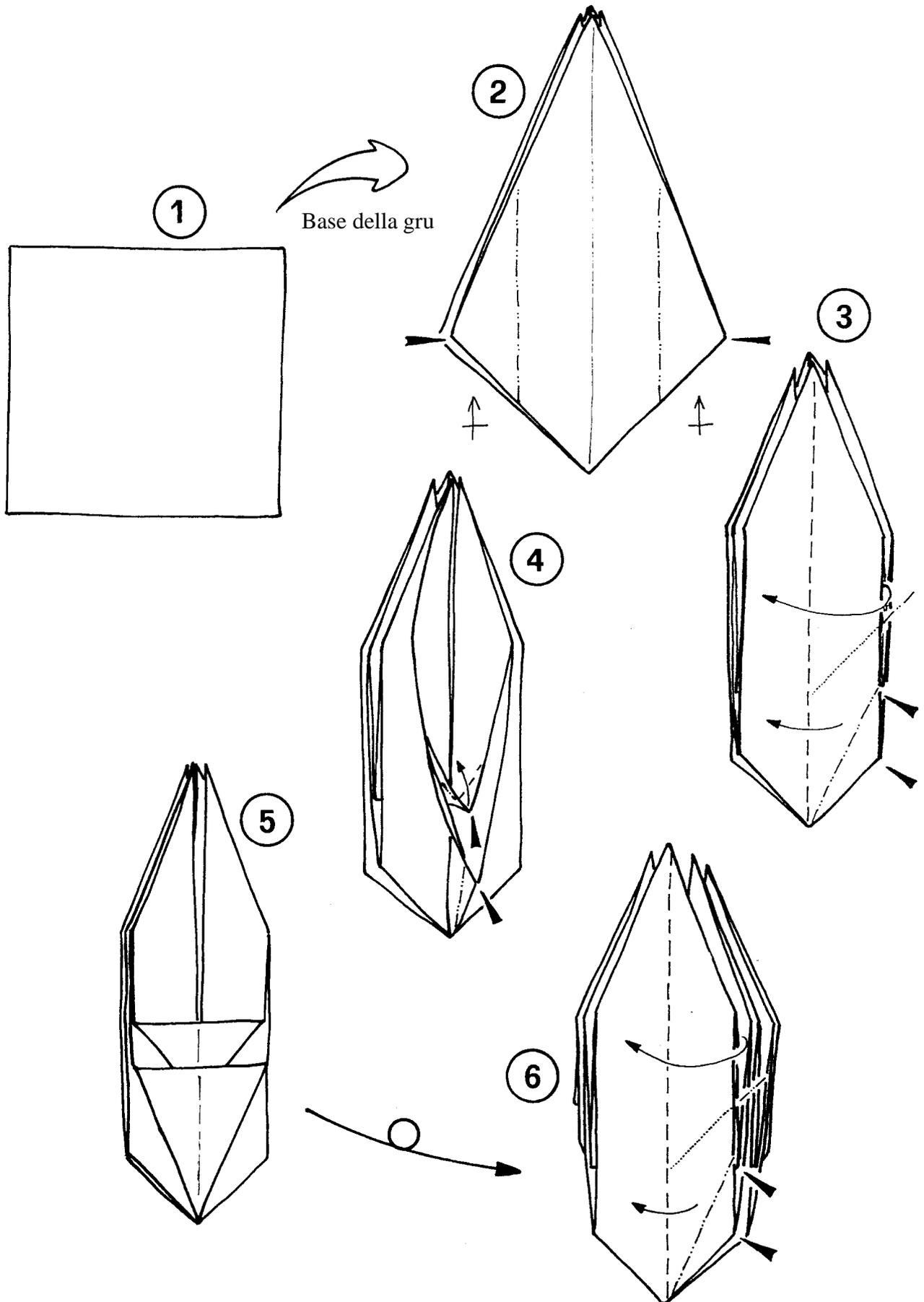
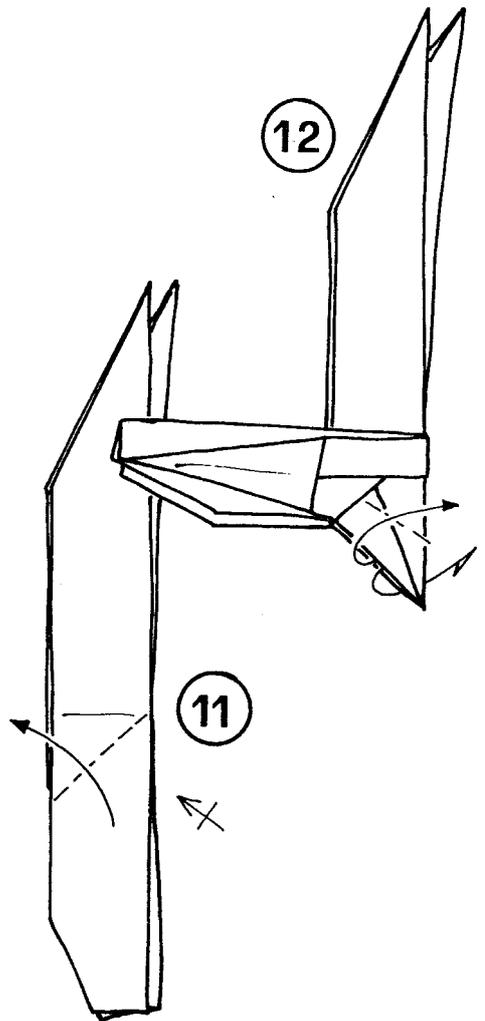
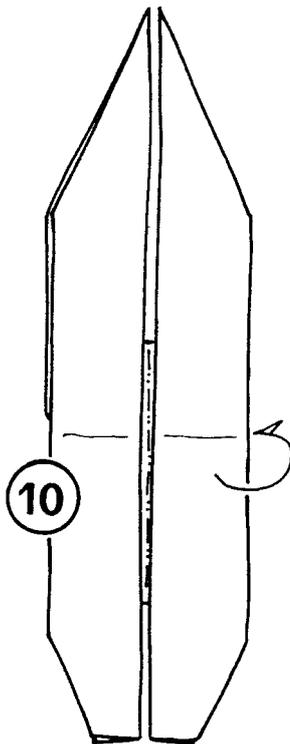
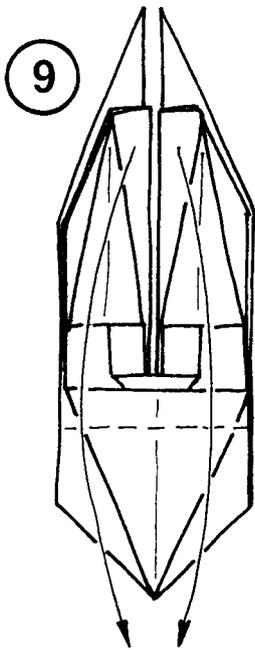
