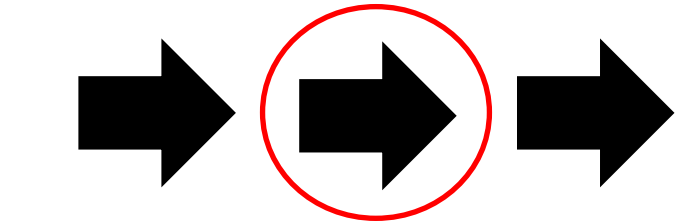
Seleziona «Riproduci dall'inizio» dal menù «Presentazione»

CONTROLLO INIBITORIO E FLESSIBILITÀ

Nelle diapositive seguenti, vedrai delle schermate con delle frecce.

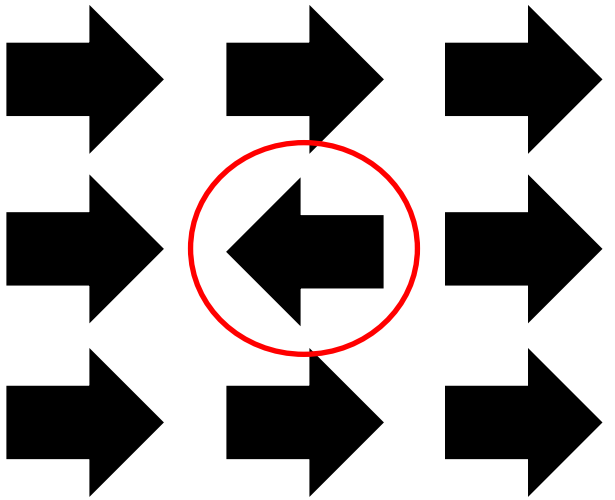
Concentrati sulla freccia in posizione centrale e ***batti un colpo con la mano destra se la freccia punta a destra****, mentre* ***batti un colpo con la mano sinistra se la freccia punta a sinistra****.*

Prima di iniziare facciamo un esempio. Premi la barra spaziatrice per vedere l'esempio.



BATTI CON MANO **DESTRA!**







BATTI CON MANO **SINISTRA!**

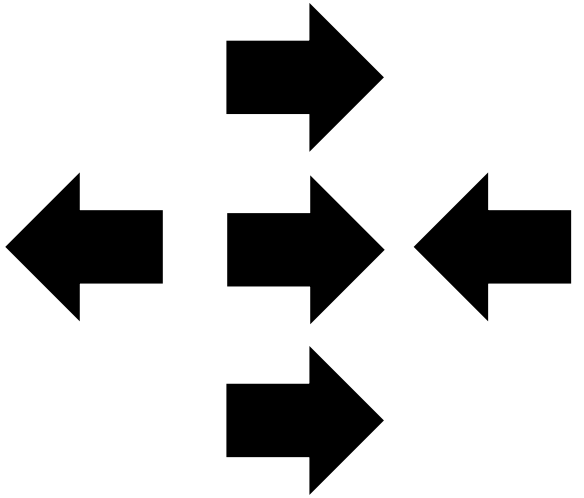
CONTROLLO INIBITORIO E FLESSIBILITÀ

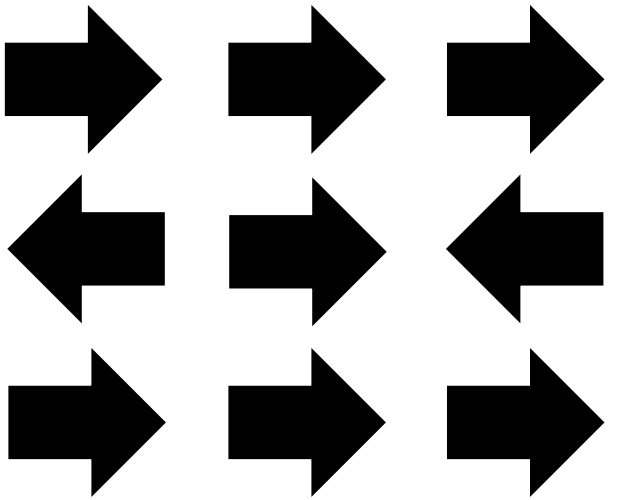
Se hai ben compreso le istruzioni, iniziamo con l'esercizio!

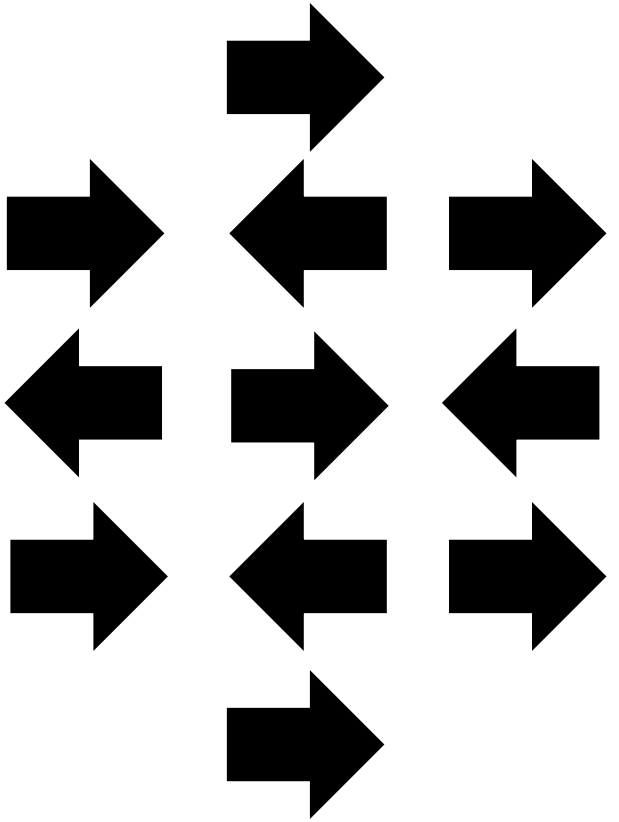
Ricorda: concentrati sulla freccia al centro e ***batti un colpo con la mano destra se la freccia punta a destra****, mentre* ***batti un colpo con la mano sinistra se la freccia punta a sinistra****.*

