

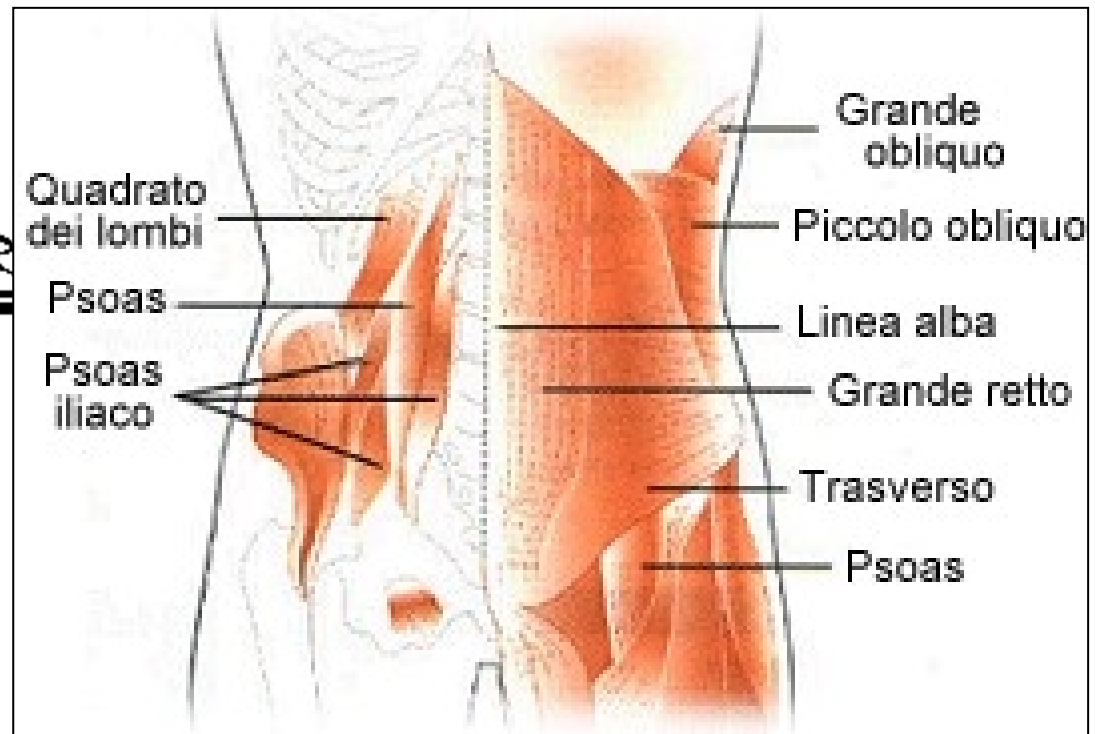


FEDERAZIONE ITALIANA PALLACANESTRO
COMITATO REGIONALE PIEMONTE

