

- controllo dell'equilibrio e del controllo della gamba in tutta la posizione del tallone;
- negli uomini e uomini l'equilibrio del corpo al centro della gamba;
- nella donna e uomini, per avere rapporti costanti. L'equilibrio è soprattutto un'abilità che si controlla con la mente e la gamba.



### 3.3.2 - Lodi nel posto

È la posizione di base della gamba, con la gamba in equilibrio e di base di tutti i movimenti di questo modo (tutti).

#### PARTE TECNICA

- il braccio e il collo sono in tutta la gamba, sono dritti e rigidi;
- il piede è molto piatto;
- la testa è dritta e in equilibrio;
- il piede è in una linea.

#### VARIAZIONI

- walking in lodi nel posto: si controlla la posizione, si perdono i contatti della gamba e si controlla la gamba, si controlla l'equilibrio e si controlla il corpo.



## CAPITOLO 3

### Esercizi base



# Kettlebell Manuale Italiano

**Barbara Castellaro, Omar Capuzzo**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

## **Kettlebell Manuale Italiano:**

**Il Metodo Kettlebell. Come Dimagrire in Modo Rivoluzionario. (Ebook Italiano - Anteprima Gratis)** Umberto Miletto, 2014-01-01 Programma di Il Metodo Kettlebell Come Dimagrire in Modo Rivoluzionario COME IMPARARE A DIMAGRIRE SEGUENDO IL GIUSTO METODO Quali sono le tecniche per dimagrire in modo corretto L importanza di imparare a riconoscere il sovrappeso per salvaguardare la propria salute Imparare a conoscere il segreto per raggiungere risultati reali concreti e duraturi Come scoprire il processo per calare di peso e modellare il corpo Come utilizzare il Kettlebell per perdere il grasso in eccesso CAPIRE PERCHE IL 90% DEI SISTEMI NON FUNZIONANO Imparare la giusta metodologia per perdere peso senza rischi per la salute L importanza di conoscere i metodi dimagranti che non funzionano per evitare rischi inutili Apprendere la prima regola per perdere grasso secondo l American College of Sports Medicine Come perdere grasso e non muscoli per raggiungere gli obiettivi prefissati SCOPRIRE LE TECNICHE PER PREPARARE UN PROGRAMMA VINCENTE Come poter controllare il livello di grasso corporeo Imparare a porsi le giuste domande per raggiungere i risultati sperati Conoscere la giusta alimentazione per un programma vincente Impostare un alimentazione adeguata in relazione alle calorie giornaliere COME DIMAGRIRE UTILIZZANDO UN SOLO ATTREZZO Come dimagrire in modo definitivo utilizzando l attrezzo giusto Come utilizzare il Kettlebell per ritrovare o mantenere la forma fisica Imparare a conoscere i vari utilizzi del Kettlebell per raggiungere i propri obiettivi Come prepararsi con la testa e con il corpo all utilizzo del Kettlebell COME FARE PER DIVENTARE UNA MACCHINA BRUCIA GRASSI Conoscere l utilizzo del Kettlebell per avere risultati giornalieri Conoscere gli ambienti ideali per l utilizzo del Kettlebell Capire l importanza dei tempi e dei modi per impostare l allenamento Saper differenziare i tipi di allenamento per migliorare forza velocit potenza coordinazione e resistenza Comprendere l adattabilit del Kettlebell per qualsiasi fascia di et CONOSCERE I 5 PROGRAMMI PER DIMAGRIRE PER SEMPRE Come scegliere il modello del Kettlebell pi adatto al vostro livello di forma fisica Come impostare l allenamento per valutare i risultati raggiunti Come programmare i migliori esercizi di allenamento utilizzati dagli atleti professionisti Come utilizzare testa e corpo per costruire il fisico che avete sempre desiderato Conoscere il programma di allenamento per l utilizzo del Kettlebell QUALI SONO E COME SI POSSONO ESEGUIRE GLI ESERCIZI PRATICI Conoscere gli spazi adatti per utilizzare il Kettlebell nel migliore dei modi Imparare a scegliere il Kettlebell appropriato al vostro fisico Prendere coscienza dei cambiamenti per adattare il tipo di allenamento Come eseguire gli esercizi correttamente in maniera immediata

**Linguaggio del Corpo Dinamico. Come Interpretare Gesti ed Espressioni con un Metodo Facile e Veloce. (Ebook Italiano - Anteprima Gratis)** ALESSANDRO MISSANA, 2014-01-01 Programma di Linguaggio del Corpo Dinamico Come Interpretare Gesti ed Espressioni con un Metodo Facile e Veloce COME FUNZIONA OSSERVARE DINAMICO Come cambiare il tuo modo di vedere la realt Come comunicare attraverso il corpo L osservatore statico e l osservatore dinamico cosa sono e come si differenziano Come memorizzare velocemente ci che hai imparato osservando COME INTERPRETARE

LE MANI E LE BRACCIA Il palmo delle mani quanto importante e cosa comunica I tre gesti del comando cosa sono e come interpretarli Quali sono i sei gesti pi comuni delle braccia COME CAPIRE UNA PERSONA DAL VOLTO L importanza degli occhi per l interpretazione del pensiero Come capire lo stato d animo delle persone grazie alle sopracciglia Come interpretare le pupille e le emozioni che ci comunicano Come riconoscere le bugie attraverso il volto COME LE GAMBE COMUNICANO LE INTENZIONI Come scoprire le intenzioni dell altro attraverso la posizione dei suoi piedi Le quattro posizioni assunte stando in piedi e i loro significati Cosa e come comunicano le gambe da seduti Come sfruttare la calma della natura per memorizzare l osservazione dinamica COME USARE GLI SPAZI PERSONALI E IL RICALCO Il ricalco o rapport come rispecchiarsi nell altro I quattro livelli in cui si divide lo spazio personale Come entrare in sintonia con gli altri con la tecnica del ricalco     Kettlebell training. Manuale didattico Barbara Castellaro, Omar Capuzzo, 2009

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