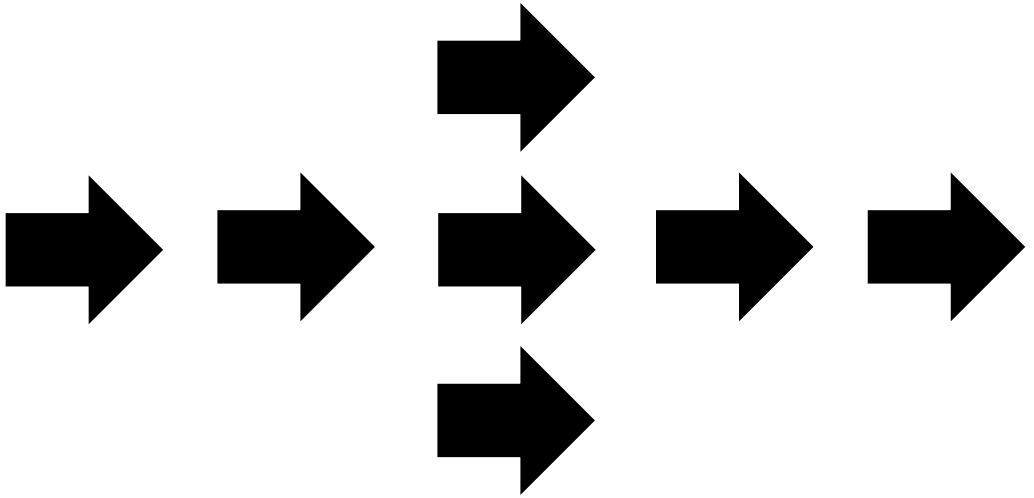
Concentrati sulle frecce, le immagini vanno avanti da sole.

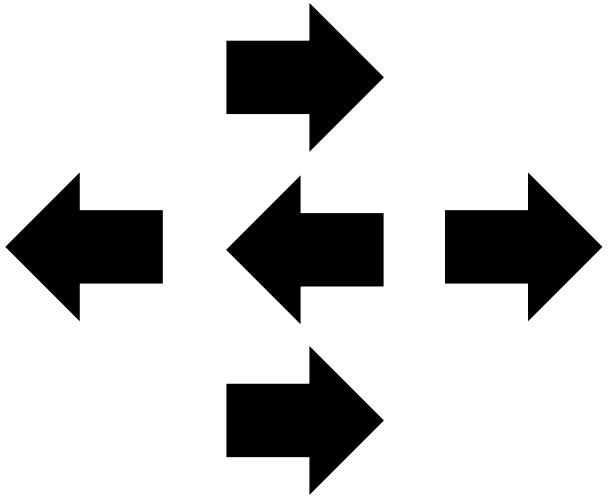
Se sei pronto, premi la barra spaziatrice.

