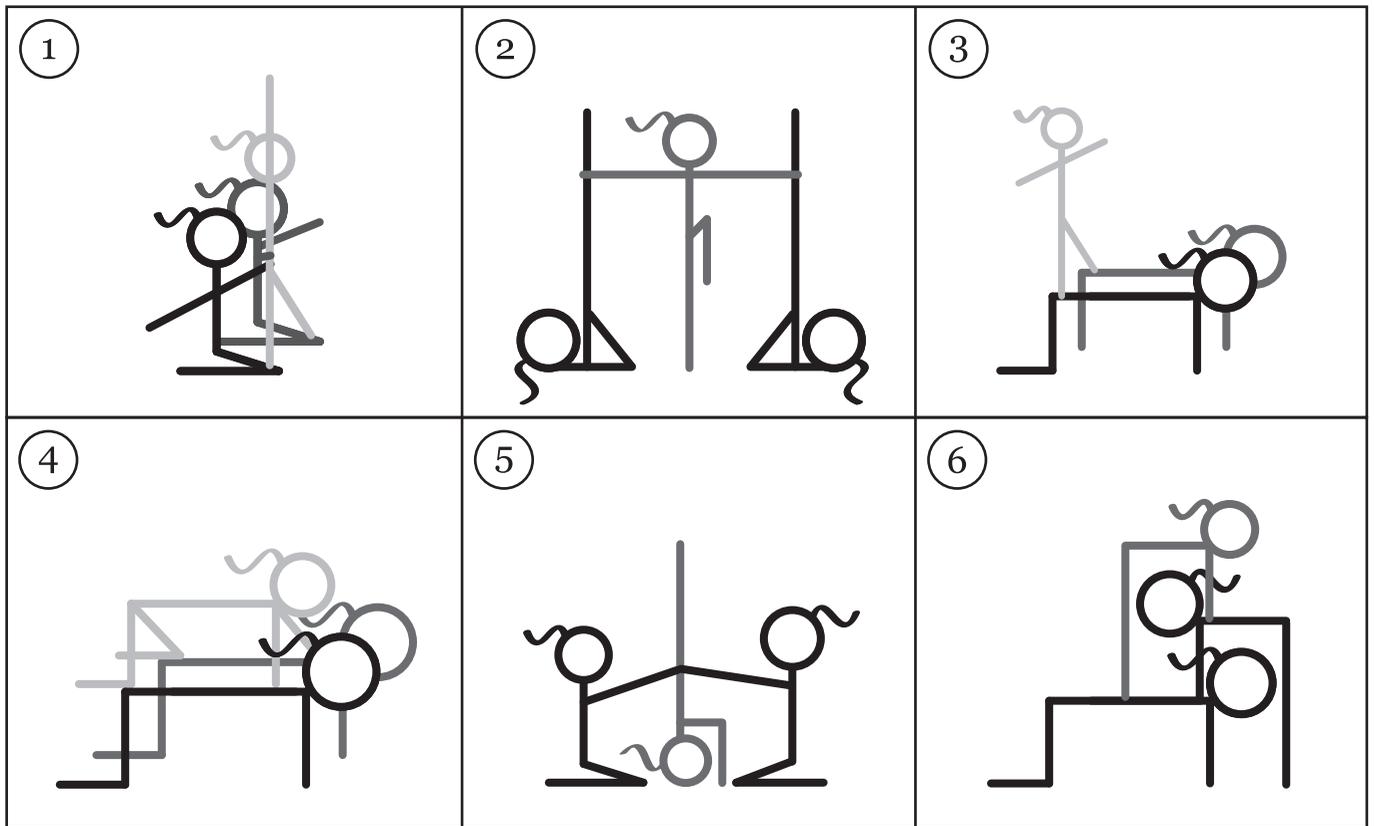