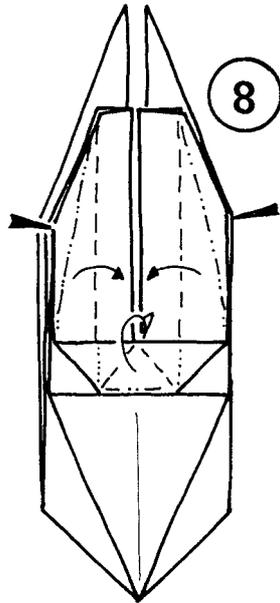
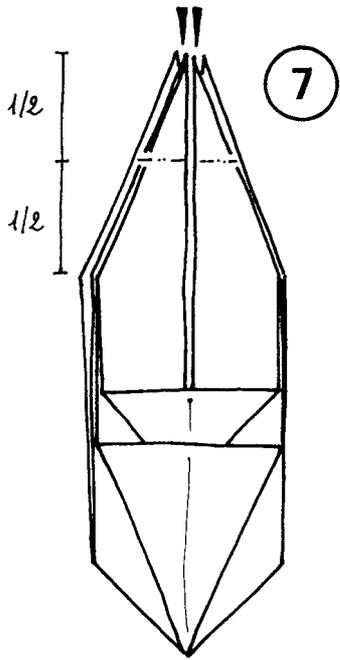
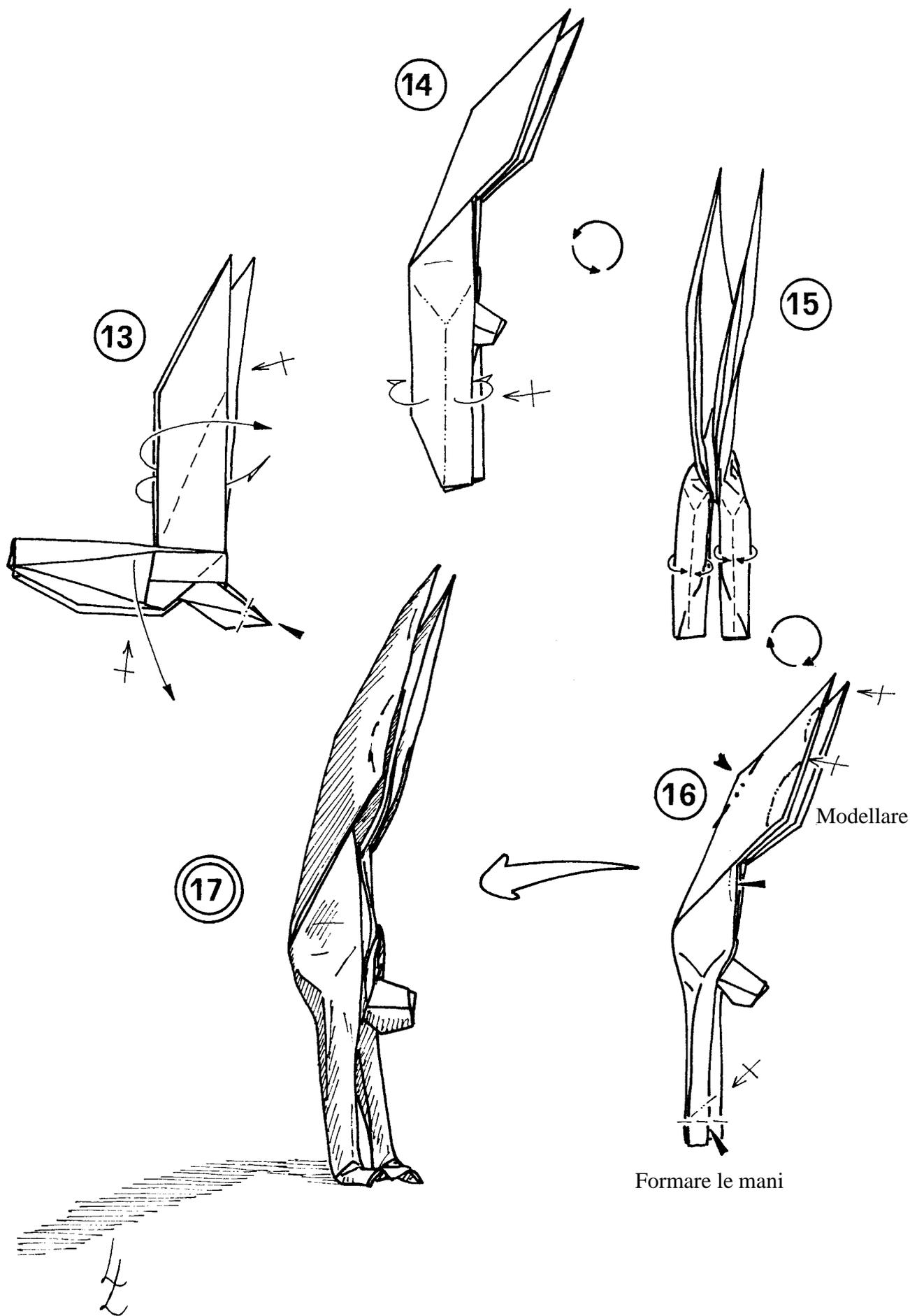


