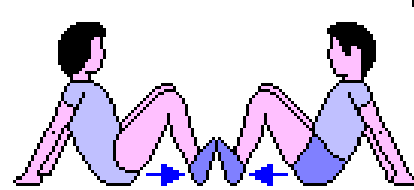
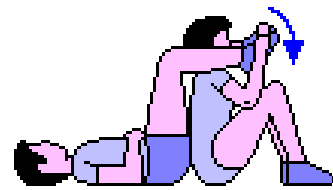
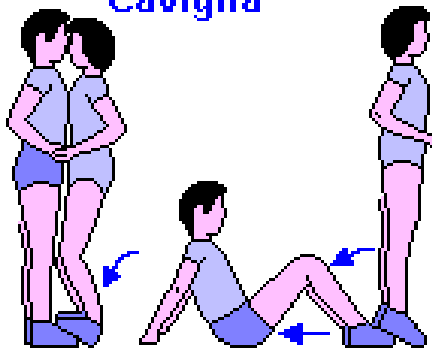
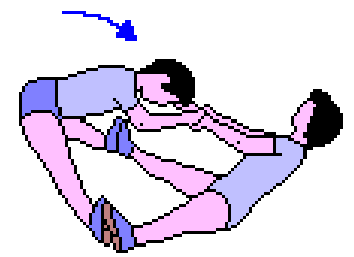
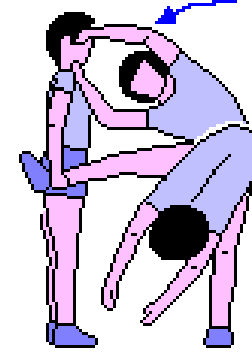
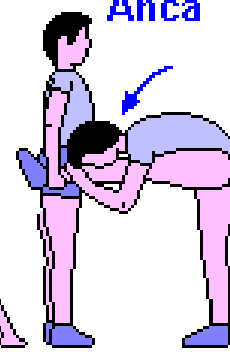


Esempio di esercizi per la mobilità articolare (a coppie)

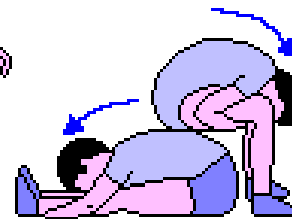
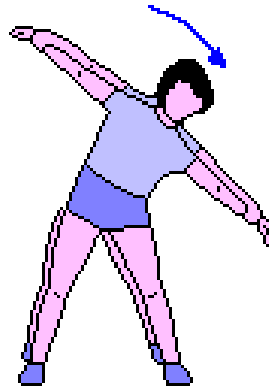
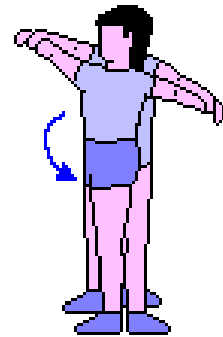
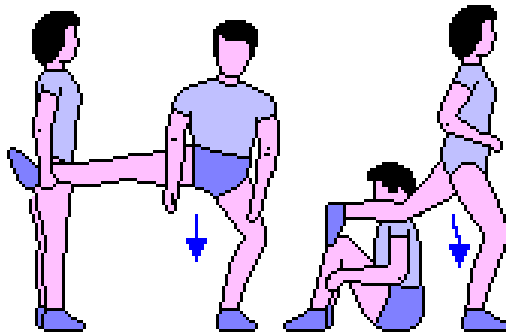
Caviglia



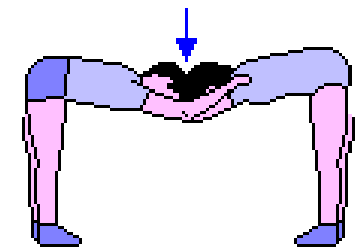
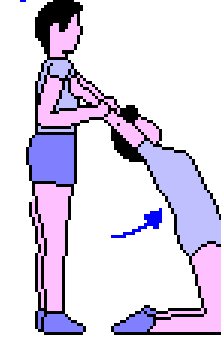
Anca



Rachide



Spalla



Polso e dita

