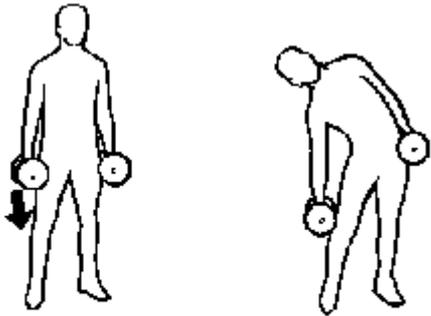


# ***OBLIQUI***

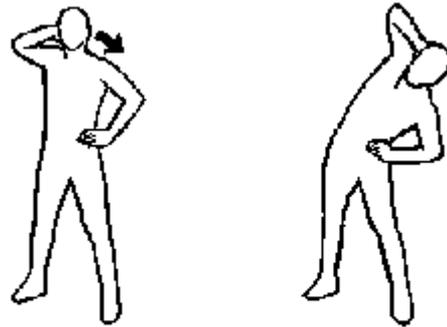
**1**

**FLESSIONI IN PIEDI  
CON MANUBRI**



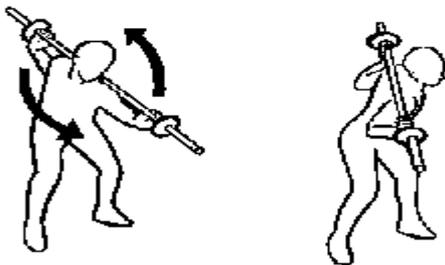
**2**

**FLESSIONI IN PIEDI  
A CORPO LIBERO**



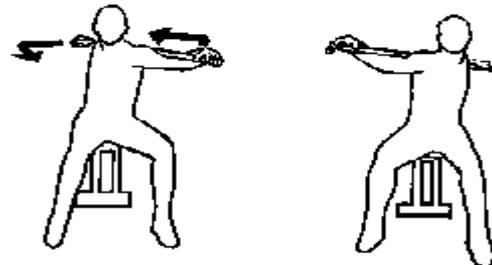
**3**

**TORSIONI INCLINATO  
CON BILANCIERE**



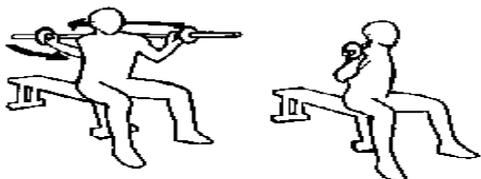
**4**

**TORSIONI SEDUTO  
CON BASTONE**



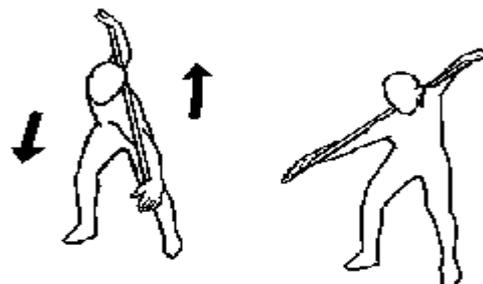
**5**

**TORSIONI SEDUTO  
CON BILANCIERE**



**6**

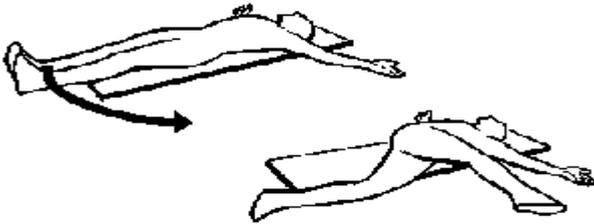
**TORSIONI INCLINATO  
CON BASTONE**



# ***OBLIQUI***

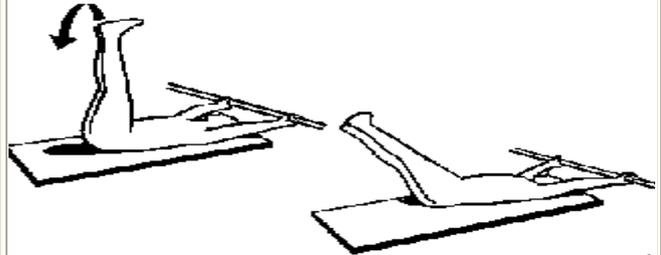
**7**

**FLESSIONI LATERALI  
GAMBA SUPINO**