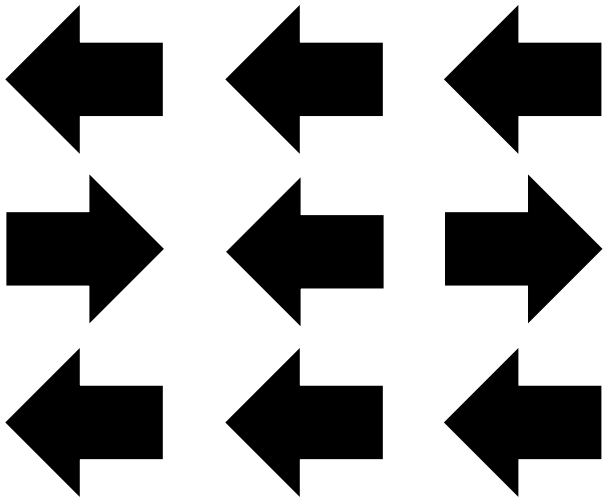


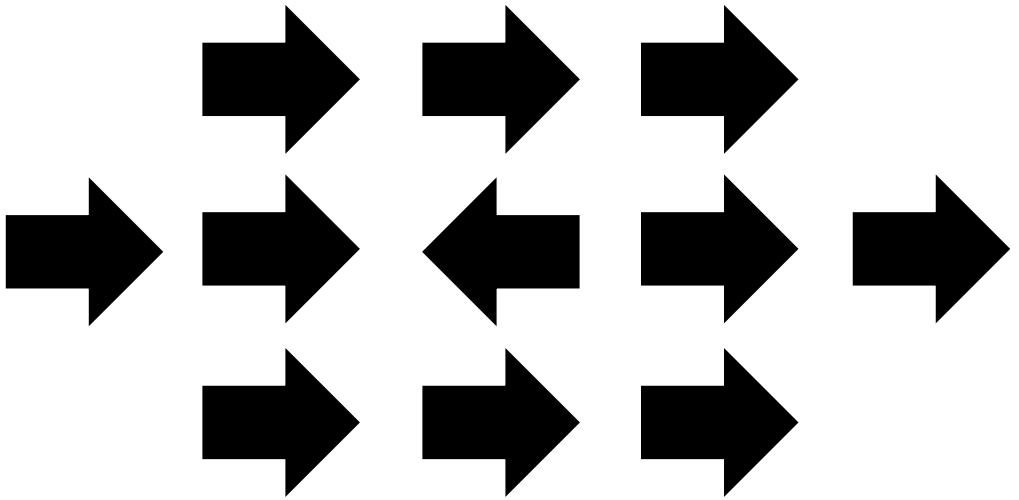


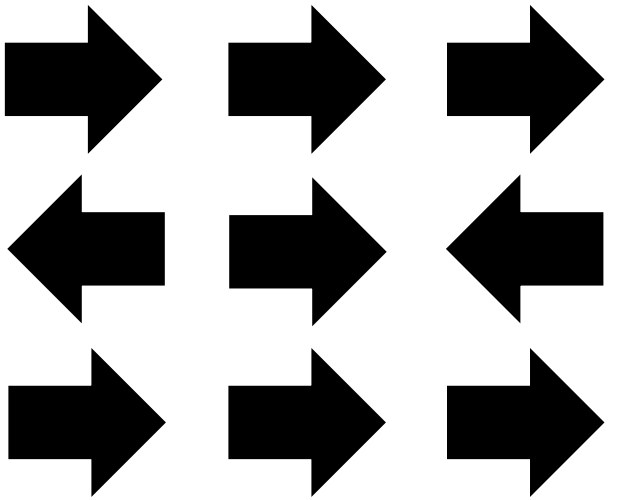


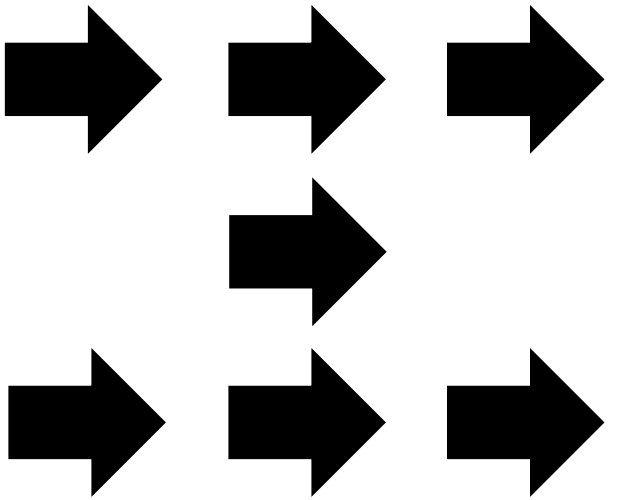


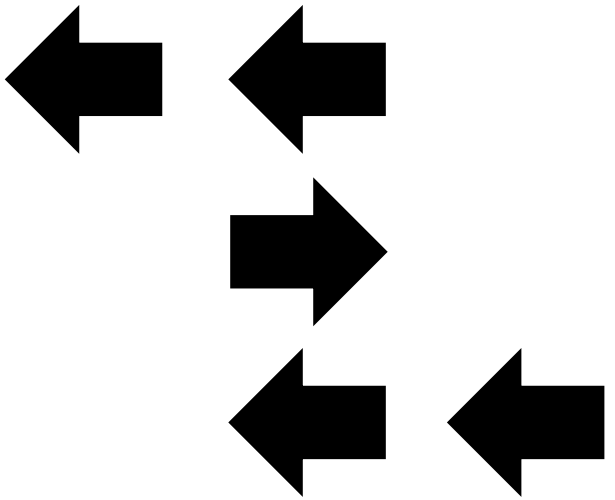