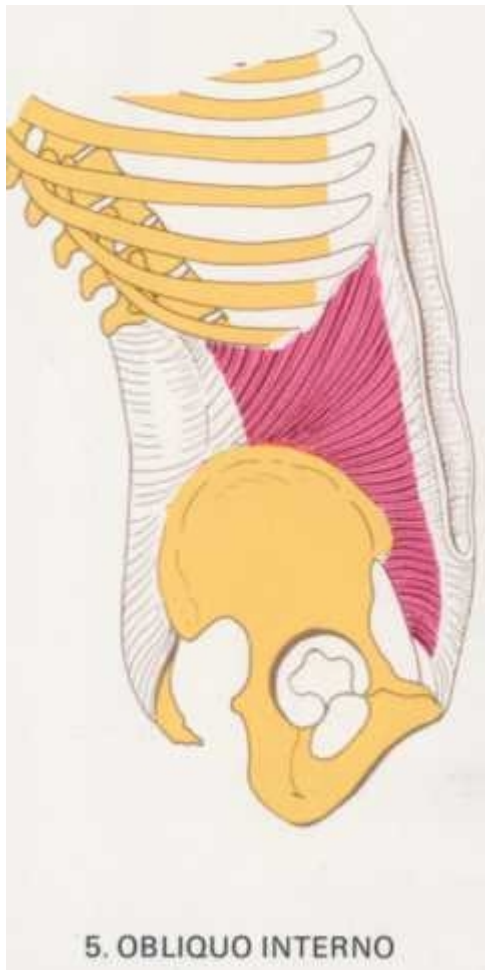
Le esercitazioni per gli addominali

Bardonecchia 6-7-8 giugno 2003

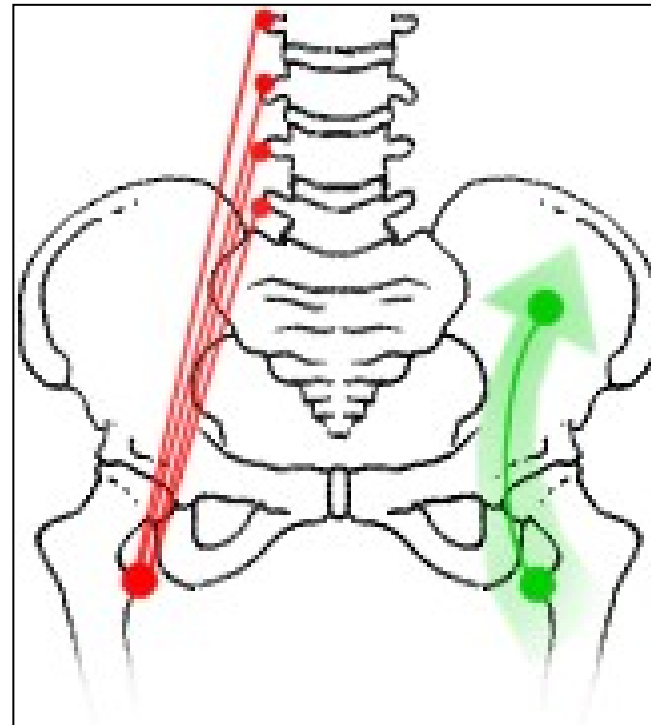
