

VITA PARK KUR

Appoggiare alternativamente una gamba e l'altra sull'asta e flettere il busto avanti e indietro.

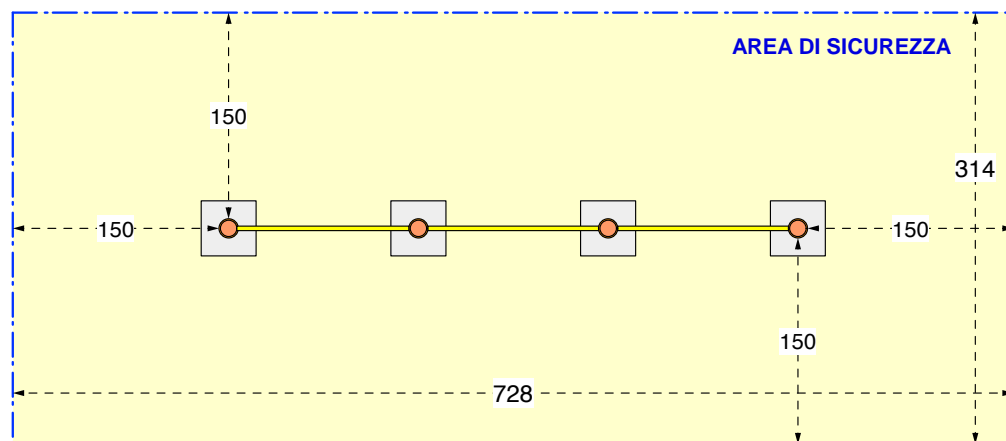
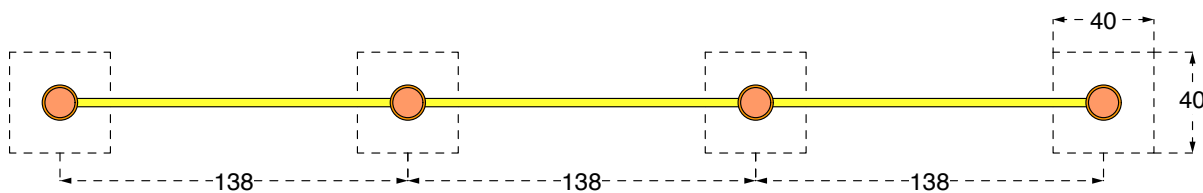
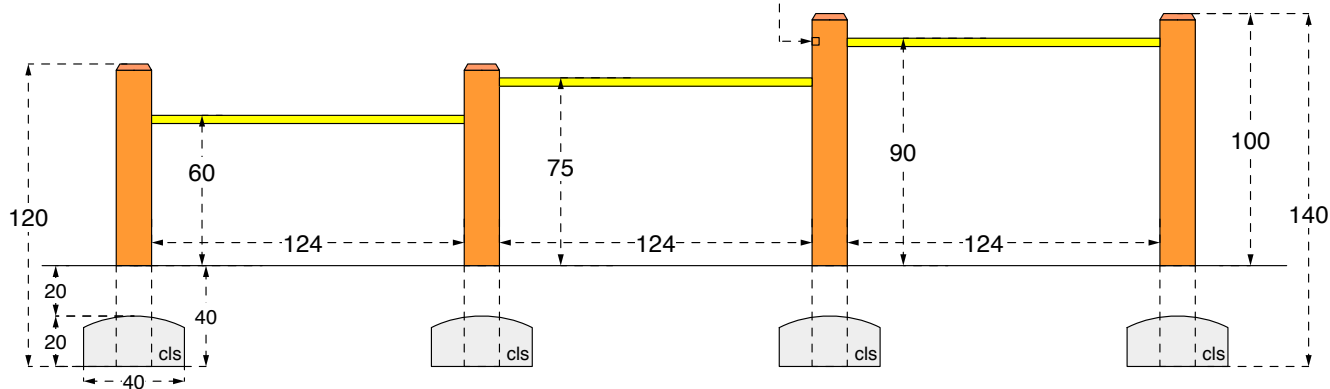
Leaning first one leg then the other on the bar, bend at the waist forward and backward.

Das gestreckte Bein auf den Balken legen, den Oberkörper vor- und rückwärts bewegen, nach 5 x Beinwechsel.

5

LEGNOLANDIA

barra interna Ø 10 mm
passante con dadi
incassati e tappi



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