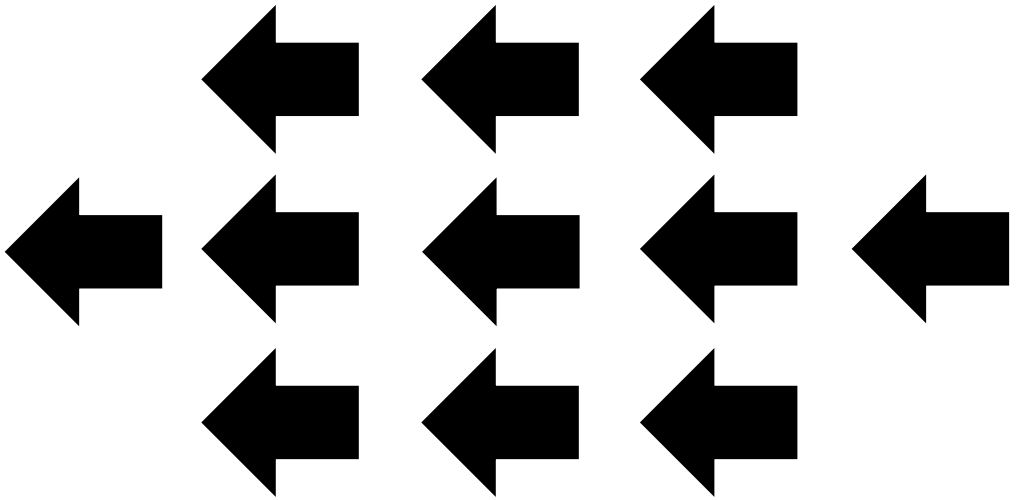


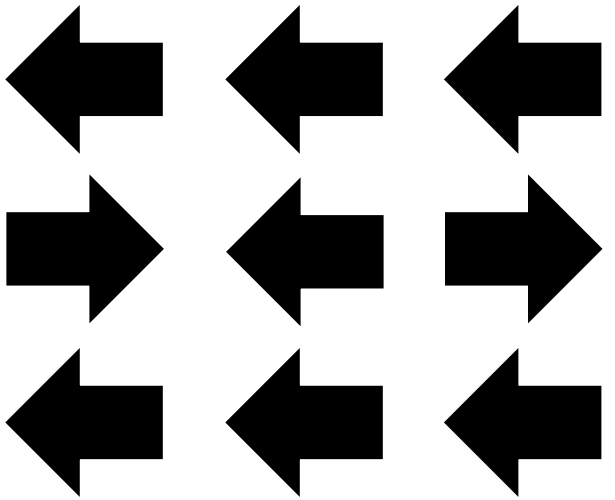


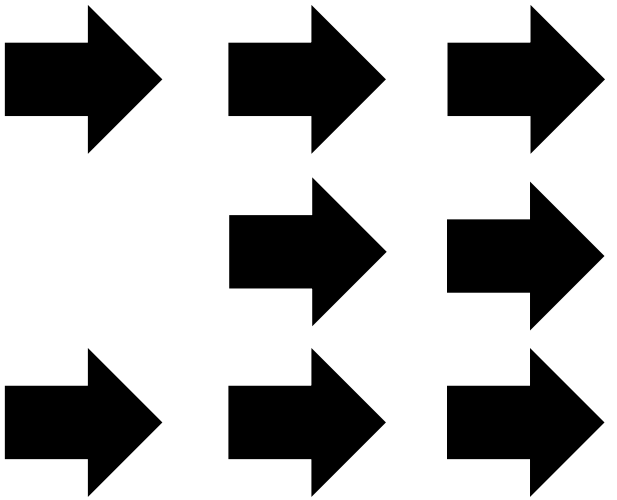


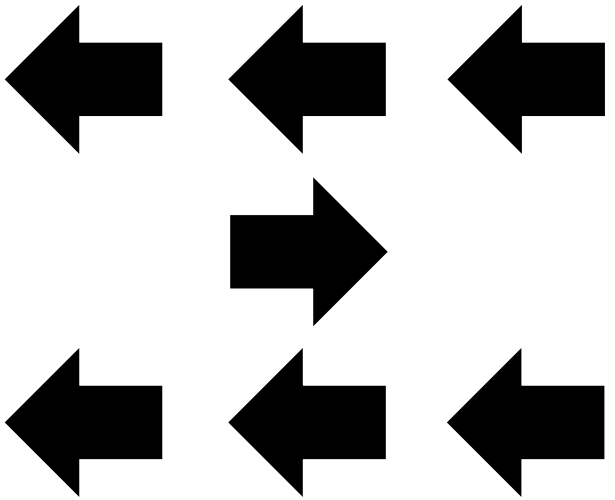


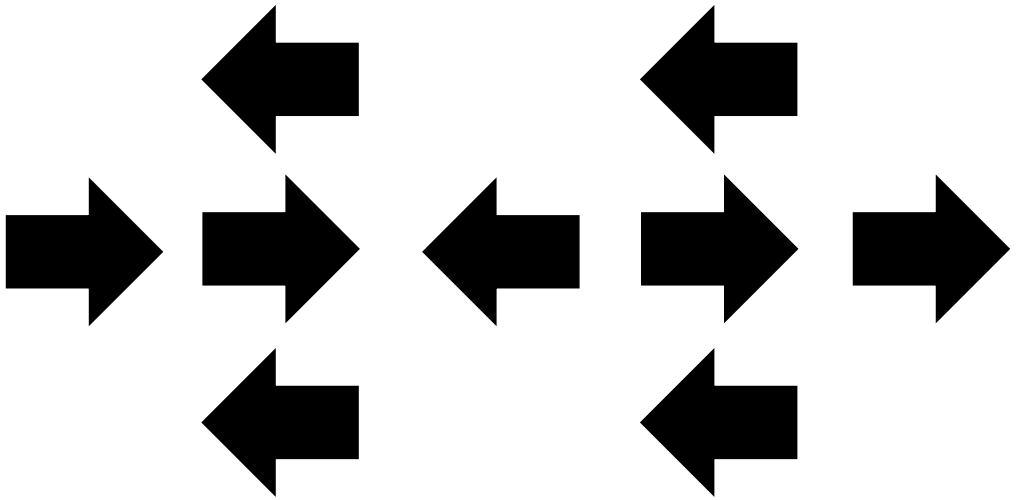


