

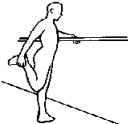
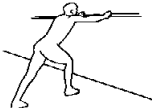
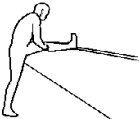





CAT	UNDER 17	DATA	01/08/2022
-----	----------	------	------------

OBIETTIVO	STRETCHING	SEDUTA	ALLEGATO E
-----------	------------	--------	------------

DURATA	10 MINUTI
--------	-----------

ESERCIZIO		1		ESERCIZIO		2	
	SERIE	1			SERIE	2	
	TEMPO	1'			TEMPO	30"	
	KG				KG		
	RECUPERO	20"			RECUPERO	20"	
	NOTE				NOTE		
ESERCIZIO		3		ESERCIZIO		4	
	SERIE	2			SERIE	2	
	TEMPO	1'+1'			TEMPO	1'+1'	
	KG				KG		
	RECUPERO	20"			RECUPERO	20"	
	NOTE				NOTE		
ESERCIZIO		5		ESERCIZIO		6	
	SERIE	2			SERIE	1	
	TEMPO	1'+1'			TEMPO	3'	
	KG				KG		
	RECUPERO	20"			RECUPERO	20"	
	NOTE				NOTE		