



SCHEMA ALLENAMENTO

Seduta del: 8/06 Ora: 18:00 Luogo: TESLA

Assenti: \_\_\_\_\_

Obiettivi: \_\_\_\_\_

Note: \_\_\_\_\_

Numero Allenamento: 22 (2015-2016)

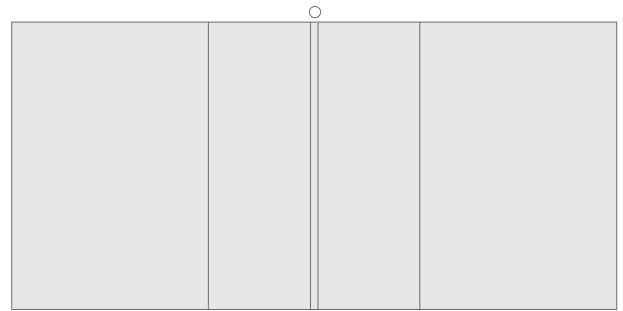
Duración: 2H 10'

Riscaldamento: 1) Activación física 20' + col 8 + sho + jump 7' 35'

1) 6X6 LANZ + M3 + 1T Y PIPE 15'

2) 6X6 M2 BAJAR DIG CORTA 25'  
L3 X 1T Y PIPE

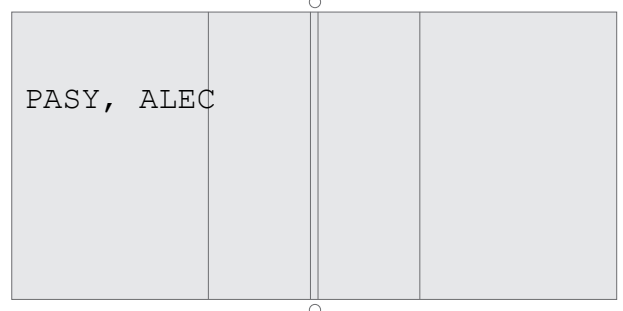
18-18



BLOCK

DZAVA, MIGUEL X ZMRHAL, HADRAV LW  
PASY, MICHI X ALEC, DUBAIS L3  
DZAVA, BEER X ADAM, ZMRHAL L3  
MICHI, MIGUEL X DUBAIS, HADRAV LW

BEER, ADAM

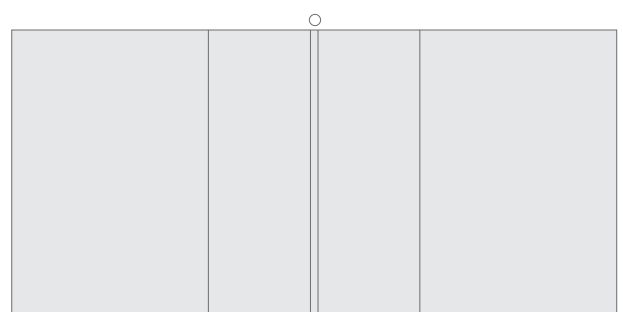
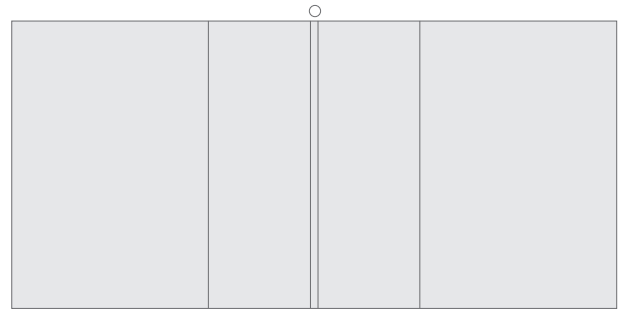


PASY, ALEC

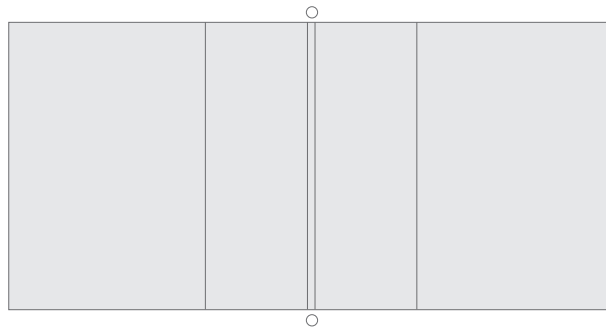
2 VUELTAS

3) CAMBIO SAQUE 15-15 3P

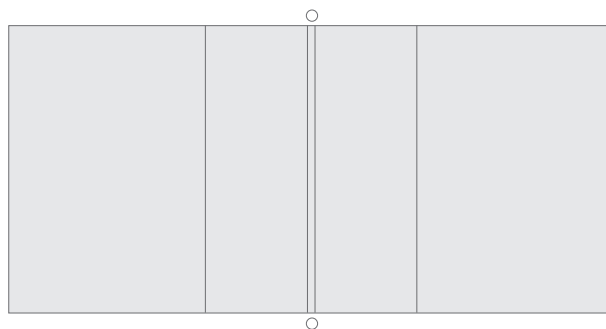
1) SAQUE PUNTO SI B  
2) FREE PUNTO SI A  
3) ALTA EN B PUNTA SI A O B



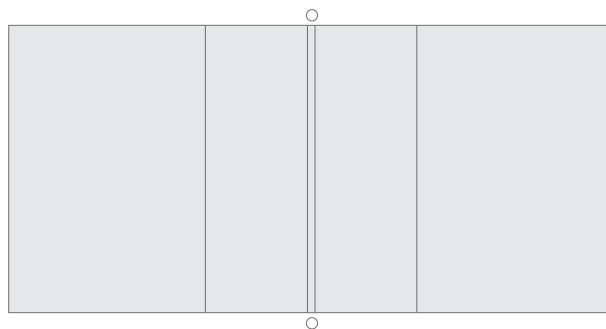
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**Considerazioni finali:**

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