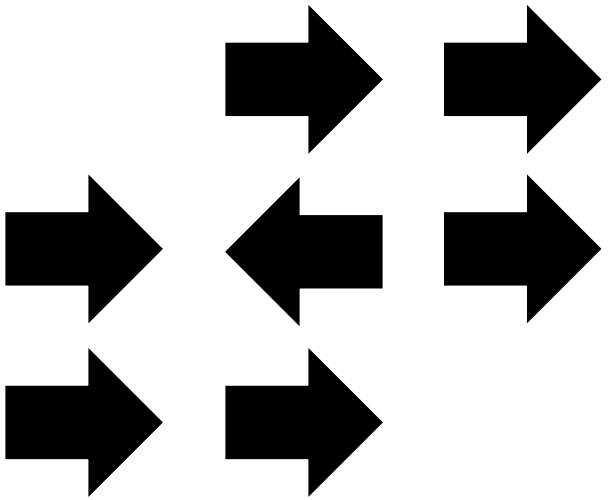


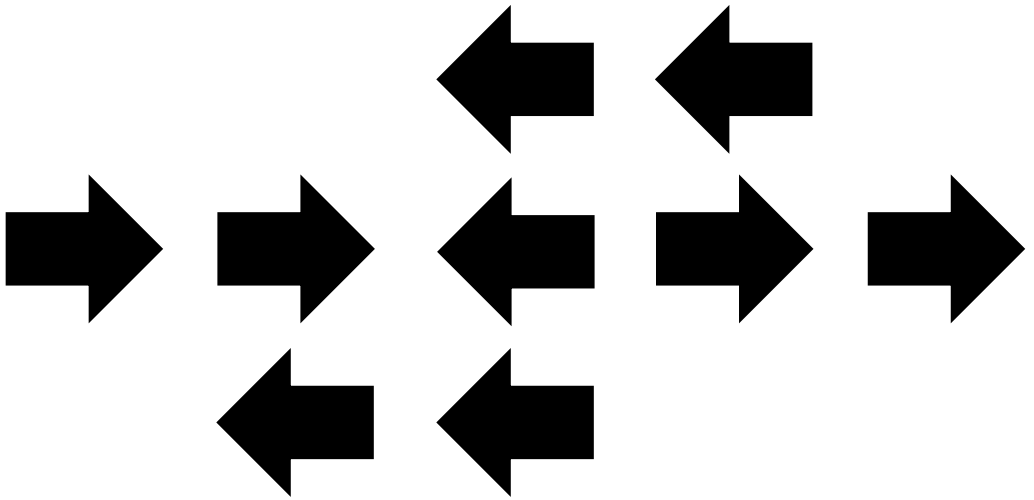


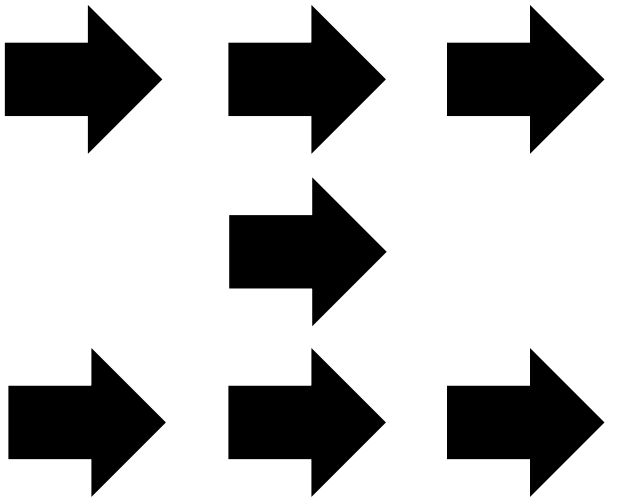


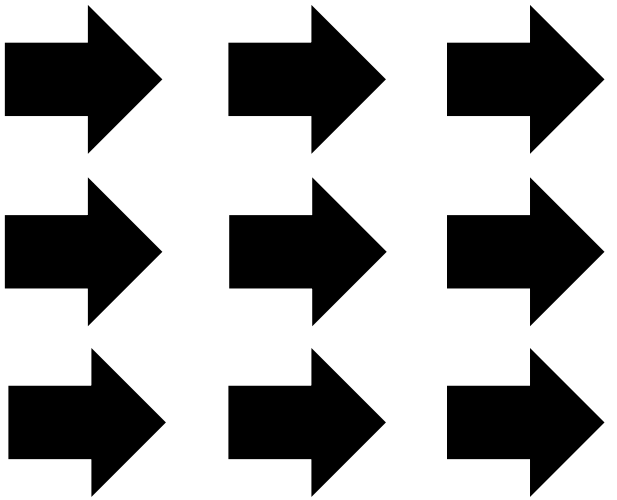


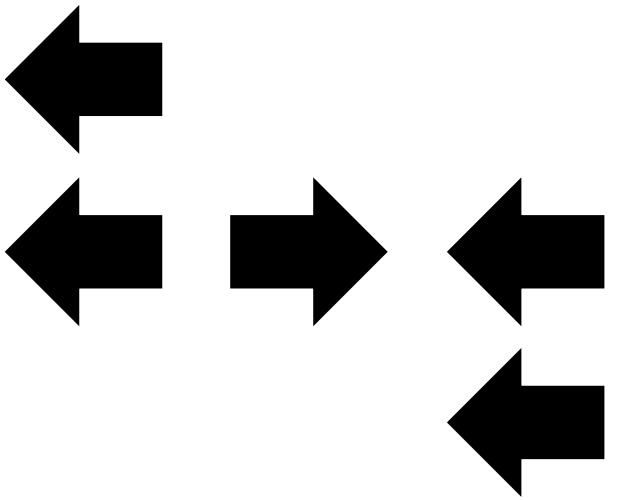


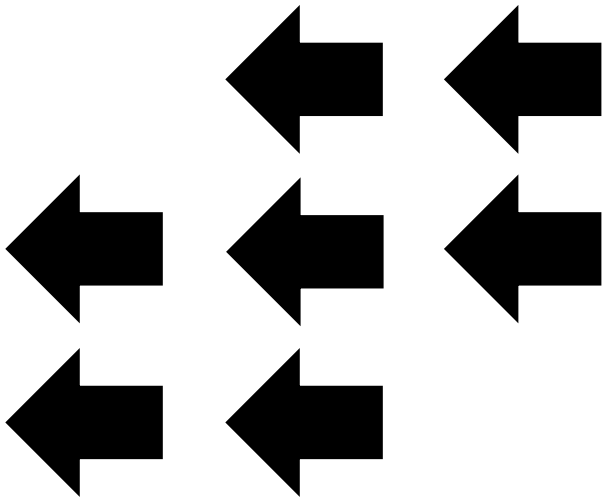


