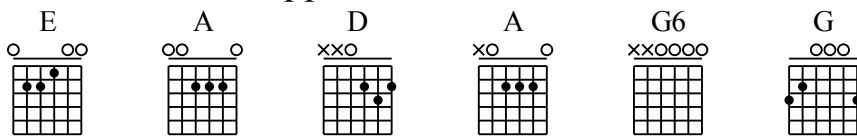


FACILI POSIZIONI IN VELOCITA'

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Moderate

1° ESERCIZIO

1

E A E D A G6 E A E D A G6

TAB

0 0 0 0 2 2 0 0 0 0 2 2 0 0 2 2 0 0 2 2 0 0 2 2 0 0

1 1 2 1 2 2 0 0 1 1 2 2 2 2 2 2 0 0 2 2 2 2 0 0

2 2 2 2 2 2 0 0 2 2 2 2 2 2 2 2 0 0 2 2 2 2 0 0

0 0

2° ESERCIZIO

5

A D A G D G6 A D A G D G6

0 0 2 0 3 3 2 0 0 2 0 3 3 2 0 0 0 0 2 0 3 3 2 0

2 2 2 3 2 2 0 0 2 2 2 3 2 2 0 0 2 2 2 3 2 2 0 0

2 2 2 2 2 2 0 0 2 2 2 2 2 2 0 0 2 2 2 2 2 2 0 0

0 0 0 0 3 3 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

ESERCIZIO GIORNALIERO 90/180 BPM PENNATE ALTERNATE

9

E A E D A G6 A D A G D G6 E A E D A G6 E

0 0 0 0 2 2 0 0 0 0 2 2 0 0 0 0 0 0 2 2 0 0 0 0 0 0 0 0

1 1 2 1 2 2 0 0 2 2 2 3 2 2 0 0 2 2 2 2 2 2 0 0 1 1 2 1 2 2 0 0

2 2 2 2 2 2 0 0 2 2 2 2 2 2 0 0 2 2 2 2 2 2 0 0 2 2 2 2 2 2 0 0

0 0