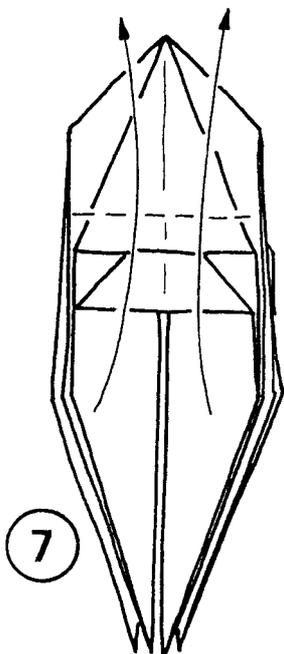
GINNASTA (nuova versione) di Luigi Leonardi



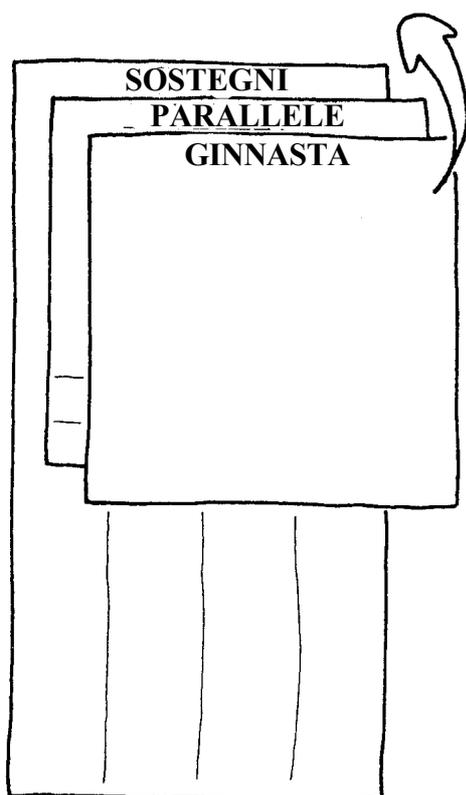
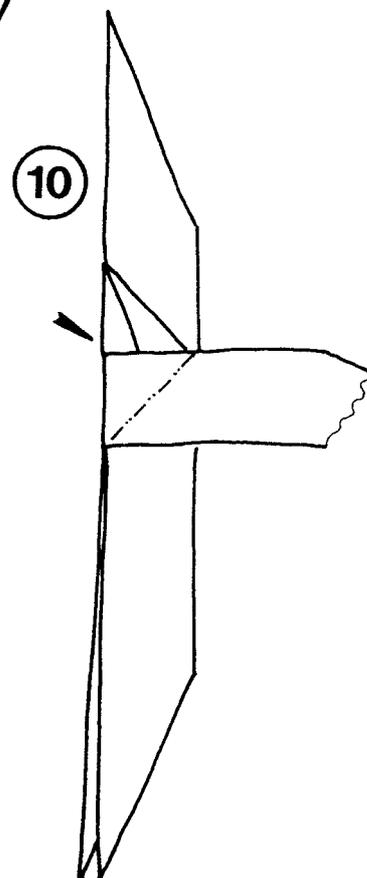
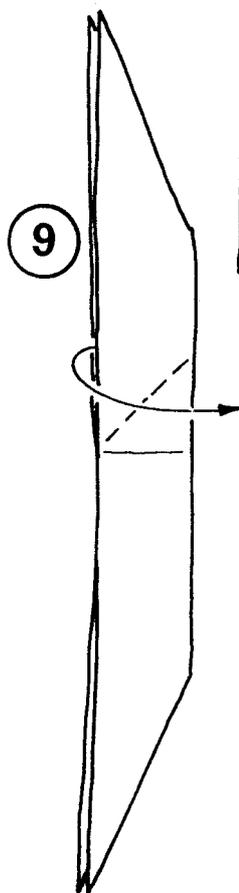
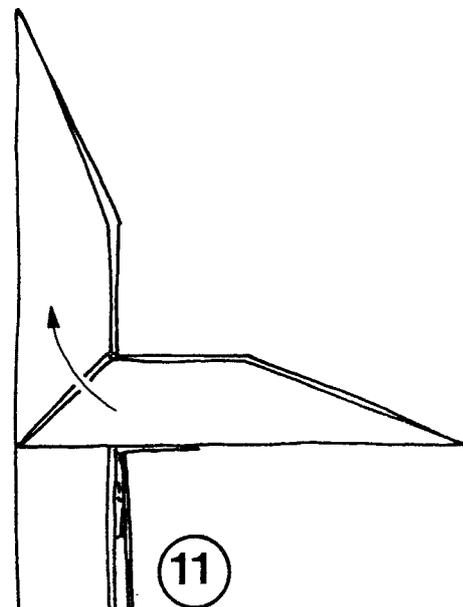
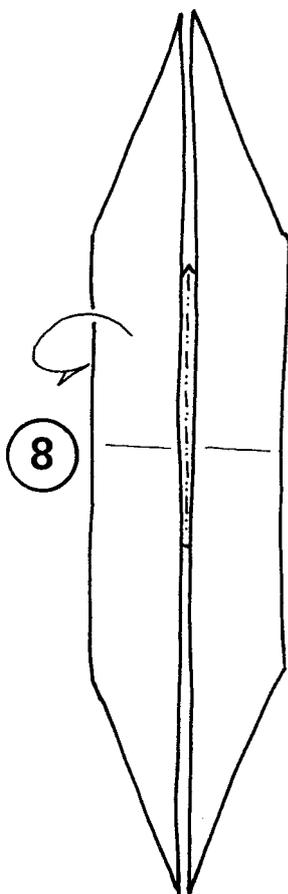


