

## Exercises

### ESERCIZI DI MOBILITÀ E STRETCHING

<https://www.youtube.com/watch?v=5E0OjBhaZMU>

<https://www.youtube.com/watch?v=gMoOIAwGwgc>

<https://www.youtube.com/watch?v=ZpmeZ6D8110>

<https://www.youtube.com/watch?v=J44JS2SC2tc>

<https://www.youtube.com/watch?v=All6EbIU3HU>

### LISTA ESERCIZI, CON LINK, DIVISA PER SETTORE: (in continuo aggiornamento)

Spinta	
Push ups	<a href="https://www.youtube.com/watch?v=IODxDxX7oi4">https://www.youtube.com/watch?v=IODxDxX7oi4</a>
Diamond push ups	<a href="https://www.youtube.com/watch?v=J0DnG1_S92I">https://www.youtube.com/watch?v=J0DnG1_S92I</a>
Dip	<a href="https://www.youtube.com/watch?v=IBHDhk6QmBQ&amp;t=57s">https://www.youtube.com/watch?v=IBHDhk6QmBQ&amp;t=57s</a>
Chest dip	<a href="https://www.youtube.com/watch?v=dX_nSOOJIsE">https://www.youtube.com/watch?v=dX_nSOOJIsE</a>
Skull crash	<a href="https://www.youtube.com/watch?v=Hq0Mf8vAXu8">https://www.youtube.com/watch?v=Hq0Mf8vAXu8</a>
V push ups	<a href="https://www.youtube.com/watch?v=SeAamz8J5rA&amp;t=3s">https://www.youtube.com/watch?v=SeAamz8J5rA&amp;t=3s</a>
Tricep extension	<a href="https://www.youtube.com/watch?v=VYgVTinbx_A&amp;t">https://www.youtube.com/watch?v=VYgVTinbx_A&amp;t</a>
Spartan push up	<a href="https://www.youtube.com/watch?v=a-CVXIMpy_s">https://www.youtube.com/watch?v=a-CVXIMpy_s</a>
Pseudo push up	<a href="https://www.youtube.com/watch?v=C-SML6xnVkl">https://www.youtube.com/watch?v=C-SML6xnVkl</a>
Planche lean push up	<a href="https://www.youtube.com/watch?v=EpRd88mpM_o">https://www.youtube.com/watch?v=EpRd88mpM_o</a>
Archer push up	<a href="https://www.youtube.com/watch?v=Ycbbf7_k7Rc">https://www.youtube.com/watch?v=Ycbbf7_k7Rc</a>
Clap push up	<a href="https://www.youtube.com/watch?v=EYwWCgM198U">https://www.youtube.com/watch?v=EYwWCgM198U</a>
Hindu push up	<a href="https://www.youtube.com/watch?v=CdH5dT12axE">https://www.youtube.com/watch?v=CdH5dT12axE</a>
Handstand push up	<a href="https://www.youtube.com/watch?v=ZQd9R9Dqvts">https://www.youtube.com/watch?v=ZQd9R9Dqvts</a>
Chest fly	<a href="https://www.youtube.com/watch?v=z2tTO848MOI">https://www.youtube.com/watch?v=z2tTO848MOI</a>
Typewriter push up	<a href="https://www.youtube.com/watch?v=PjDEOkGhvD4">https://www.youtube.com/watch?v=PjDEOkGhvD4</a>

Tirata	
Australian pull up	<a href="https://youtu.be/Wi-URg7kBq4?t=34s">https://youtu.be/Wi-URg7kBq4?t=34s</a>
Australian chin up	<a href="https://www.youtube.com/watch?v=DtRBTAcq6hw">https://www.youtube.com/watch?v=DtRBTAcq6hw</a>
Pull up	<a href="https://www.youtube.com/watch?v=eGo4IYlbE5g">https://www.youtube.com/watch?v=eGo4IYlbE5g</a>
Chin up	<a href="https://www.youtube.com/watch?v=bd_A0kDAyK4">https://www.youtube.com/watch?v=bd_A0kDAyK4</a>
Neutral pull up	<a href="https://www.youtube.com/watch?v=81X32bJWT-U">https://www.youtube.com/watch?v=81X32bJWT-U</a>

