

The Frog & the Stretching

15 ESERCIZI DI STRETCHING

1 Dorso



2 Glutei



3 Adduttori



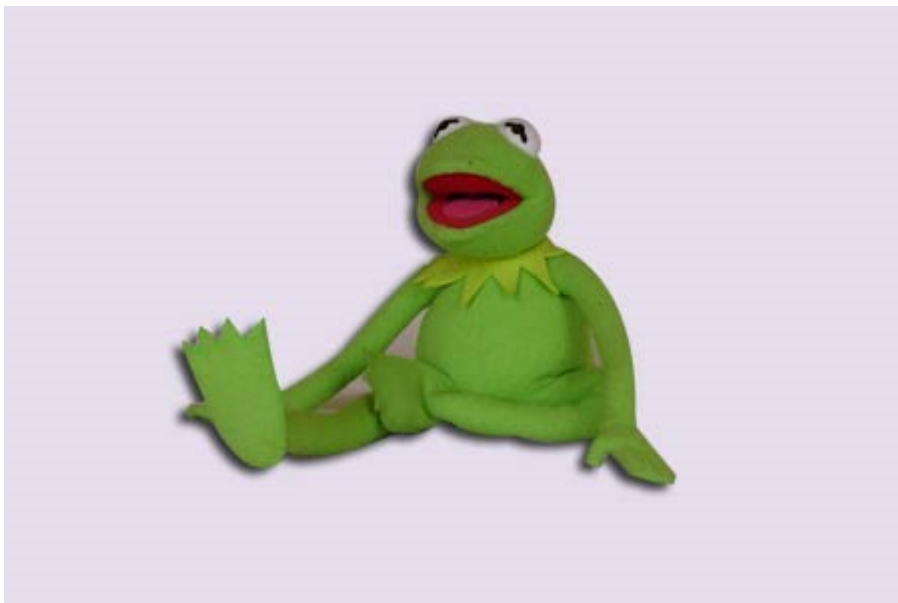
4 Upper Back



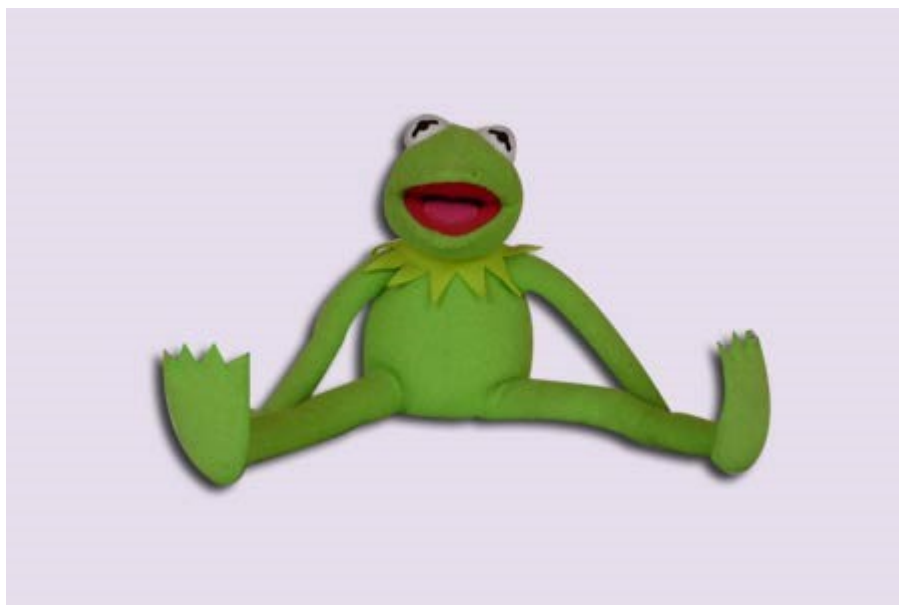
5 Torsione Spinale



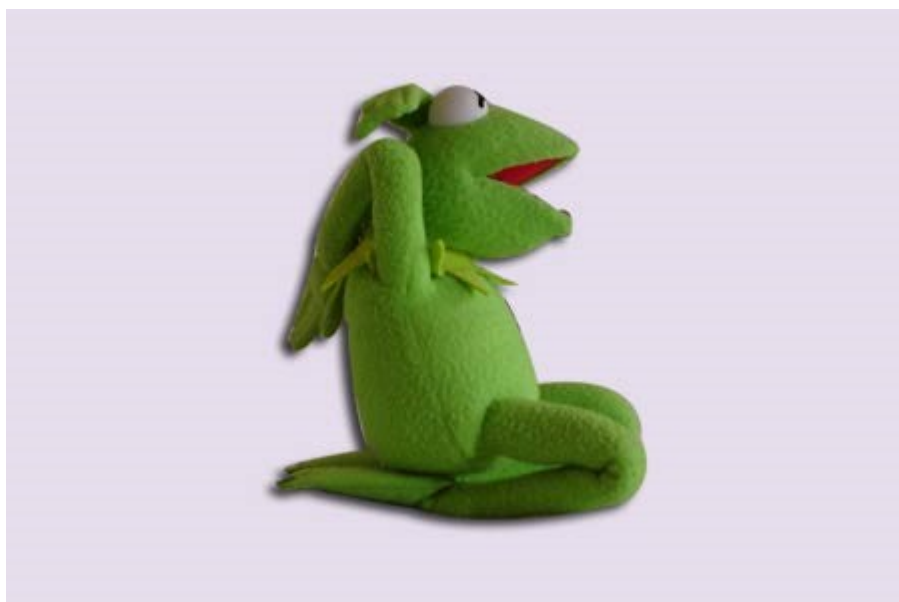
6 Bicipiti Femorali



