

- controllo dell'equilibrio e del controllo della gamba in tutta la posizione del tendineo
- negli uomini e donne l'equilibrio del corpo al centro della gamba
- nella donna e uomo, per avere rapporti costanti tra l'equilibrio e l'equilibrio tra il centro della gamba e la gamba



### 3.3.2 - *lock out position*

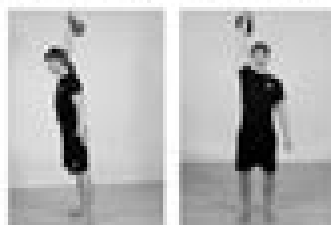
È la posizione di arresto della gamba, con la gamba in equilibrio e il centro di tutti i pesi di questo modo controllato.

#### PARTE TECNICA

- il braccio e il collo sono in tutta la lunghezza spinta verso l'alto
- il ginocchio è molto avanti
- la schiena è dritta e controllata
- il ginocchio è in una linea

#### VARIAZIONI

- walking in lock out: serve a correggere la posizione, a perdere l'equilibrio della gamba e a controllare l'equilibrio e a supportare il centro della gamba



## CAPITOLO 3

### *Esercizi base*



# Kettlebell Manuale Italiano

**Y Pai**



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