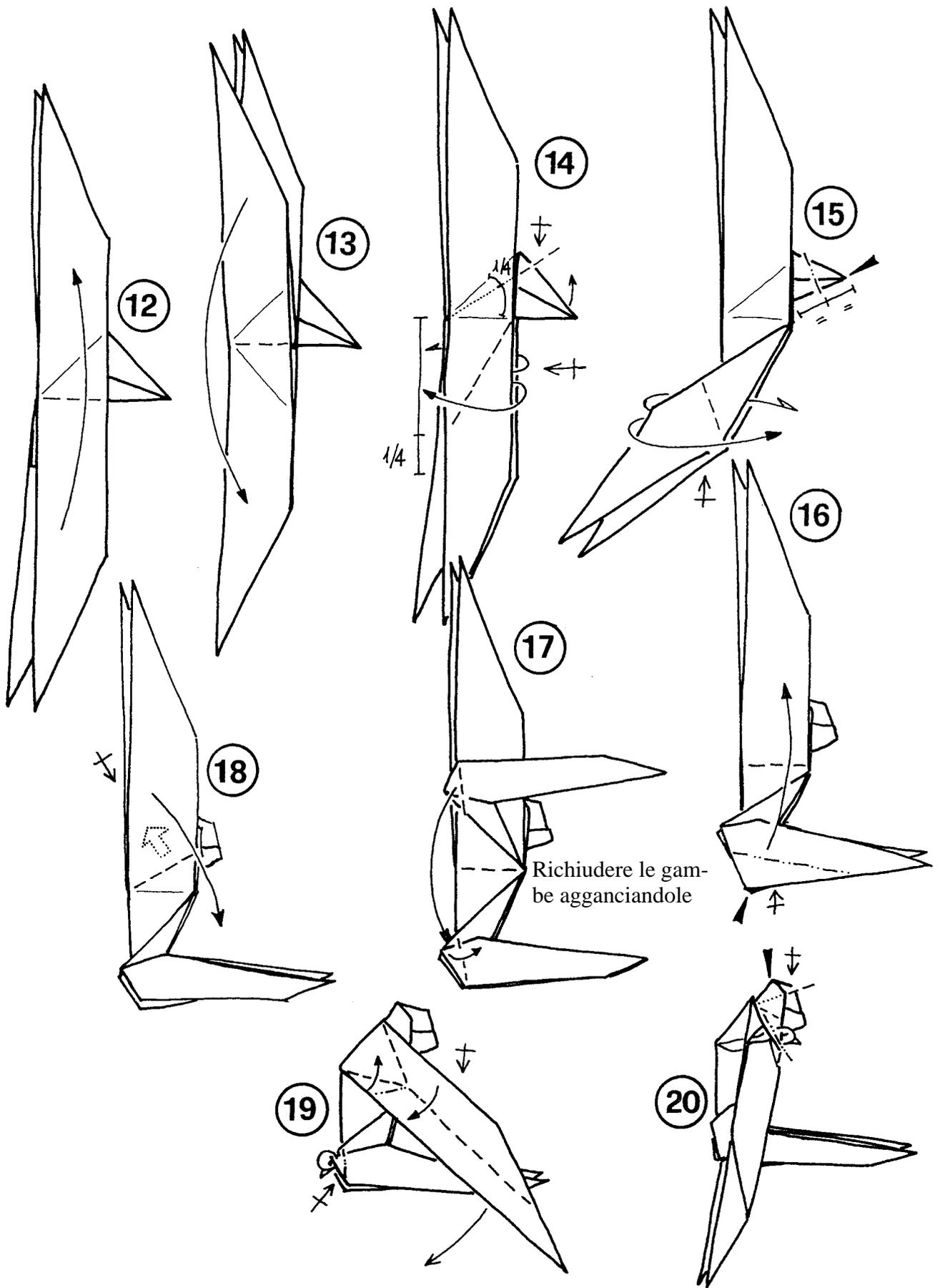


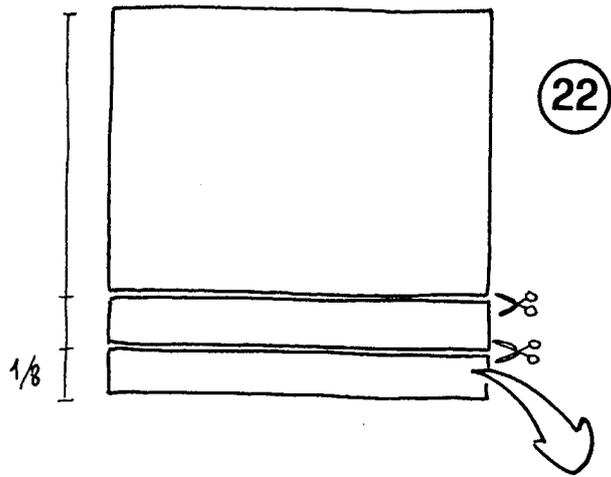
GINNASTA ALLE PARALLELE



Iniziare dal passaggio
7 del ginnasta



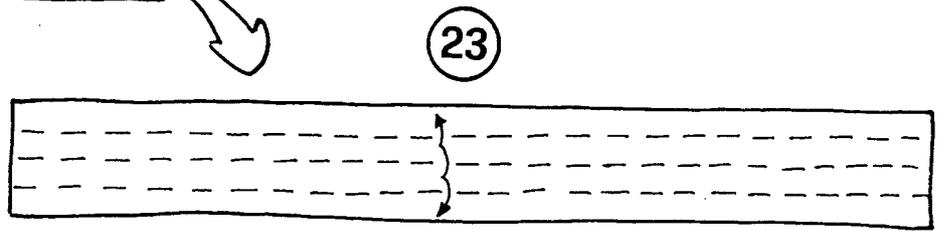




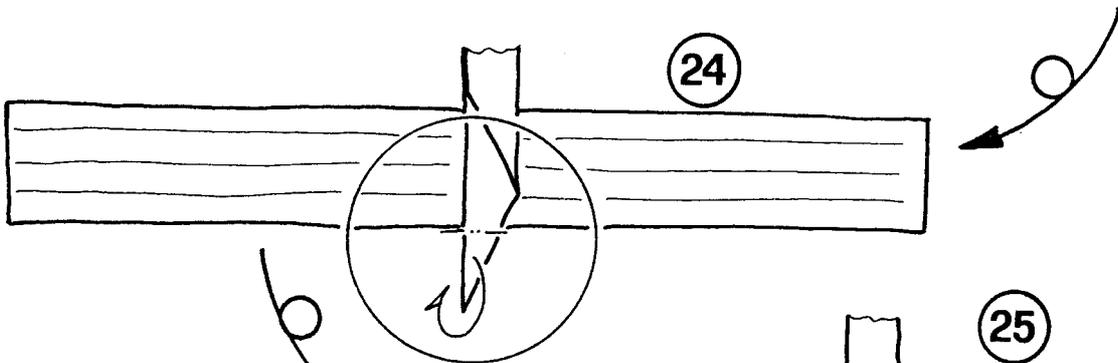
22

PARALLELE

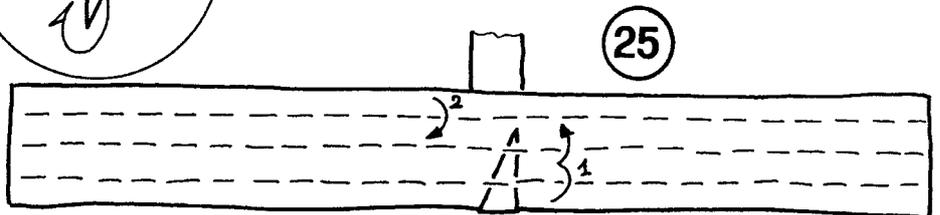
(Utilizzare solo due striscie)