GLI ADDOMINALI



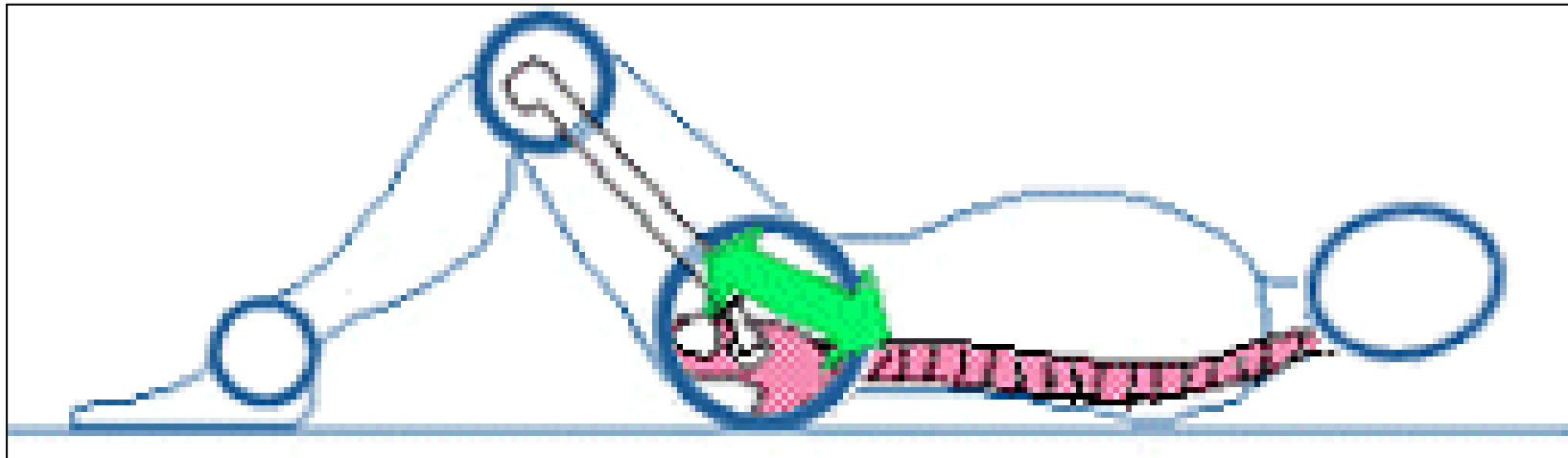




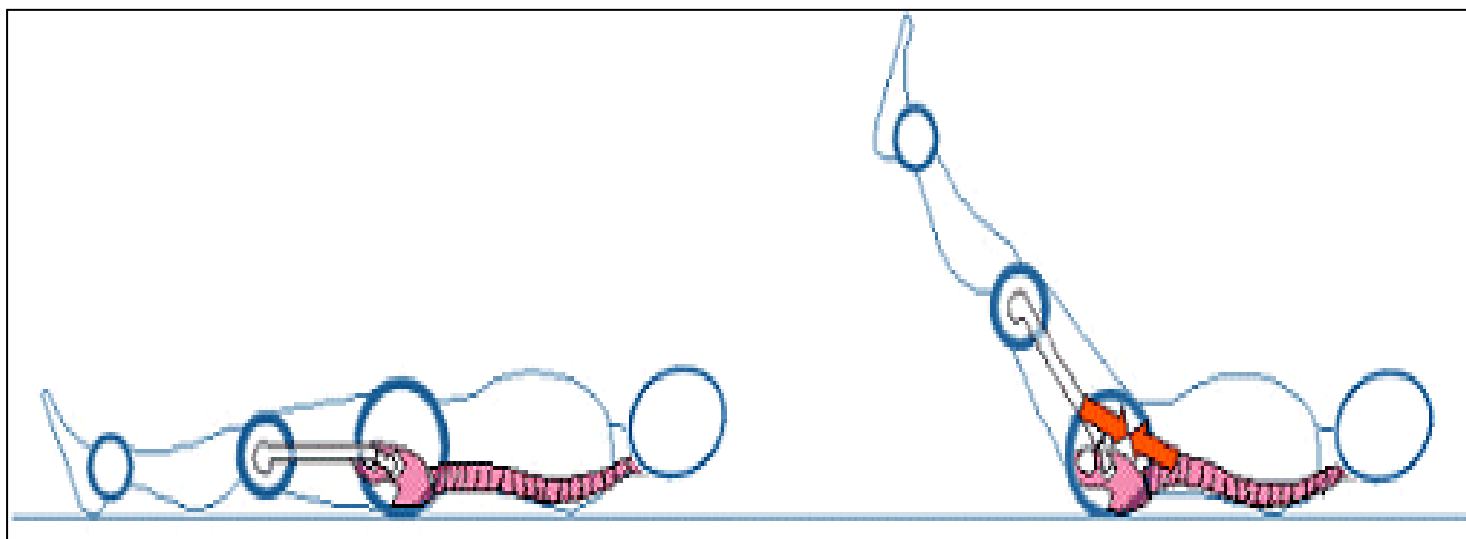
I FLESSORI DELL'ANCA



