



### **Trasferimento anteriore del carico**

**Posizione:** Posizionarsi in piedi con le gambe sfalsate.

**Esecuzione:** Muovere il baricentro in avanti facendo carico sulla gamba anteriore.

**Dose:** Eseguire 2 serie da 20 ripetizioni. Riposare 1' tra una serie e l'altra.

# Esercizi Per Il Recupero P 467 Seieditrice

**Minjie Lin**



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