



Stesi sulla panchina: flettere il busto e le gambe e ritornare alla posizione iniziale.

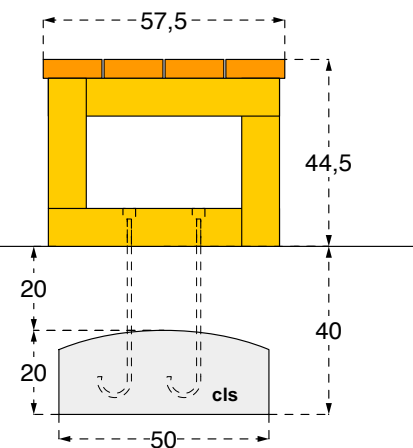
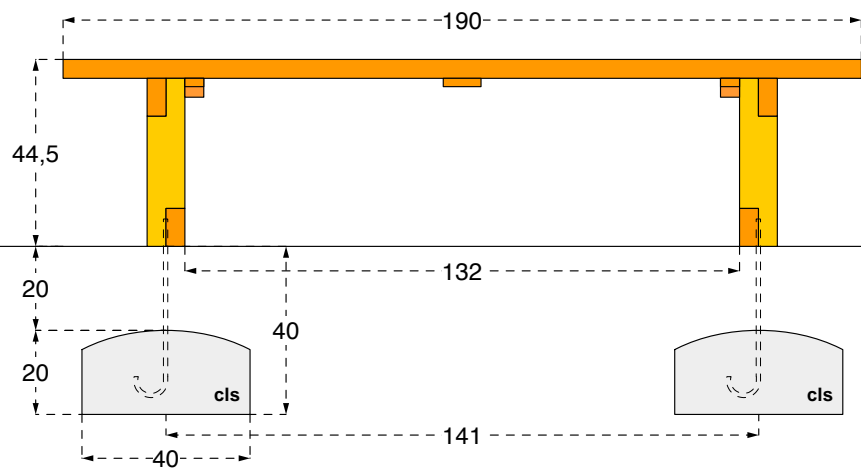
Lying down on the bench, bend knees and hug them with arms and then return to the original position.

Rückenlage auf der Bank mit ausgestreckten Armen, sich aufrichten und die angezogenen Knie umfassen, zurück in Ausgangslage.

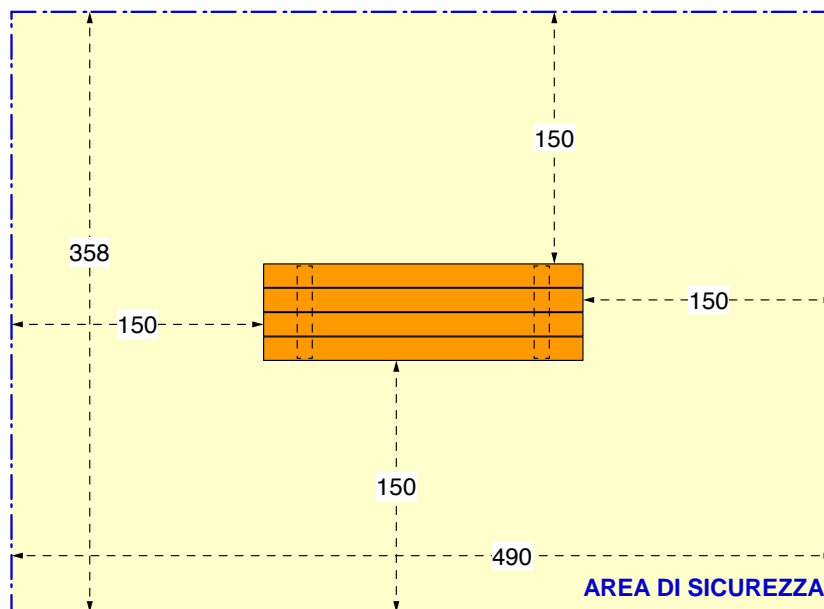
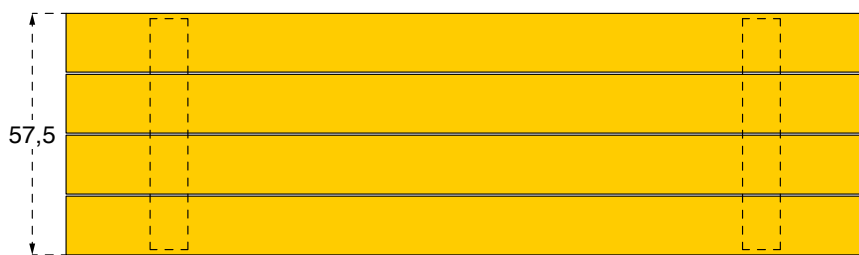
6



LEGNOLANDIA



PER FISSAGGIO A TERRA
usare barre annegate nel cls



Posizionare la tabella fuoridall'area di sicurezza in un punto ben visibile dal percorso