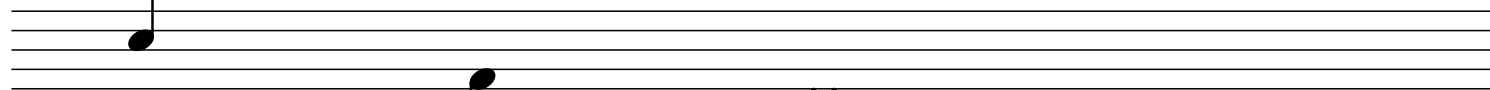


Esercizio di Coordinazione e Indipendenza per fraseggio mani e piedi

Coordination and Independence between hands and feet
velocità iniziale/start speed = 40 bpm


Mani/Hands D(R) = destra(right) S(L) = sinistra(left)

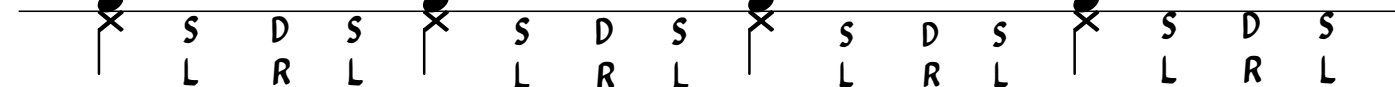


Piede destro
Right foot

Piede sinistro
Left foot

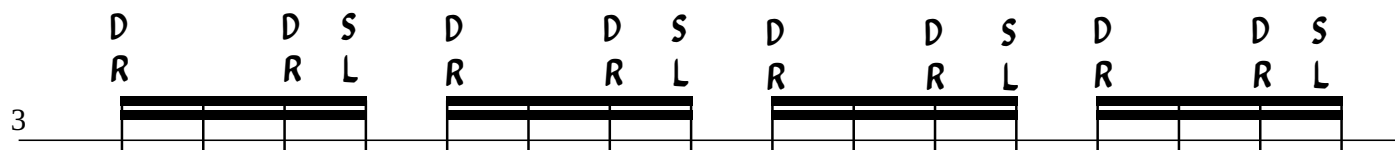
2

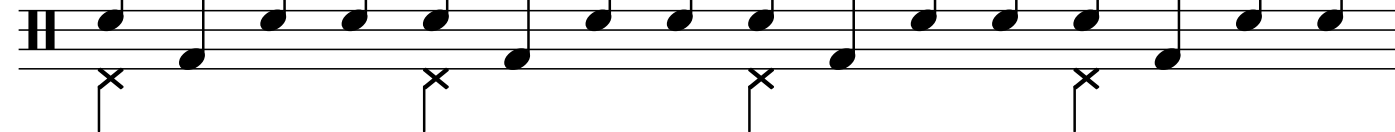
Drs. 



S D S S D S S D S
L R L L R L L R L

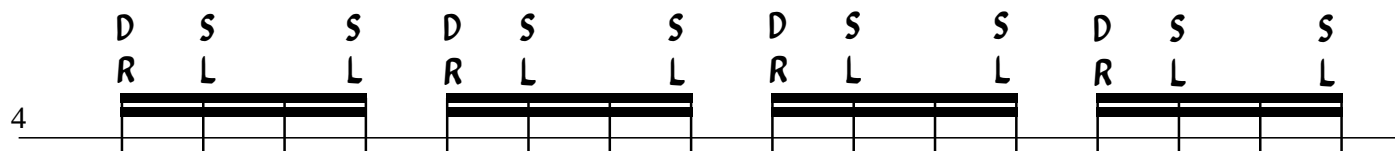
3

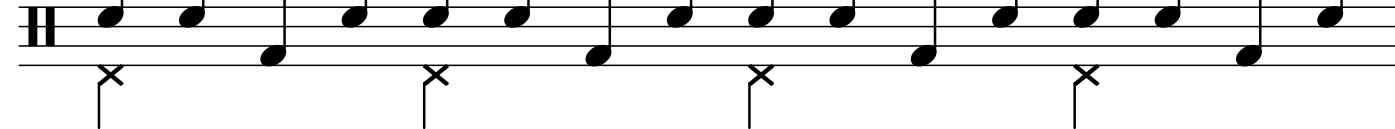
Drs. 



D D S D D S D D S D D S
R R L R L R L R L R L R L


4


Drs. 



D S S D S S D S S D S S
R L L R L L R L L R L L

5

Drs. 



D S D D S D D S D D S D
R L R R L R R L R R L R