


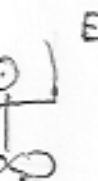
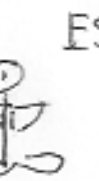

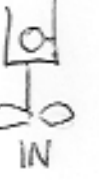
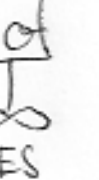
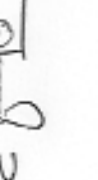
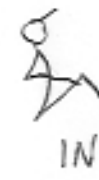
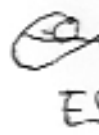






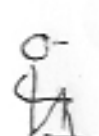












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- 1)      3-5 resp
- 2)     DS e SX
- 3)   3-5x
- 4)  3-5 resp
- 5)     3-5 resp
- 6)    3-5 resp
 ----->  2 resp
 INIZIARE con ROTAZIONE A DS
 PAUSA 2 resp
 RIPETERE ruotando A SX
- 7)    3-5x
- 8)  2 resp
- 9)  3-5 resp
- 10)   
- 11) Respirazioni nel punto Sorgente 