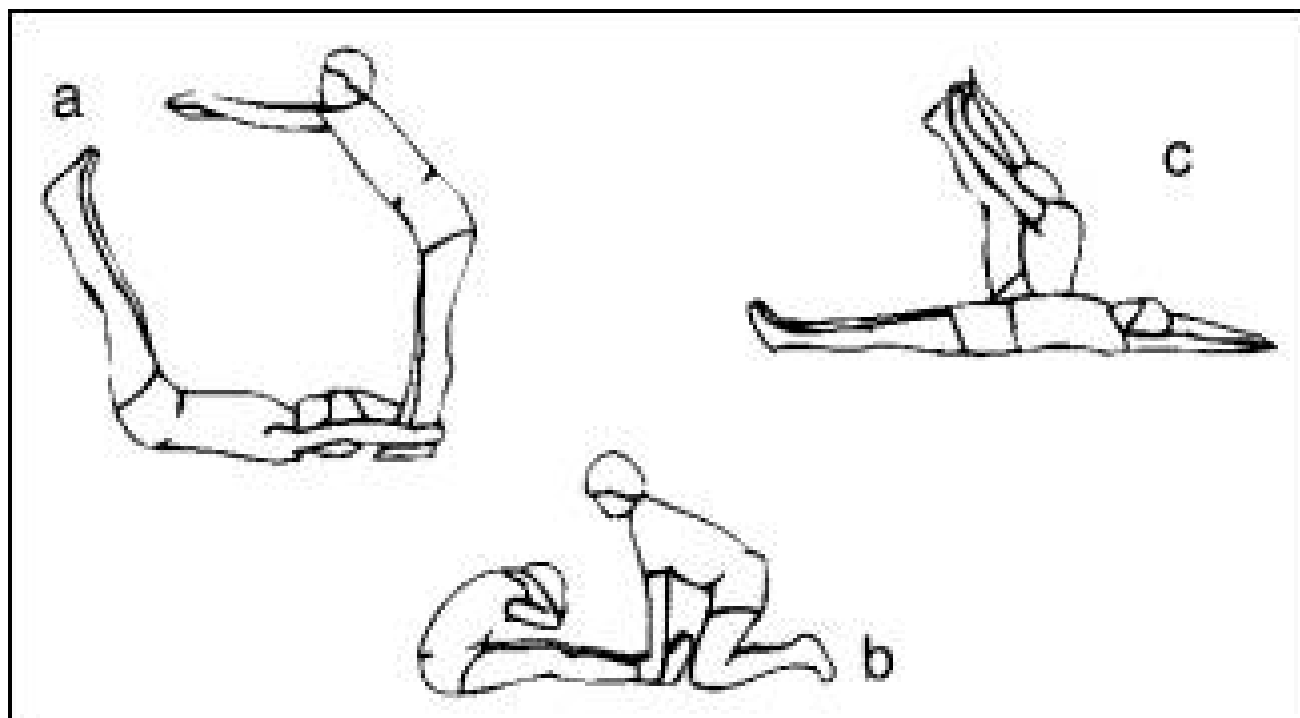
AZIONE DEI FLESSORI DELL'ANCA



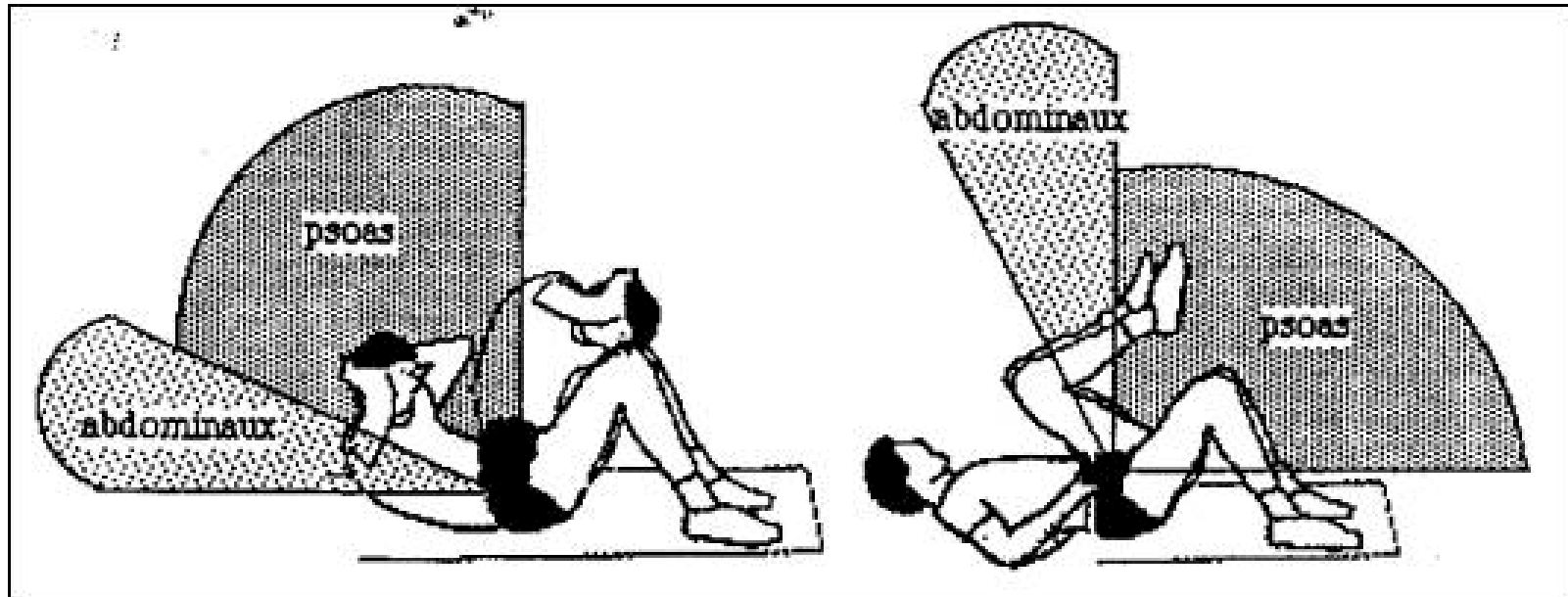