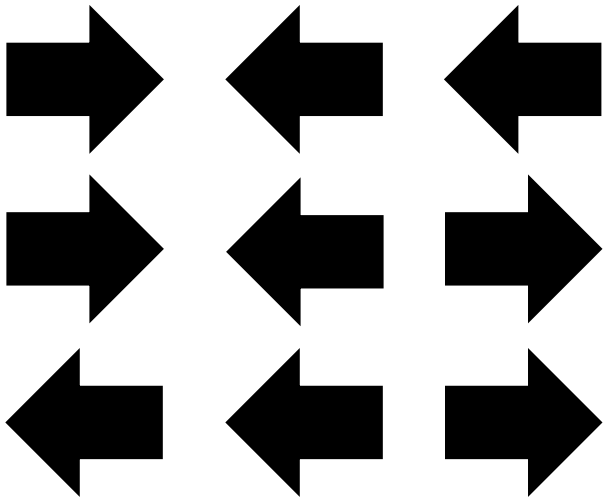


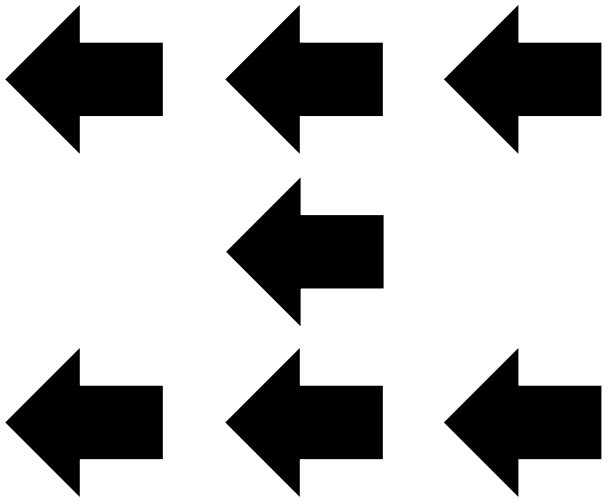


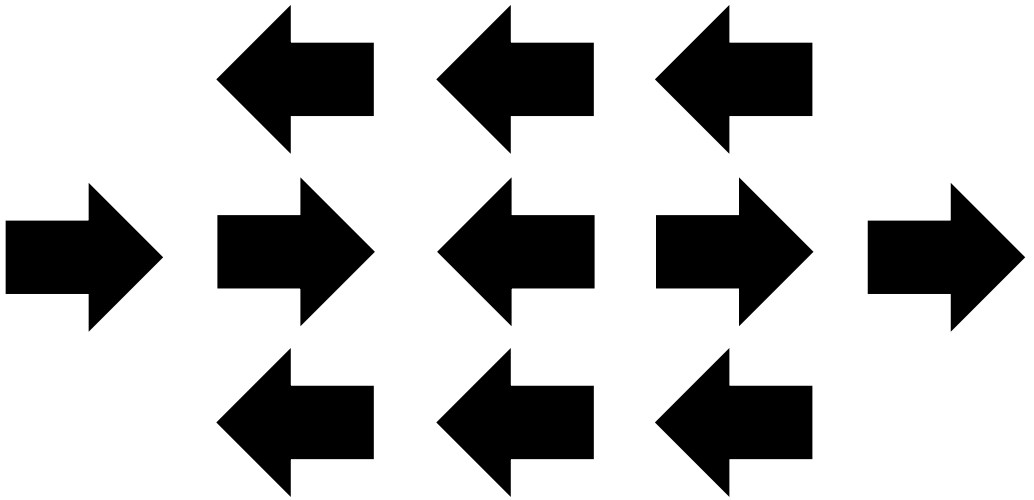


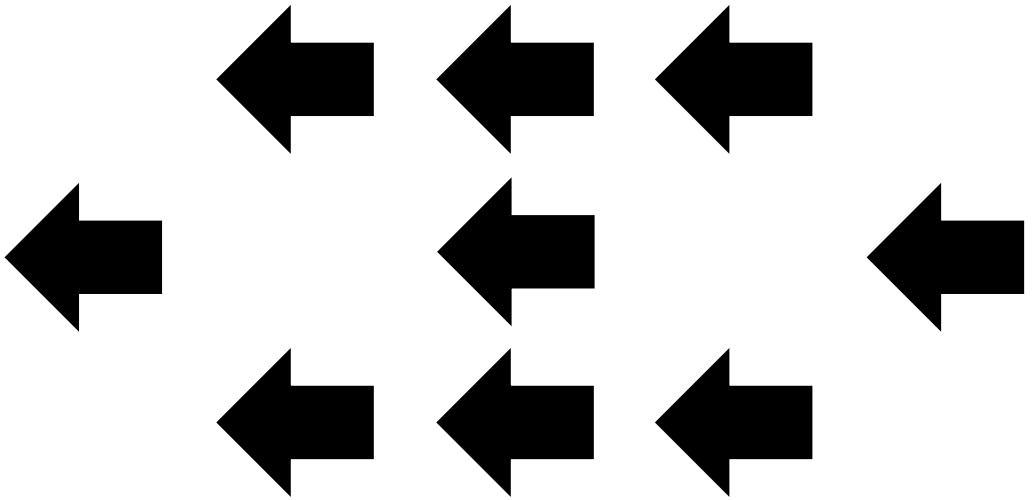


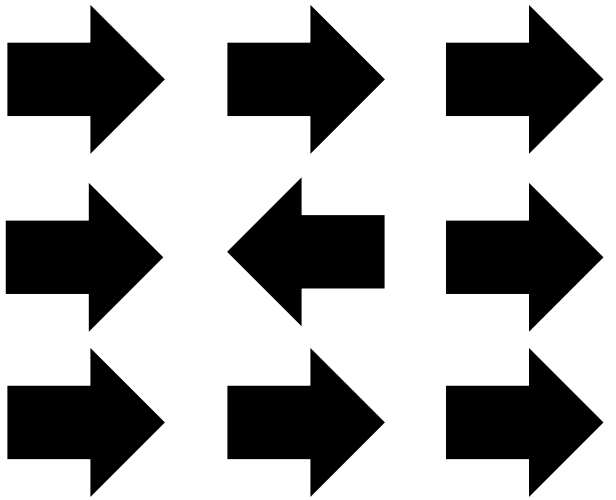