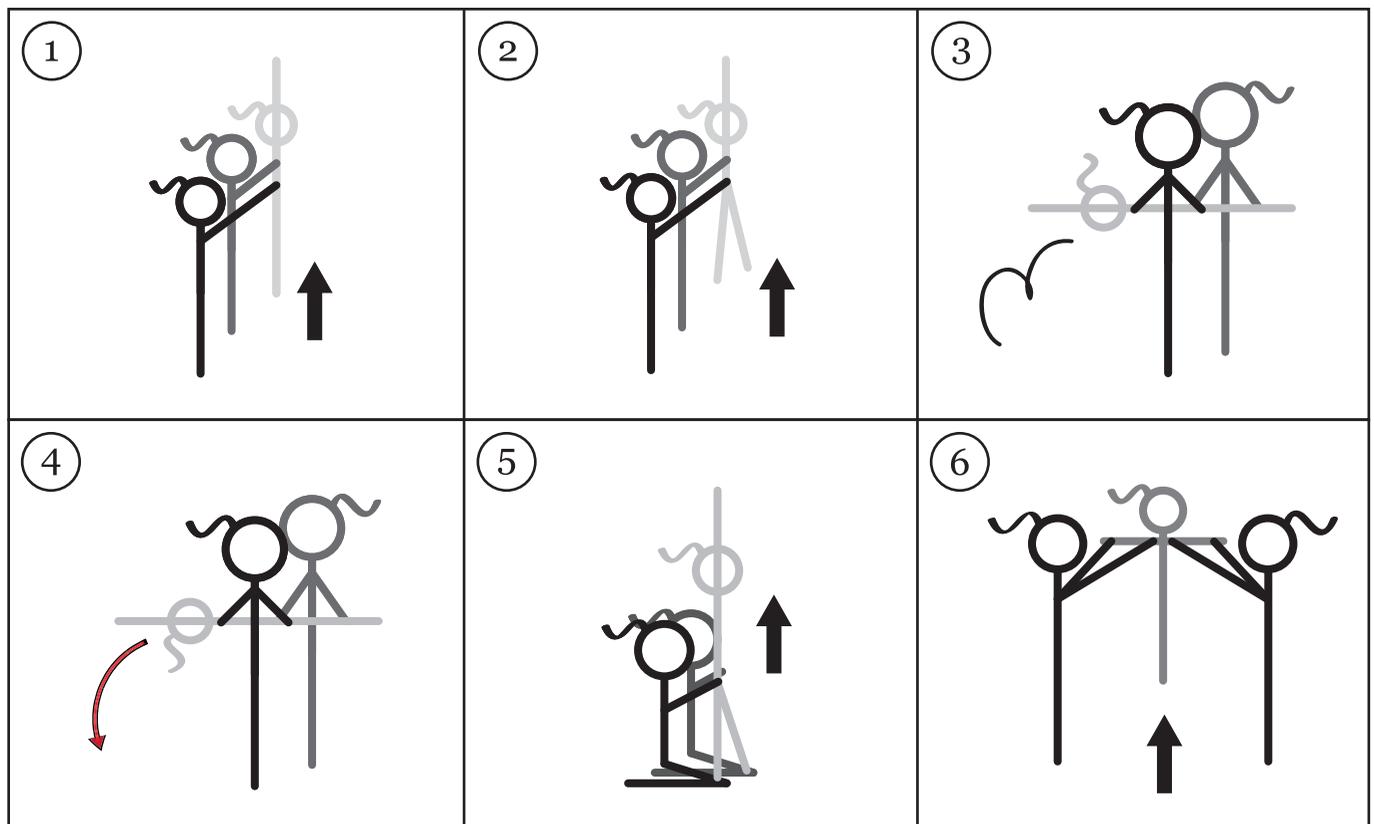