L'AZIONE VIENE ENFATIZZATA CON GLI ARTI INFERIORI IN ATTEGGIAMENTO LUNGO



ESERCIZI SCONSIGLIATI

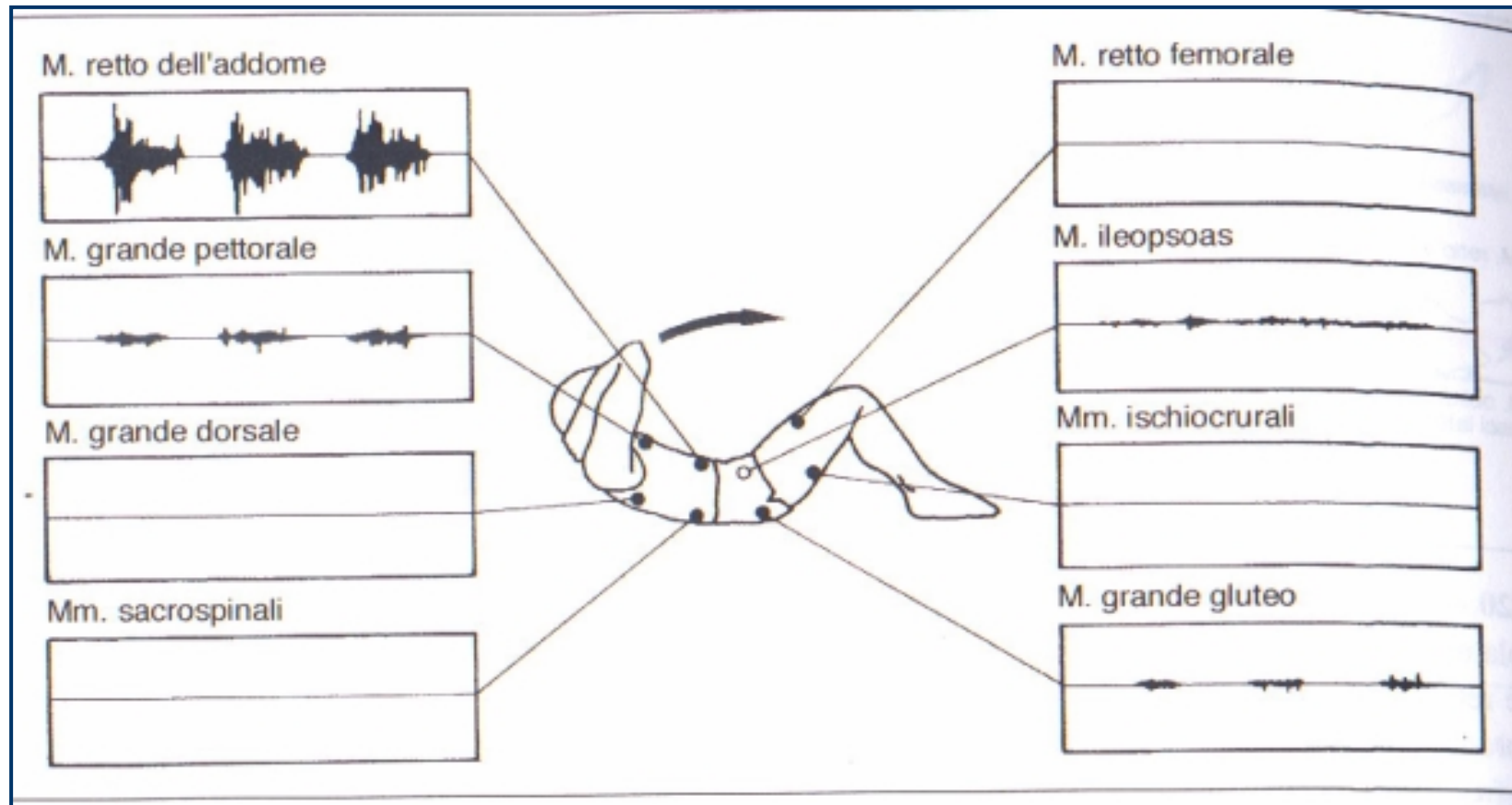