23

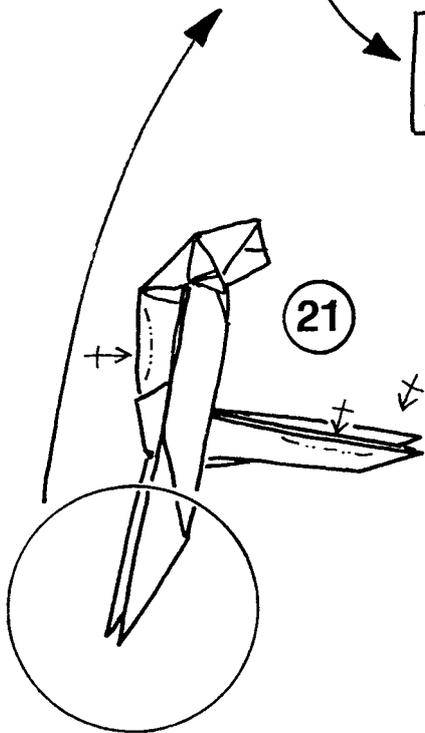


24

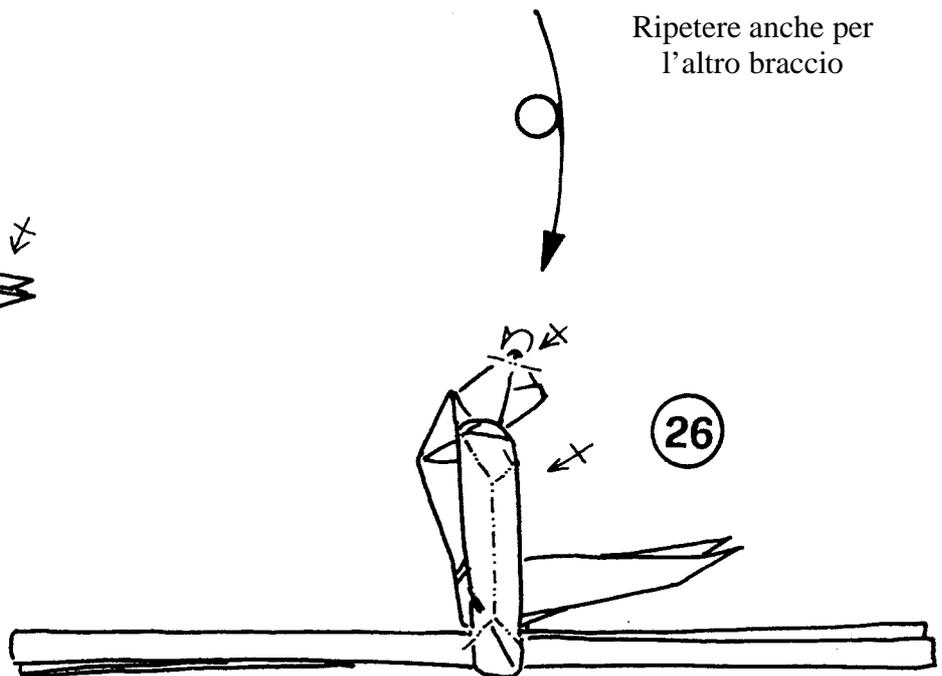


25

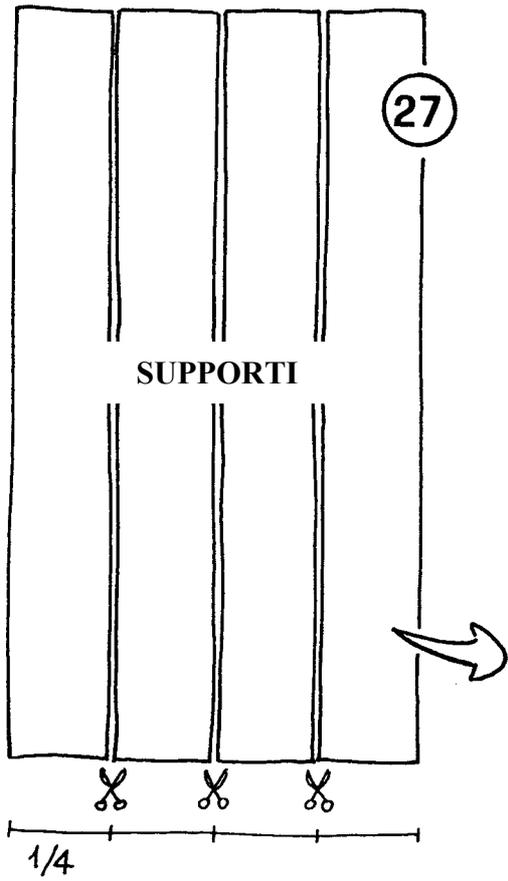
Ripetere anche per
l'altro braccio