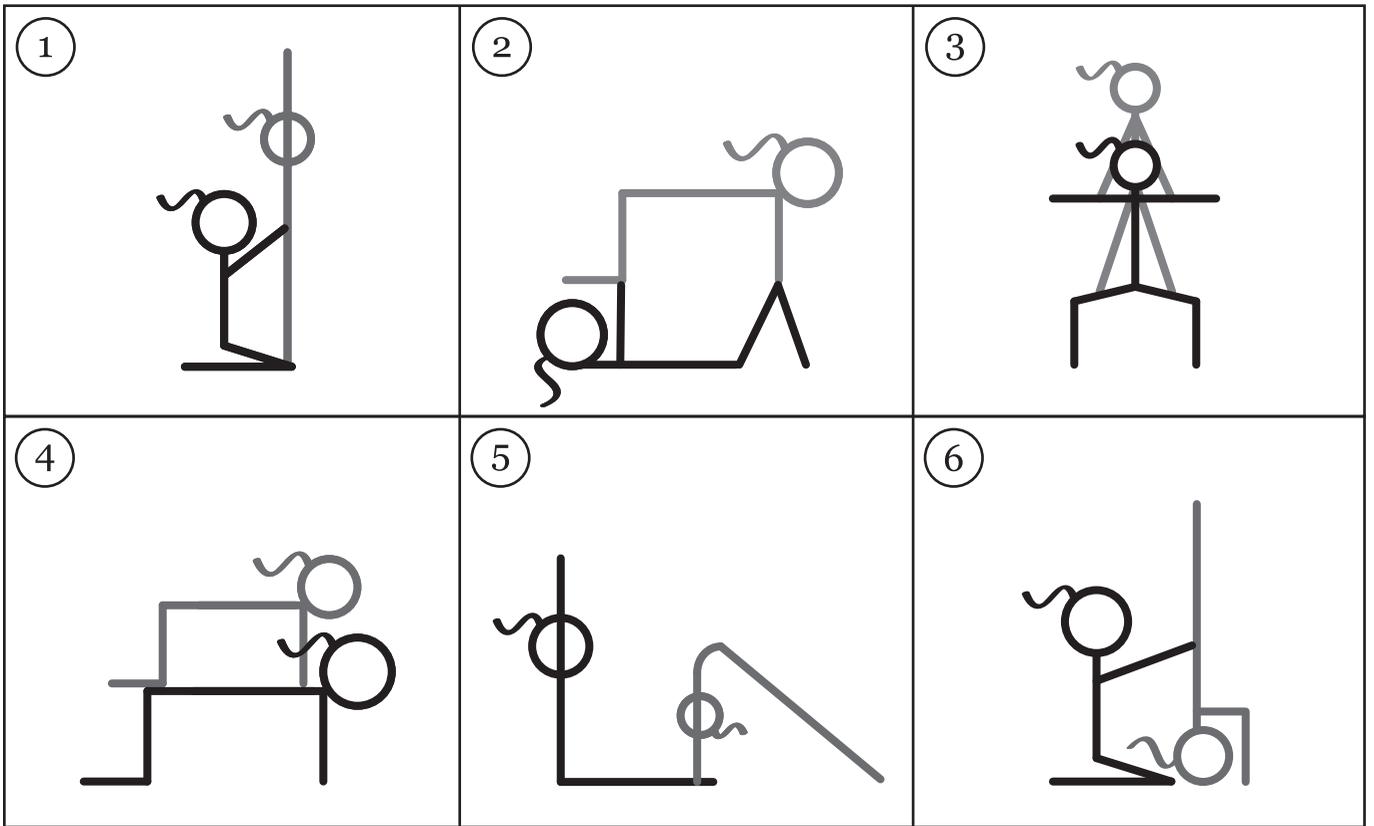
## TRIO: FIGURE STATICHE - 3''