MODALITA' DI ESECUZIONE CORRETTE



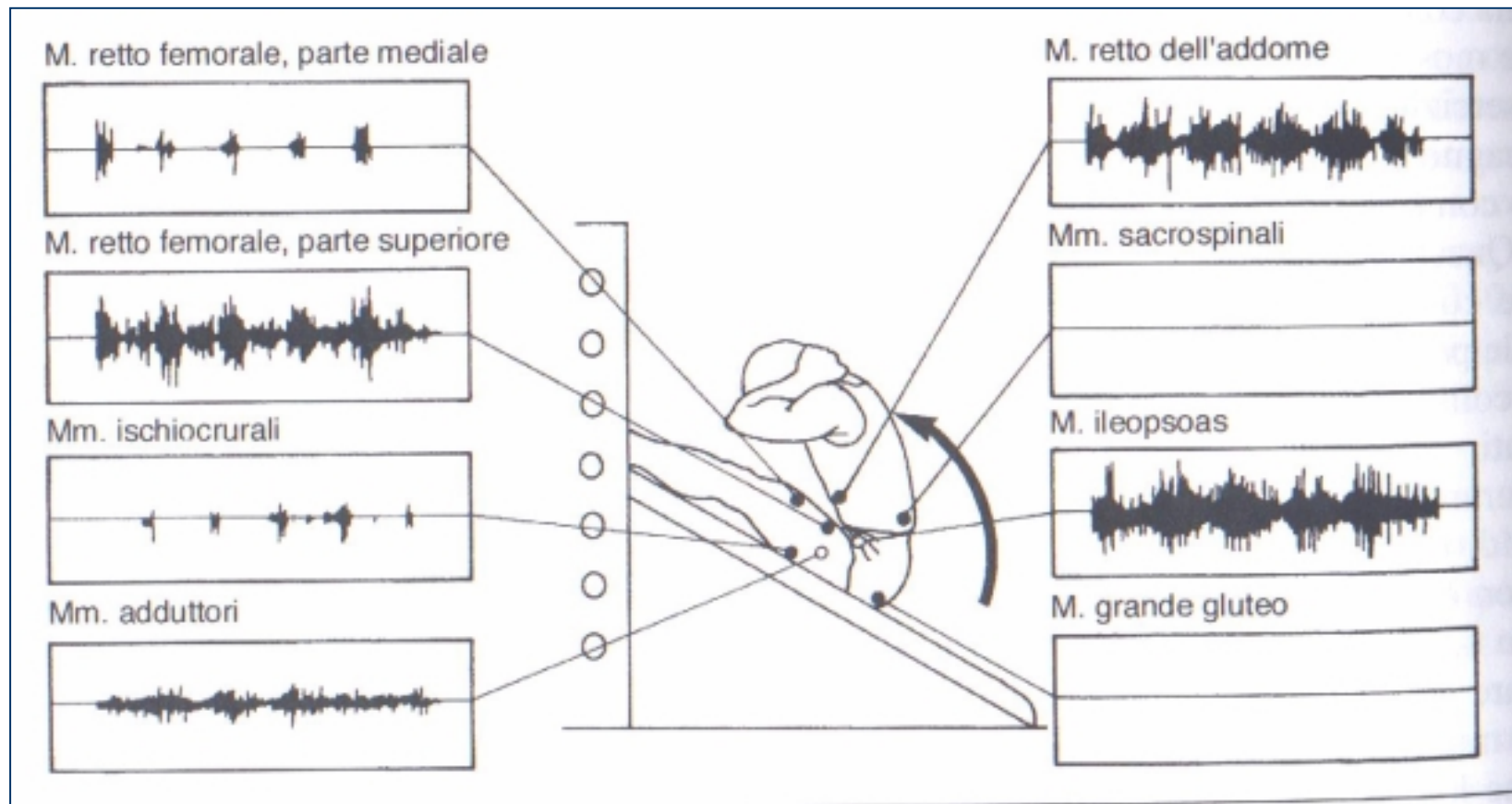
Attività di addominali e flessori dell'anca

