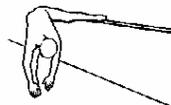
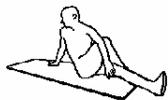
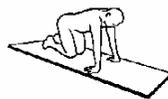
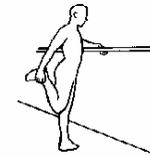
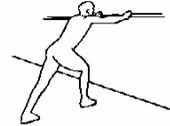
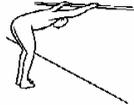
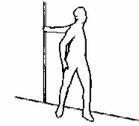


**SCHEDA MOBILITA' ARTICOLARE E STRETCHING**



Note: eseguire esercizi mantenendo la posizione per almeno 30"/1'00, respirando regolarmente! Ripetere ogni esercizio per almeno 2 volte.