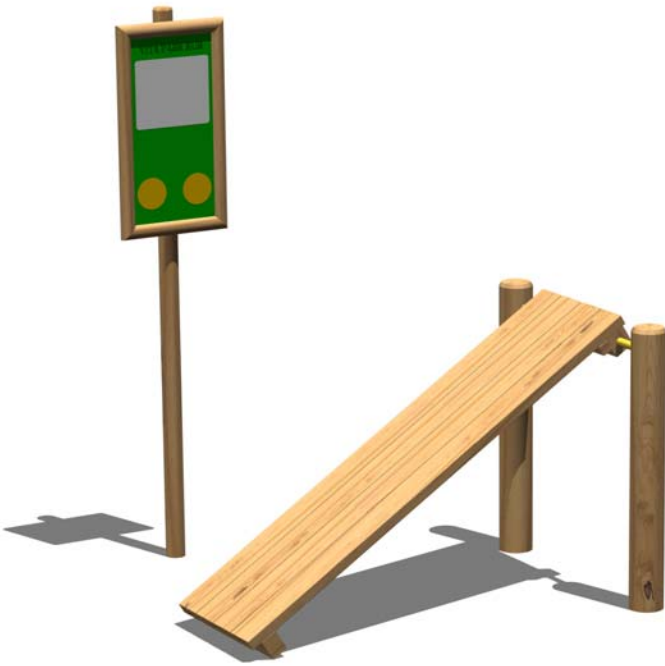


Cod. 011310 VITA PARK KUR STAZIONE 10

LEGNOLANDIA

Rev. 0



VITA PARK KUR



Stendersi proni sull'attrezzo, impugnare l'asta con le mani e slanciare alternativamente le gambe verso l'alto.

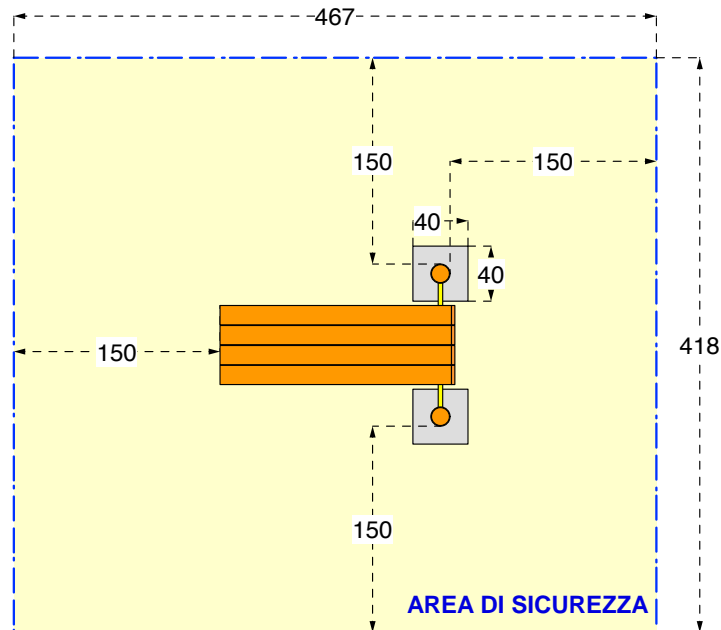
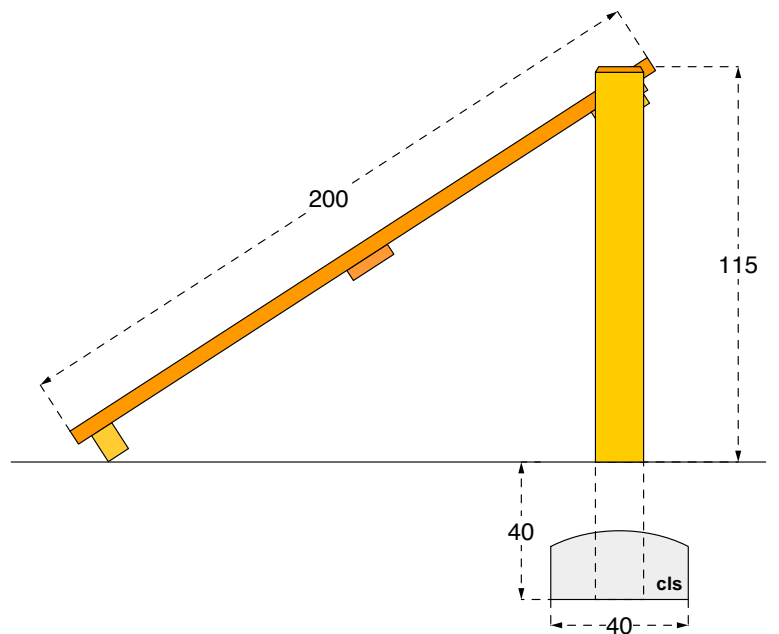
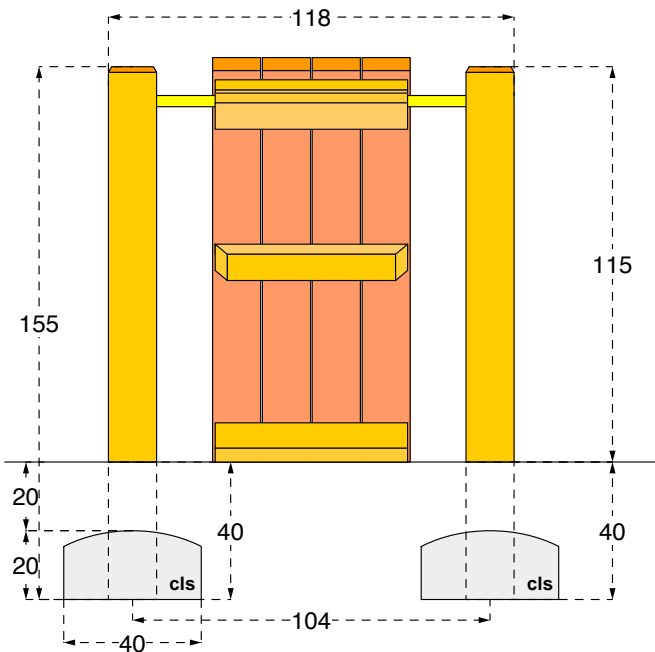
Lying face down, holding the bar with the hands, push up first one leg then the other.

Bauchlage. Während man sich an den Griffen festhaelt, die Beine abwechselnd nach oben schlenndern.

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Posizionare la tabella fuori dall'area di sicurezza in un punto ben visibile dal percorso