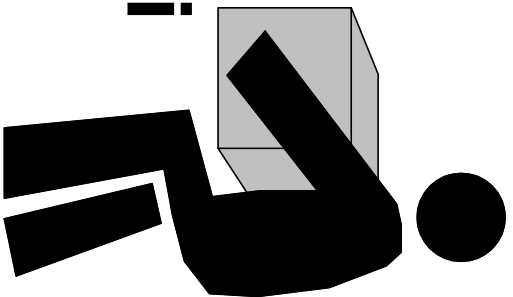
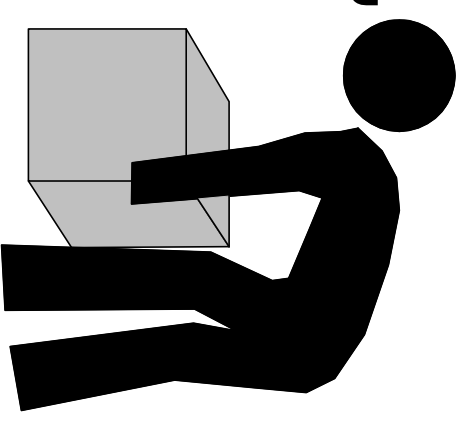


COME SOLLEVARRE CORRETTAMENTE

**Gambe piegate,
schiena dritta,
carico vicino al
corpo, presa agli
angoli opposti**



**Gambe diritte,
schiena curva,
sforzi con i
muscoli della
schiena e
dell' addome**



CORRETTO

ERRATO