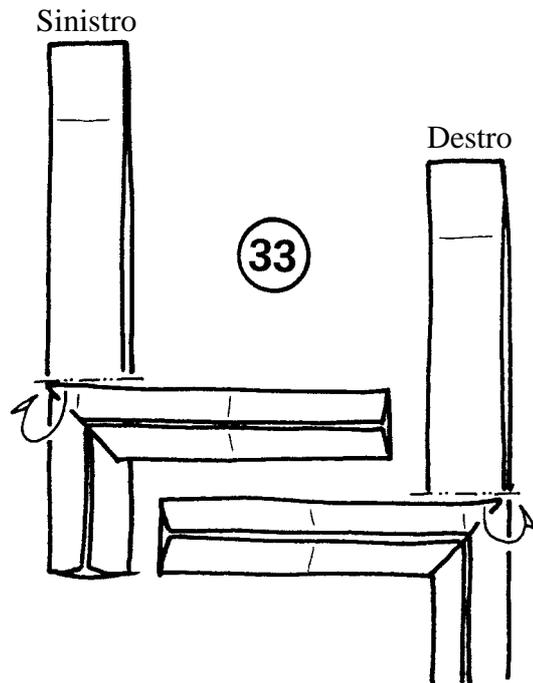
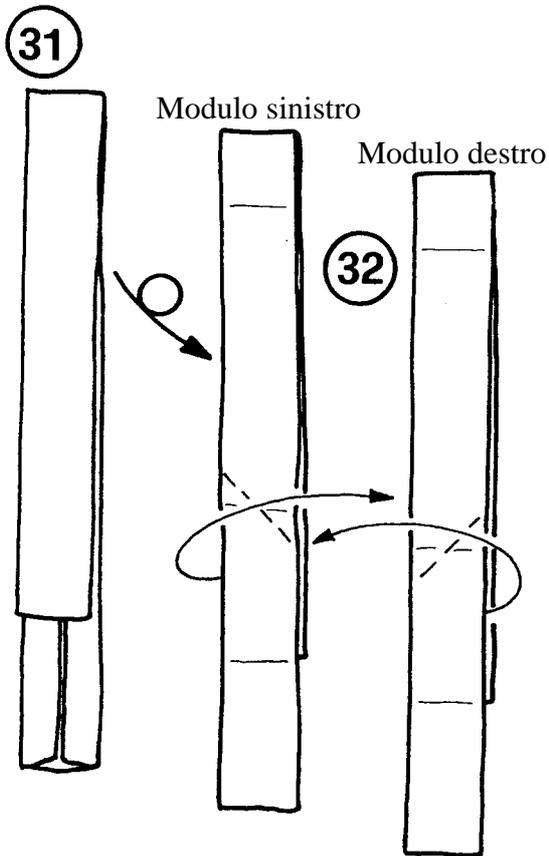
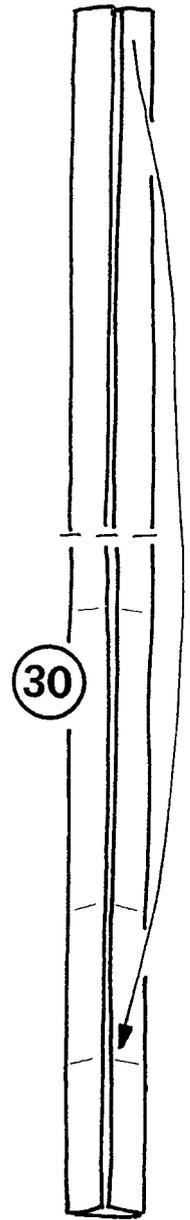
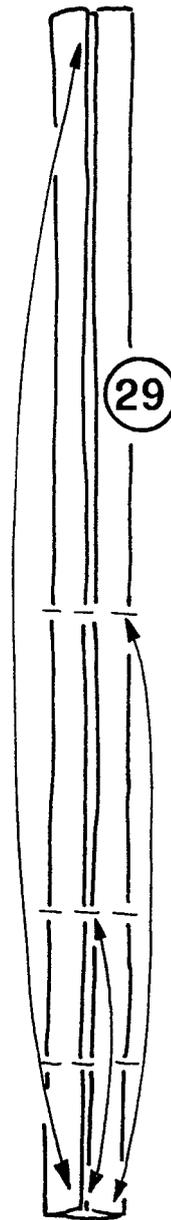
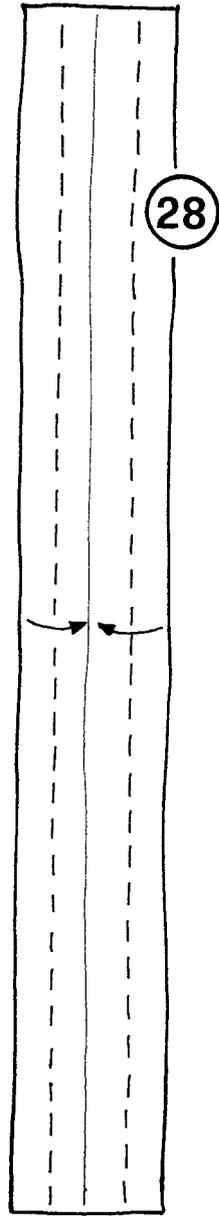
21

