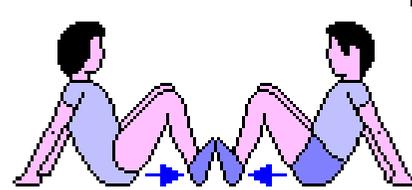
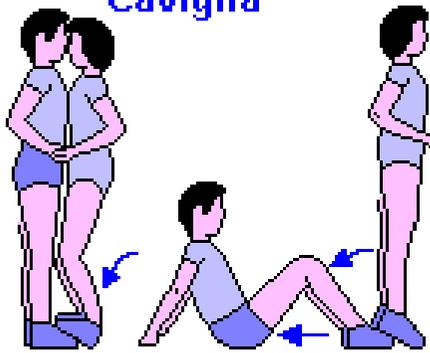
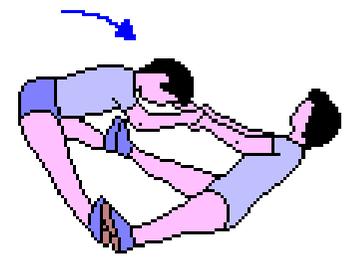
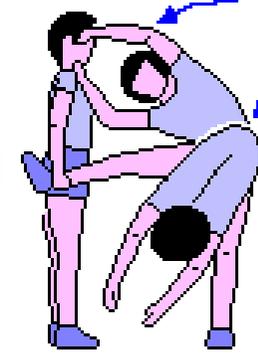
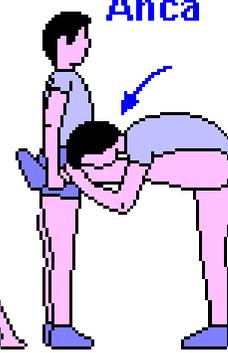


## Esempio di esercizi per la mobilità articolare (a coppie)

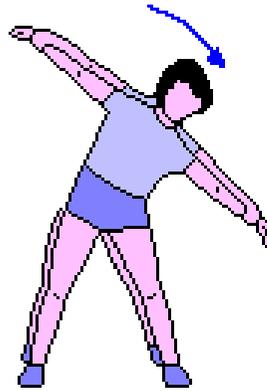
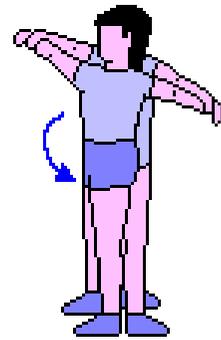
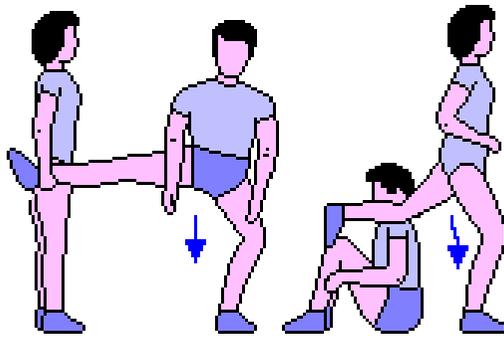
Caviglia



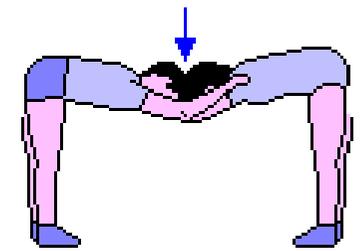
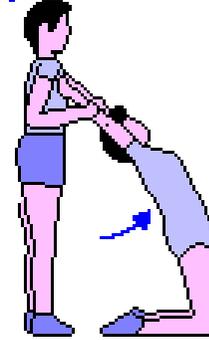
Anca



Rachide



Spalla



Polso e dita