<b>Bicep curl</b>	<a href="https://www.youtube.com/watch?v=vByJf18acOw&amp;t=43s">https://www.youtube.com/watch?v=vByJf18acOw&amp;t=43s</a>
<b>Head banger(anche con gambe distese)</b>	<a href="https://www.youtube.com/watch?v=8UXHia2EwYo">https://www.youtube.com/watch?v=8UXHia2EwYo</a>
<b>Negative muscle up</b>	<a href="https://www.youtube.com/watch?v=_gXECajymcY">https://www.youtube.com/watch?v=_gXECajymcY</a>
<b>Skin the cat</b>	<a href="https://www.youtube.com/watch?v=jrGdbY58Yoo">https://www.youtube.com/watch?v=jrGdbY58Yoo</a>
<b>Ring rows</b>	<a href="https://www.youtube.com/watch?v=xhlReCpAE9k">https://www.youtube.com/watch?v=xhlReCpAE9k</a>
<b>L pull up</b>	<a href="https://www.youtube.com/watch?v=K9DEd2SSVa8">https://www.youtube.com/watch?v=K9DEd2SSVa8</a>
<b>Ring pull up (l'unica che cambia rispetto alla sbarra)</b>	<a href="https://www.youtube.com/watch?v=ESF3YdVt5RM">https://www.youtube.com/watch?v=ESF3YdVt5RM</a>

<b>Isometrie upper body</b>	
<b>Handstand (wall) hold</b>	<a href="https://www.youtube.com/watch?v=W3ESRgMORXw">https://www.youtube.com/watch?v=W3ESRgMORXw</a>
<b>Inverted hang</b>	<a href="https://www.youtube.com/watch?v=16XU4XAEw08">https://www.youtube.com/watch?v=16XU4XAEw08</a>
<b>Front Lever progression</b>	<a href="https://www.youtube.com/watch?v=47tdNa07VJs">https://www.youtube.com/watch?v=47tdNa07VJs</a>
<b>Support position</b>	<a href="https://www.youtube.com/watch?v=pwDJ3lP6fbo">https://www.youtube.com/watch?v=pwDJ3lP6fbo</a>
<b>Back Lever progression</b>	<a href="https://www.youtube.com/watch?v=r_T4LtZ-bbA">https://www.youtube.com/watch?v=r_T4LtZ-bbA</a>
<b>German hang</b>	<a href="https://www.youtube.com/watch?v=5KaDOUeMY98">https://www.youtube.com/watch?v=5KaDOUeMY98</a>

<b>Addominali a terra</b>	
<b>Crunch</b>	<a href="https://www.youtube.com/watch?v=1V4RXxLHNCY">https://www.youtube.com/watch?v=1V4RXxLHNCY</a>
<b>Twist crunch</b>	<a href="https://www.youtube.com/watch?v=KGCCZ1d8HMU">https://www.youtube.com/watch?v=KGCCZ1d8HMU</a>
<b>Side plank</b>	<a href="https://www.youtube.com/watch?v=NXr4Fw8q60o">https://www.youtube.com/watch?v=NXr4Fw8q60o</a>
<b>V crunch</b>	<a href="https://www.youtube.com/watch?v=8gK_P7b8OO4">https://www.youtube.com/watch?v=8gK_P7b8OO4</a>
<b>Floor leg raise</b>	<a href="https://www.youtube.com/watch?v=hXPSNR6tHBE">https://www.youtube.com/watch?v=hXPSNR6tHBE</a>
<b>Spider plank</b>	<a href="https://youtu.be/HVyHcalg61g">https://youtu.be/HVyHcalg61g</a>
<b>Floor windshield wiper</b>	<a href="https://www.youtube.com/watch?v=Fuccu9GFO6g">https://www.youtube.com/watch?v=Fuccu9GFO6g</a>
<b>Reverse crunch/Leg lift</b>	<a href="https://www.youtube.com/watch?v=3waKoMSctJ8">https://www.youtube.com/watch?v=3waKoMSctJ8</a>
<b>Plank</b>	<a href="https://www.youtube.com/watch?v=pSHjTRCQxIw">https://www.youtube.com/watch?v=pSHjTRCQxIw</a>
<b>L-sit</b>	<a href="https://www.youtube.com/watch?v=xBucFFoFtRE">https://www.youtube.com/watch?v=xBucFFoFtRE</a>
<b>Hollow position</b>	<a href="https://www.youtube.com/watch?v=UQyStWLw0vU">https://www.youtube.com/watch?v=UQyStWLw0vU</a>
<b>Mountain climber</b>	<a href="https://www.youtube.com/watch?v=nmwgirgXLYM">https://www.youtube.com/watch?v=nmwgirgXLYM</a>