Weineck J., 2001



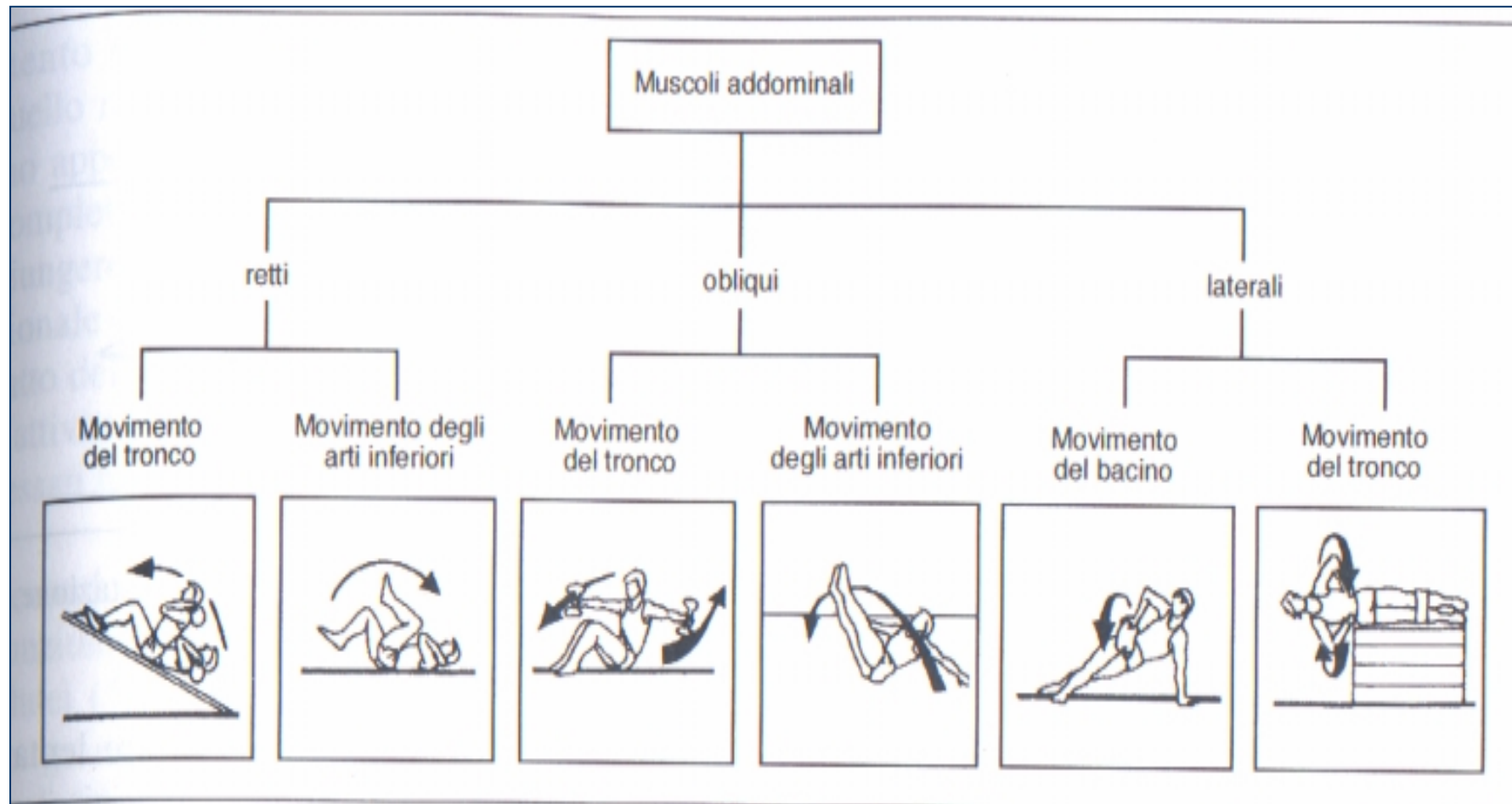
Attività di addominali e flessori dell'anca

Weineck J., 2001



Esercizi per gli addominali

(Weineck J., 2001)



Esercizi isometrici



