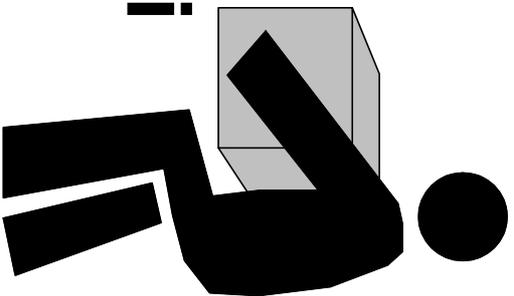
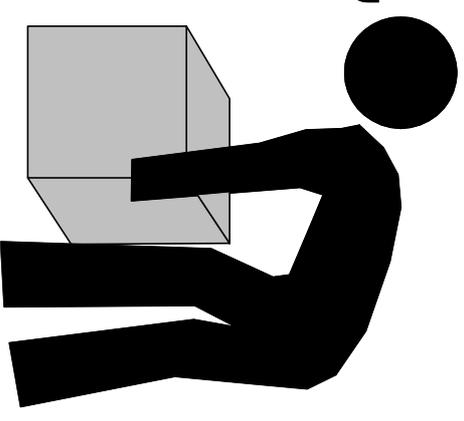


# COME SOLLEVARRE CORRETTAMENTE

**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**