<!DOCTYPE html PUBLIC "-//W3C//DTD HTML 4.01//EN" "http://www.w3.org/TR/html4/strict.dtd">  
<html><head><title>SKILLS-CALISTHENICS</title>  
  
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<body ;="" background="immagini/bg.jpg" link="#ffffff" vlink="#ffffff">  
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<img src="immagini/logo.jpg" alt=""></center></td>  
<td bgcolor="black">....<big><big><big><big><big><span style="font-family: Agency FB; color: rgb(153, 0, 0);">***&nbsp***;  
<big style="font-weight: bold;"><big><big><big>CALISTHENICS</big></big></big></big></span></big></big></big></big></big></td>  
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<td style="font-family: Agency FB; text-align: center; color: rgb(204, 0, 0);" bgcolor="black"><a href="storia.html"><big><big><big>STORIA</big></big></big></a></td>  
<td style="font-family: Agency FB; text-align: center; color: rgb(204, 0, 0);" bgcolor="black"><a href="atleti.html"><big><big><big>ATLETI</big></big></big></a></td>  
<td style="font-family: Agency FB; text-align: center; color: rgb(204, 0, 0);" bgcolor="black"><a href="skills.html"><big><big><big>SKILLS</big></big></big></a></td>  
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<td><span style="font-family: Agency FB; color: rgb(204, 0, 0); font-size: 22px;"><span style="color: white;"><center><h2><b>PLANCHE</b></h2></center>  
La planche e' una skill che consiste nel rimanere in isometria in posizione retta con il corpo,senza che i piedi tocchino terra, mantenendosi solo ed esclusivamente con le mani a due sbarre   
parallele o appoggiate per terra.</span></span></td>  
<td><img src="immagini/planche.jpg" alt=""></td></tr>  
<tr>  
<td><span style="font-family: Agency FB; color: rgb(204, 0, 0); font-size: 22px;"><span style="color: white;"><center><h2><b>FRONTLEVER</b></h2></center>  
Il Front Lever rappresentata una Skill base del Calisthenics. Eseguito in maniera corretta e' essenziale per il miglioramento del core. Il corpo come nella planche deve rimanere in posizione retta e  
parallela rispetto al terreno, mantenendosi alla sbarra. </span></span></td>  
<td><img src="immagini/front.png" alt=""></td></tr>  
<tr>  
<td><span style="font-family: Agency FB; color: rgb(204, 0, 0); font-size: 22px;"><span style="color: white;"><center><h2><b>BACKLEVER</b></h2></center>  
Il Backlever e' come il front lever ma il corpo si trova con l'addome rivolto verso il pavimento. Questa skill richiede molta mobilita' articolare ed e' molto facile infortunarsi  
nel tentativo di praticarla. </span></span></td>  
<td><img src="immagini/back.jpg" alt=""></td></tr>  
<tr>  
<td><span style="font-family: Agency FB; color: rgb(204, 0, 0); font-size: 22px;"><span style="color: white;"><center><h2><b>HUMAN FLAG</b></h2></center>  
La Humanflag (bandiera) e' una skill statica poco praticata ma comunque importante e didattica. Consiste nel rimanere in isometria con il corpo retto e parallelo rispetto al terreno aggrappandosi ad un palo posto  
perpendicolarmente rispetto al terreno.</span></span></td>  
<td><img src="immagini/flag.jpg" alt=""></td></tr>  
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***&nbsp***;  
Alunno: Domenico di Stasio  
***&nbsp***; ***&nbsp***; ***&nbsp***; ***&nbsp***; ***&nbsp***; ***&nbsp***; ***&nbsp***; ***&nbsp***;   
Classe: 4G  
***&nbsp***; ***&nbsp***; ***&nbsp***; ***&nbsp***; ***&nbsp***; ***&nbsp***; ***&nbsp***; ***&nbsp***;  
Contatti: <a href="mailto:domenico.distasio.mail@gmail.com">domenico.distasio.mail@gmail.com</a>  
***&nbsp***; ***&nbsp***; ***&nbsp***; ***&nbsp***; ***&nbsp***; ***&nbsp***; ***&nbsp***; ***&nbsp***;  
Copyright 2017  
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<center><a href="download/skills.docx">DOWNLOAD CODICE SORGENTE PAGINA</a></center></span></span></td>  
</tr>  
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</body></html>