7 Divaricata da seduto



8 Tricipiti



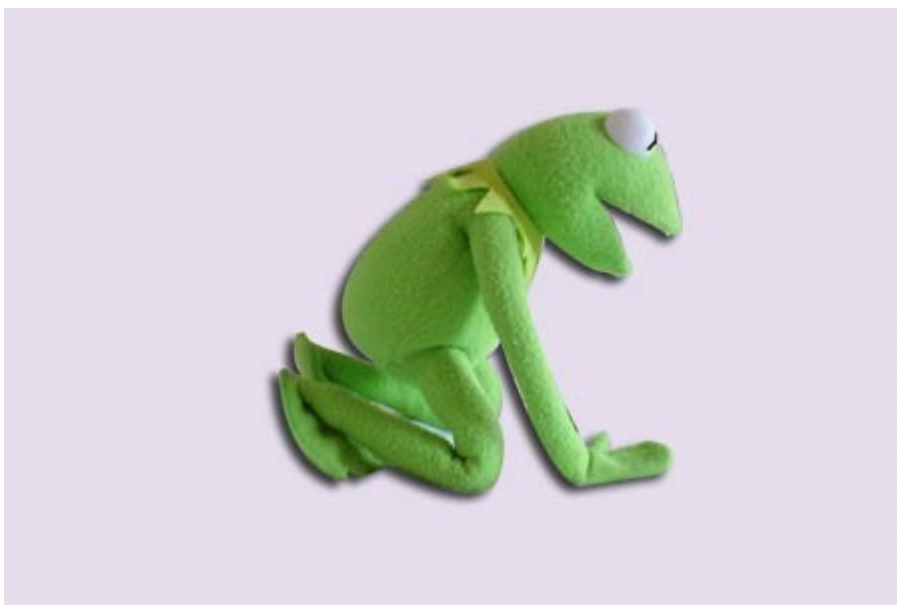
9 Pettorali



10 Quadricipiti



11 Piedi e Polsi



12 Schiena



13 Allungamento



14 Quadricipiti



15 Polpacci



Buon Divertimento da Angelo Boccola e a presto con gli FBX made in Italy.

Stay online.