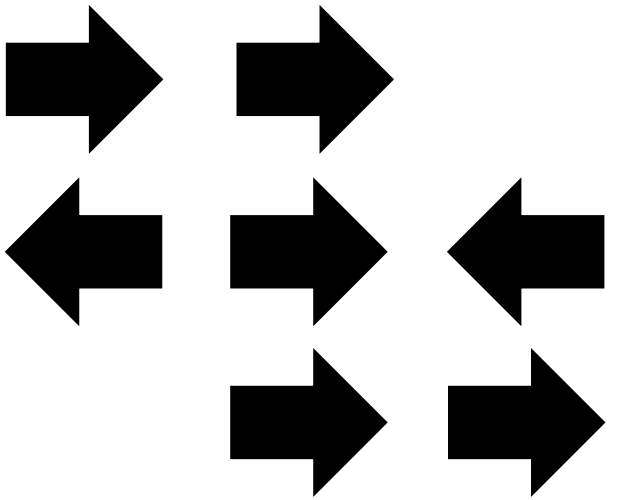


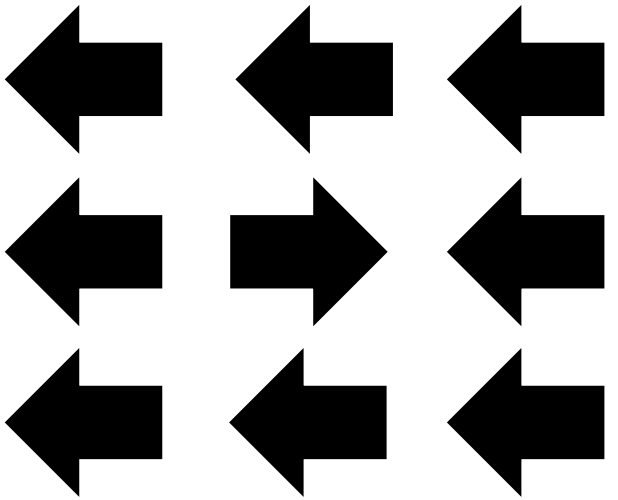


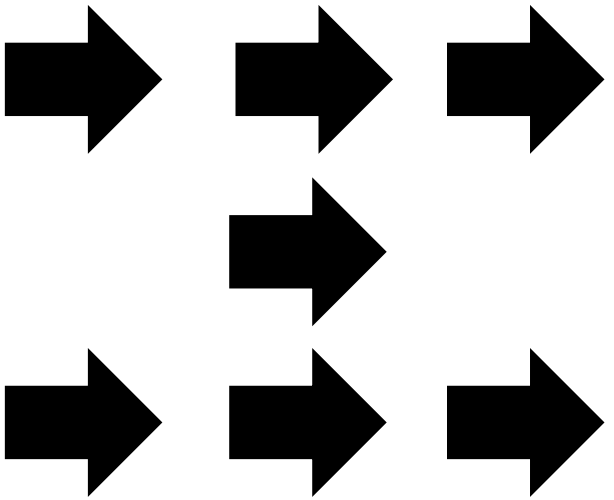


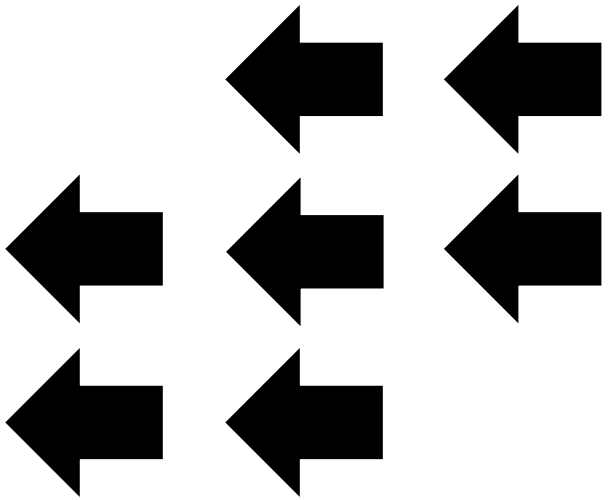


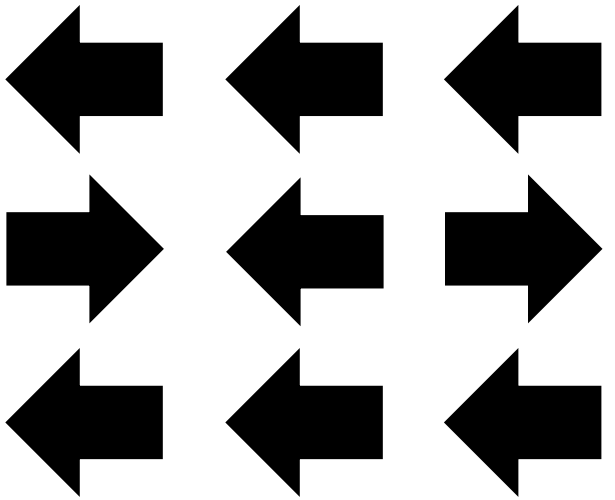


