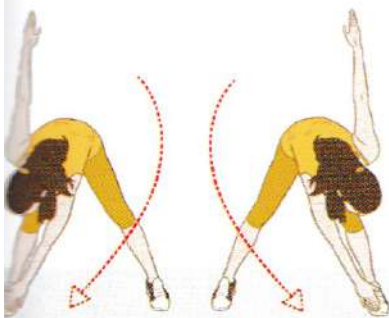
skip



squat



flessioni busto



circondazione del busto



torsioni busto



mobilizzazione ginocchia