<b>Gambe</b>	
<b>Squat</b>	<a href="https://www.youtube.com/watch?v=xfyxEaUWo3M">https://www.youtube.com/watch?v=xfyxEaUWo3M</a>
<b>Lunges</b>	<a href="https://www.youtube.com/watch?v=7SMzPn4LGjQ">https://www.youtube.com/watch?v=7SMzPn4LGjQ</a>
<b>Bulgarian squat</b>	<a href="https://www.youtube.com/watch?v=2C-uNgKwPLE">https://www.youtube.com/watch?v=2C-uNgKwPLE</a>

<b>Calf raises</b>	<a href="https://www.youtube.com/watch?v=Tla2ScHQgu0">https://www.youtube.com/watch?v=Tla2ScHQgu0</a>
<b>Pistol squat</b>	<a href="https://www.youtube.com/watch?v=y0iFWSqxt8M">https://www.youtube.com/watch?v=y0iFWSqxt8M</a>

<b>Addominali alla sbarra/anelli</b>	
<b>Bar side crunch</b>	<a href="https://youtu.be/QaClNF3bMpY?t=10s">https://youtu.be/QaClNF3bMpY?t=10s</a>
<b>Bal L-sit</b>	<a href="https://www.youtube.com/watch?v=g5xc65dOSg8">https://www.youtube.com/watch?v=g5xc65dOSg8</a>
<b>Windshield wiper</b>	<a href="https://youtu.be/af-20PyuwgI?t=30s">https://youtu.be/af-20PyuwgI?t=30s</a>
<b>Bar full leg raise</b>	<a href="https://www.youtube.com/watch?v=kYisFI Rohz4">https://www.youtube.com/watch?v=kYisFI Rohz4</a>
<b>Bar side leg raise</b>	<a href="https://www.youtube.com/watch?v=lcjGVX307po&amp;feature=youtu.be&amp;t=5m36s">https://www.youtube.com/watch?v=lcjGVX307po&amp;feature=youtu.be&amp;t=5m36s</a>
<b>Bar half leg raise</b>	<a href="https://youtu.be/lcjGVX307po?t=3m18s">https://youtu.be/lcjGVX307po?t=3m18s</a>
<b>Bar sky touches(solo la parte da 3:18 a 3:19)</b>	<a href="https://youtu.be/QaClNF3bMpY?t=3m18s">https://youtu.be/QaClNF3bMpY?t=3m18s</a>

<b>Palestra</b>	
<b>Alzate laterali</b>	<a href="https://www.youtube.com/watch?v=6sT8LVeGVoc">https://www.youtube.com/watch?v=6sT8LVeGVoc</a>
<b>Alzate frontali</b>	<a href="https://www.youtube.com/watch?v=dJaIUoTP7Nk">https://www.youtube.com/watch?v=dJaIUoTP7Nk</a>
<b>Lento avanti</b>	<a href="https://www.youtube.com/watch?v=UtXp0WMIbbU">https://www.youtube.com/watch?v=UtXp0WMIbbU</a>
<b>Spinta con banda elastica</b>	<a href="https://www.youtube.com/watch?v=EmvJPzR-Vqw">https://www.youtube.com/watch?v=EmvJPzR-Vqw</a>