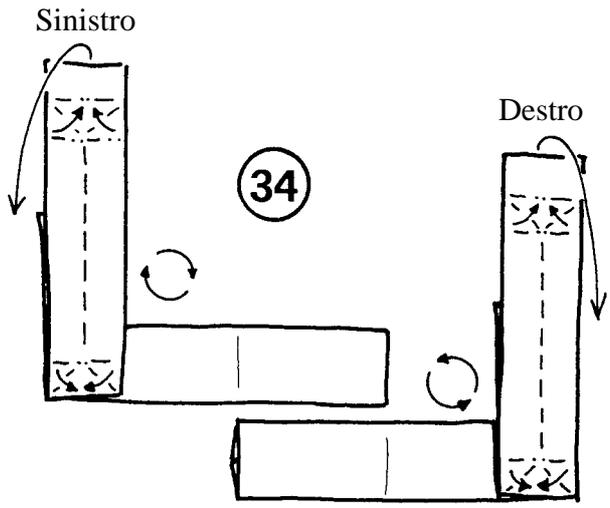


26

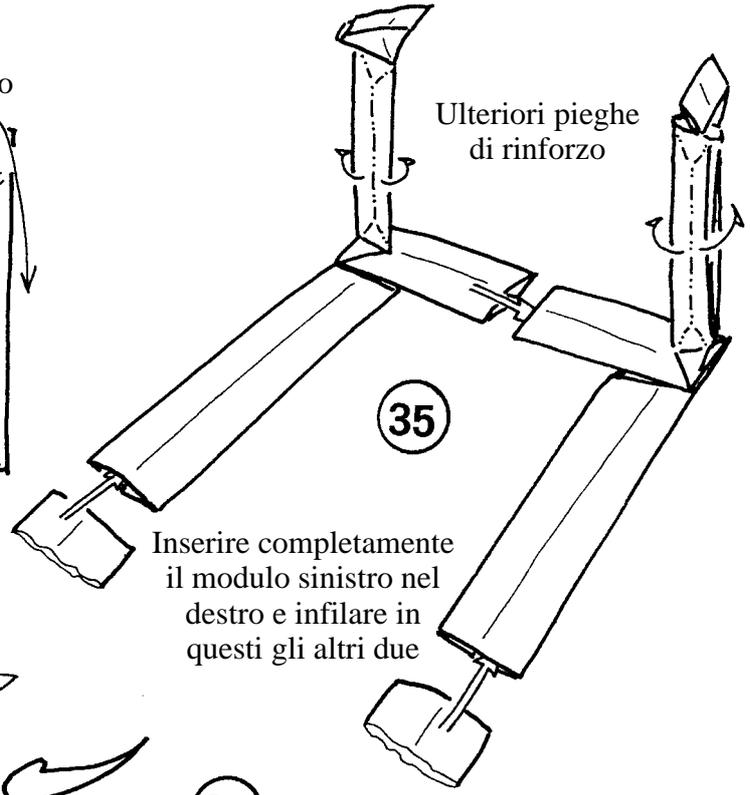


Preparare due moduli destri e due moduli sinistri



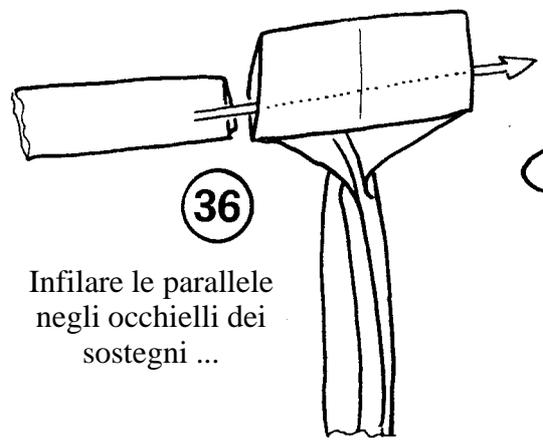


34



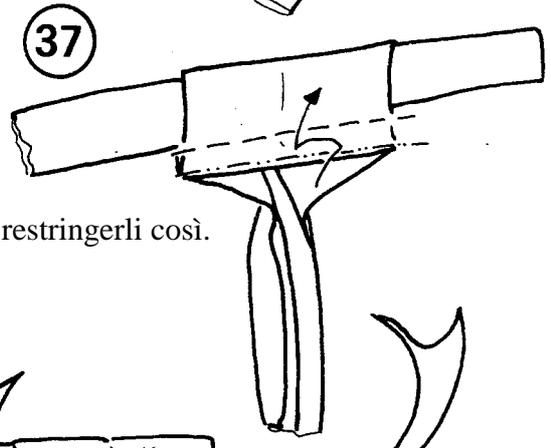
35

Inserire completamente il modulo sinistro nel destro e infilare in questi gli altri due



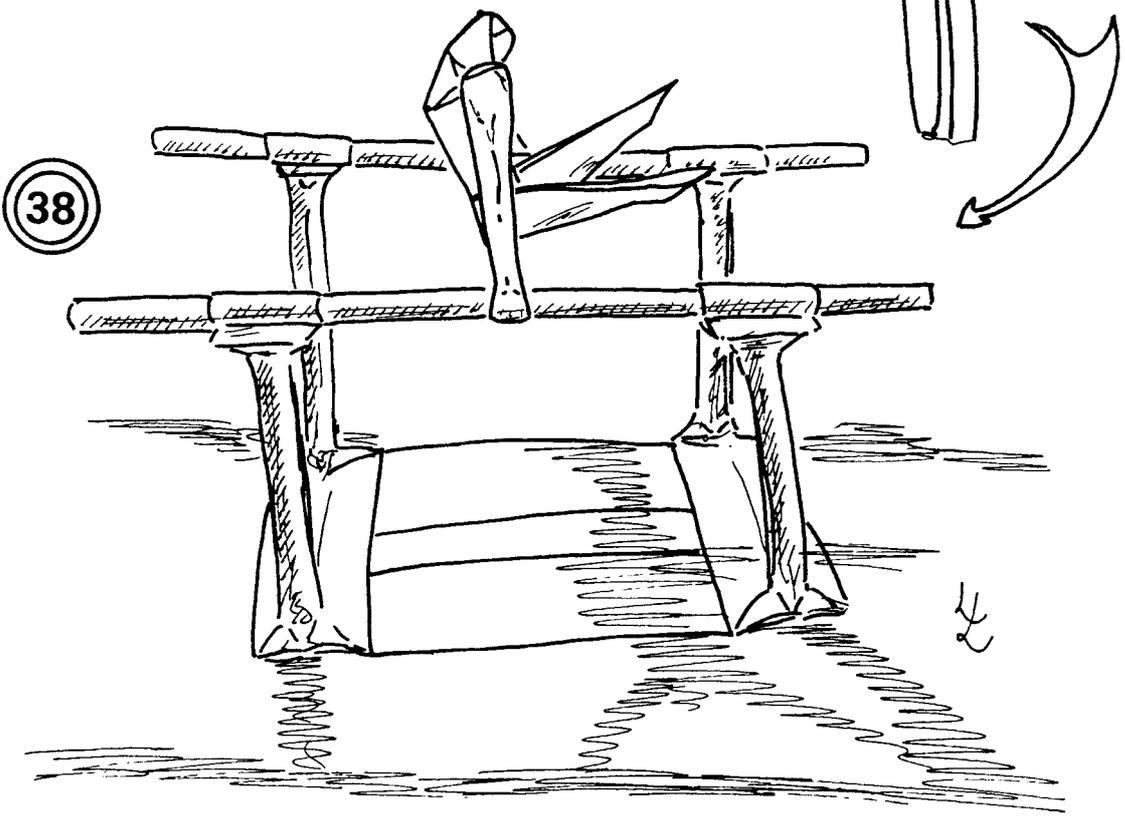
36

Infilare le parallele negli occhielli dei sostegni ...