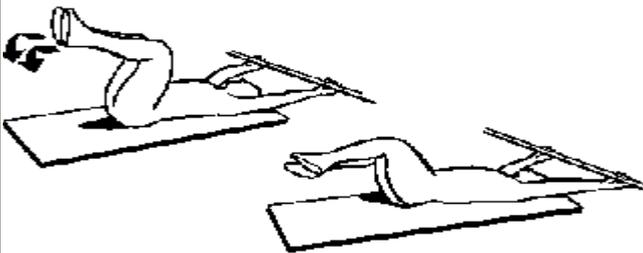
**8**

**FLESSIONI LATERALI  
GAMBE SUPINO**



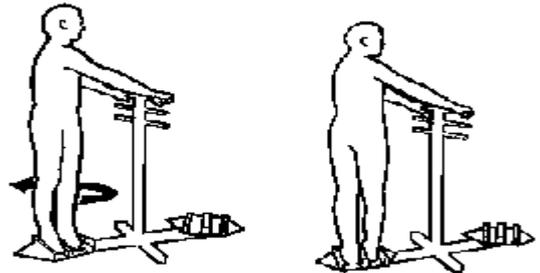
**9**

**FLESSIONI LATERALI  
GAMBE A 90° SUPINO**



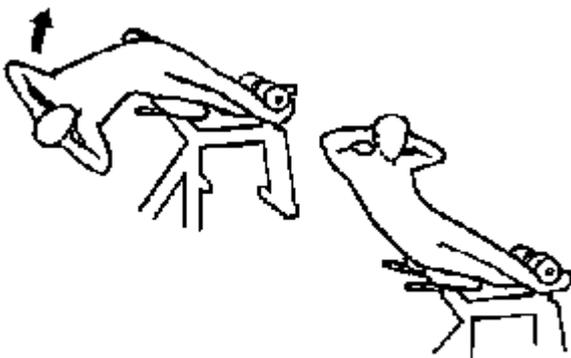
**10**

**TORSIONI PIEDI  
ALLA MACCHINA**



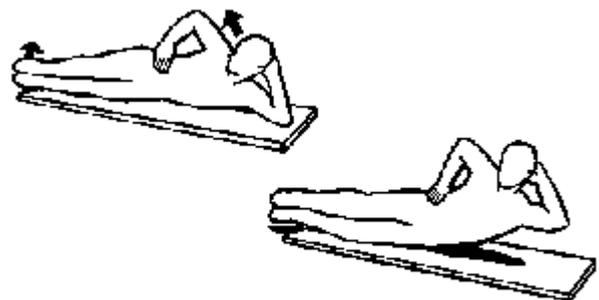
**11**

**FLESSIONI LATERALI  
ALLA HYPERESTENSION**



**12**

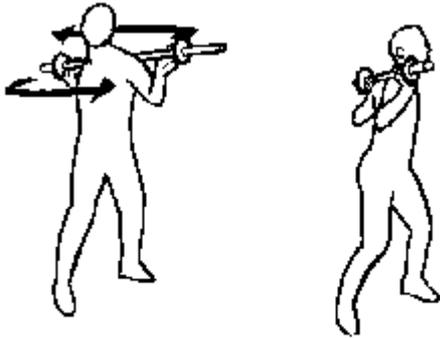
**FLESSIONI LATERALI  
SDRAIATO SU UN FIANCO**



## ***OBLIQUI***

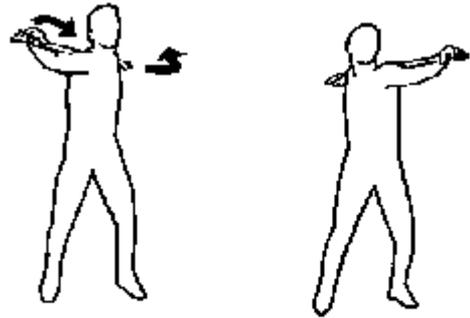
**13**

**TORSIONI IN PIEDI CON  
BILANCIERE**



**14**

**TORSIONI IN PIEDI CON  
BASTONE**



**15**

**TORSION  
MACHINE**

