

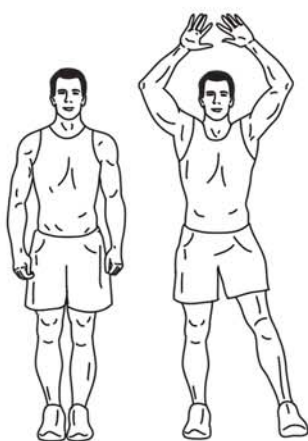
# ALLENAMENTO A CASA

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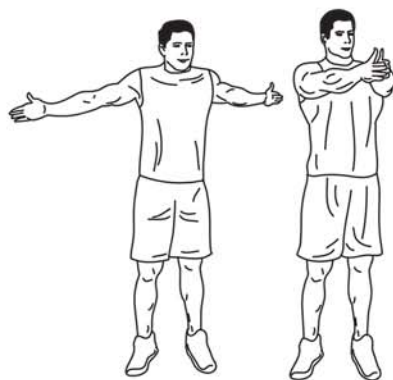
Ripetere 5 Volte in totale - Riposo fino a 2 minuti



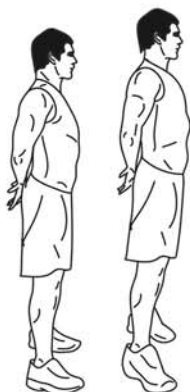
**10** rotazioni dell'anca



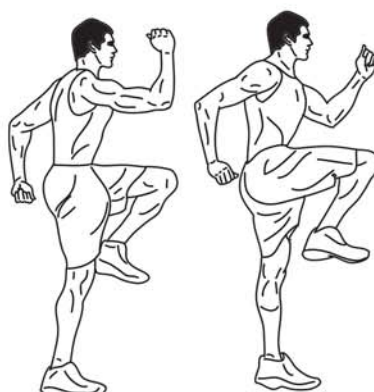
**10** passi di lato



**10** espansioni toraciche



**10** flessioni plantari



**10** marcia sul posto