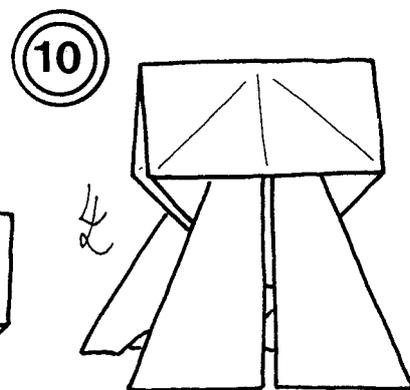
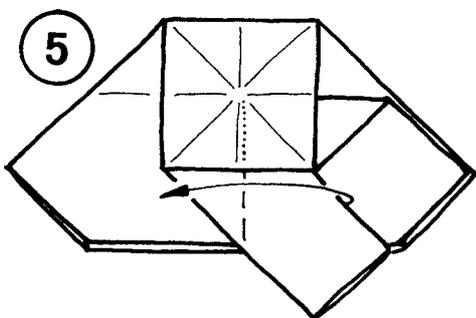
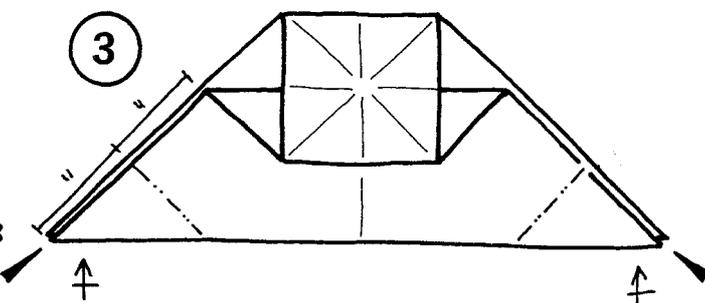
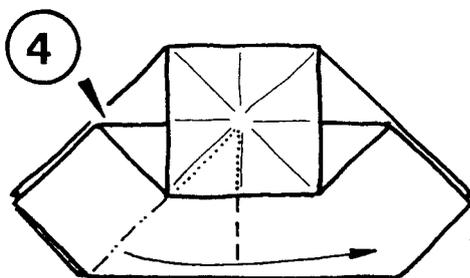
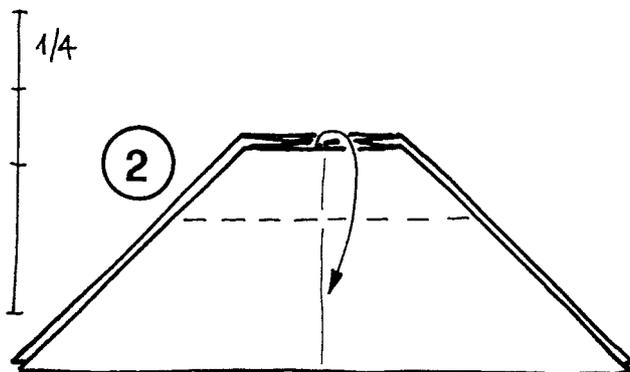
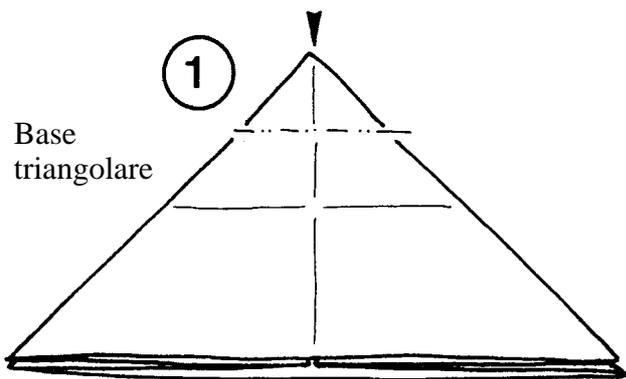
37

... e restringerli così.

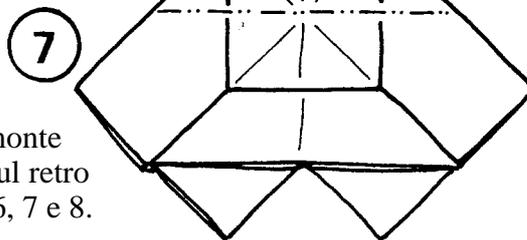
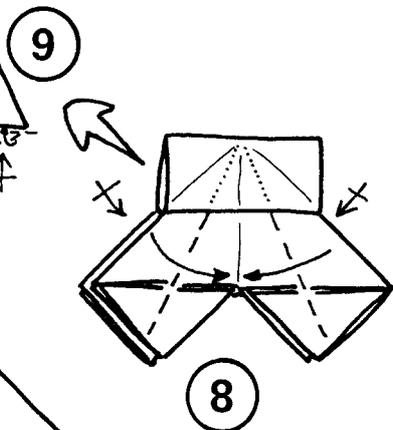
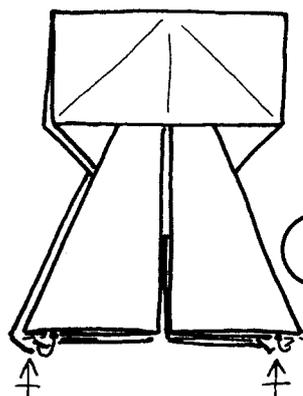
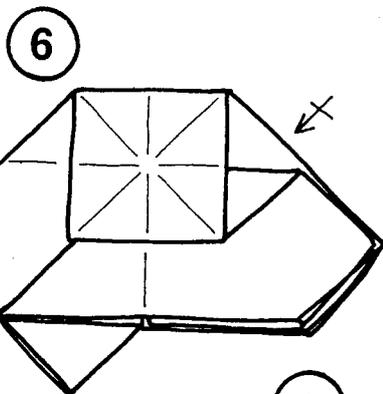


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CAVALLO PER GINNASTI di Luigi Leonardi



Ripetere i passaggi 6 e 7 anche sul lato destro.



Piegare a monte e ripetere sul retro i passaggi 6, 7 e 8.