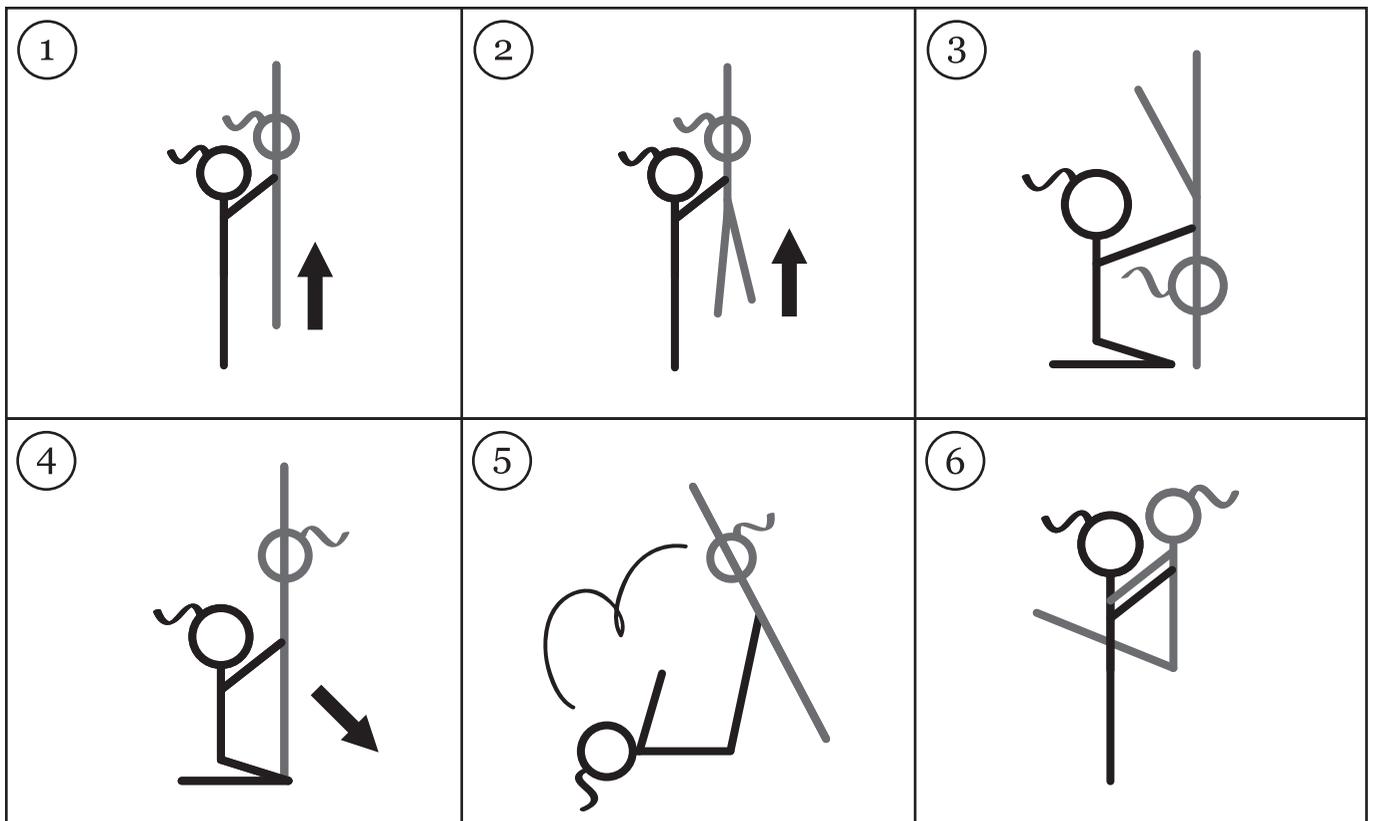
## TRIO: FIGURE DINAMICHE



## DUO: FIGURE STATICHE - 3''



## DUO: FIGURE DINAMICHE



## ELEMENTI INDIVIDUALI ACROBATICI

<p>Capovolta Avanti (partenza e arrivo in piedi)</p>	<p>Capovolta Indietro (partenza e arrivo in piedi)</p>	<p>Ruota</p>	<p>Ponte Rovesciato</p>
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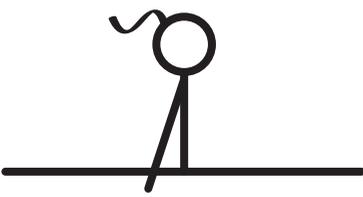
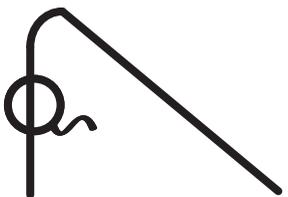
## ELEMENTI INDIVIDUALI GINNICI

<p>Salto Pennello</p>	<p>Salto Pennello 180°</p>	<p>Salto Flesso/Raccolto</p>	<p>Salto del Gatto</p>
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## ELEMENTI INDIVIDUALI DI EQUILIBRIO

 <p>Verticale 3 Appoggi - 2"</p>	 <p>Candela - 2"</p>	 <p>Fenicottero - 2"</p>
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## ELEMENTI INDIVIDUALI DI SCIOLTEZZA

 <p>Staccata Sagittale - 2"</p>	 <p>Schiacciata - 2" (gambe unite o divaricate)</p>	 <p>Ponte - 2"</p>
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