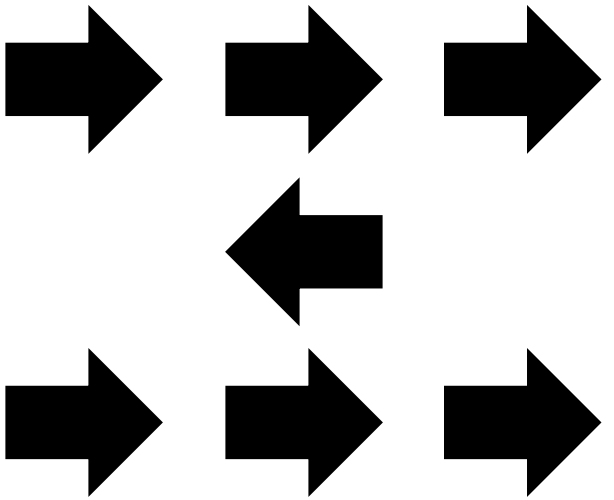


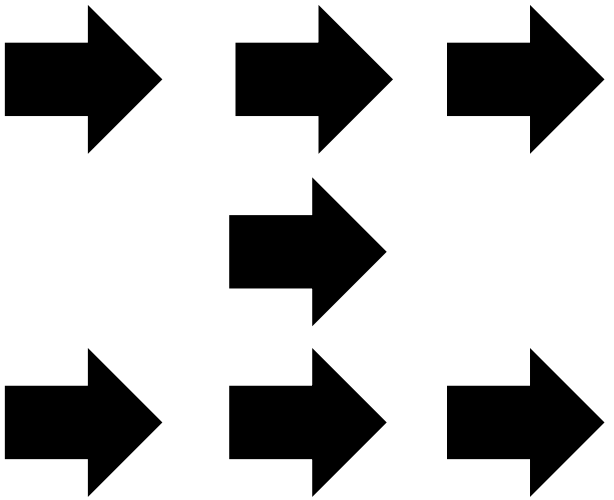


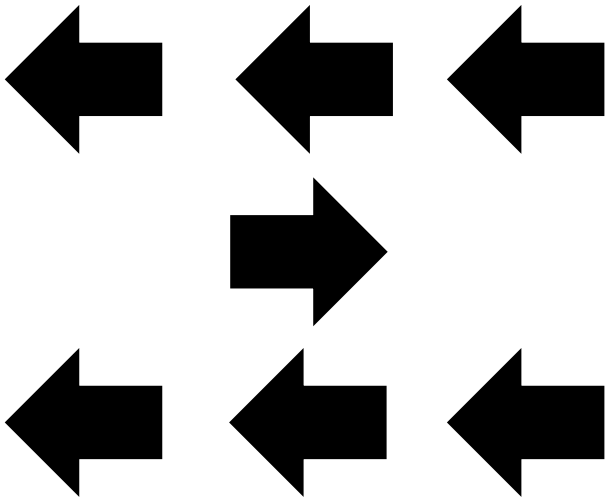












FINE!

Se questo esercizio ti è sembrato facile,
prova fare il livello «medio».