

## 1° Livello Duo

**Scegliere 2 Posizioni Statiche tenute 3" tra le celle S1/S12**

S 1	S 2	S 3	S 4
S 5	S 6	S 7	S 8
S 9	S 10	S 11	S 12

**Scegliere 2 Posizioni Dinamiche tra le celle D1/D12**

D 1	D 2	D 3	D 4
0/4 Front	0/4 Front	0/4 Front Raccolto	0/4 Divaricato
D 5	D 6	D 7	D 8
0/4 Back	0/4 Back	Capovolta tra le gambe Base	Capovolta Avanti
D 9	D 10	D 11	D 12
0/4 Front	1/4 Front	Salita da terra a cosce	Ruota

## 2° Livello Duo

Scegliere 2 Posizioni Statiche tenute 3" tra le celle S1/S12

S 1	S 2	S 3	S 4
S 5	S 6	S 7	S 8
S 9	S 10	S 11	S 12

Scegliere 2 Posizioni Dinamiche tra le celle D1/D12

D 1	D 2	D 3	D 4
0/4 Front	0/4 Front	Capovolta Avanti in Piedi	2 Capovolte "legate"
D 5	D 6	D 7	D 8
0/4 Back	Puntata alla Verticale	0/4 Front o Back + 180°	4/4 Back
D 9	D 10	D 11	D 12
Ruota	Verticale Capovolta	0/4 Front	1/4 Front



## 1° Livello Trio

**Scegliere 2 Posizioni Statiche tenute 3" tra le celle S1/S12**

S 1	S 2	S 3	S 4
S 5	S 6	S 7	S 8
S 9	S 10	S 11	S 12

**Scegliere 2 Posizioni Dinamiche tra le celle D1/D12**

D 1	D 2	D 3	D 4
0/4 Front	0/4 Front	0/4 Front	0/4 Front
D 5	D 6	D 7	D 8
1/4 Front	0/4 Front	Capovolta sotto gambe	0/4 Front Ripresa da Media
D 9	D 10	D 11	D 12
0/4 Back	0/4 Back	1/4 Back	0/4 Back Ripresa da Media

## 2° Livello Trio

**Scegliere 2 Posizioni Statiche tenute 3" tra le celle S1/S12**

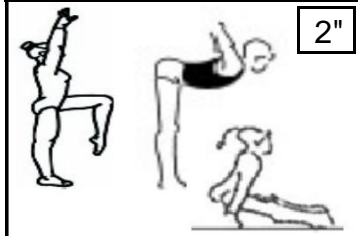
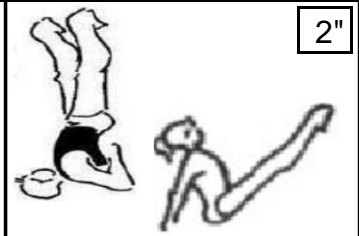
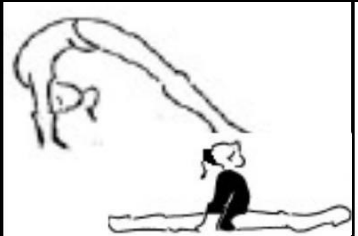
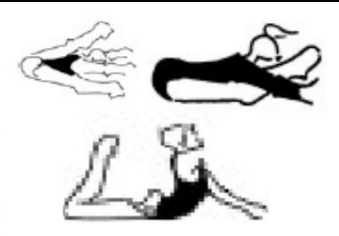
S 1	S 2	S 3	S 4
S 5	S 6	S 7	S 8
S 9	S 10	S 11	S 12

**Scegliere 2 Posizioni Dinamiche tra le celle D1/D12**

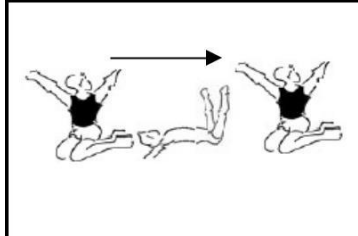
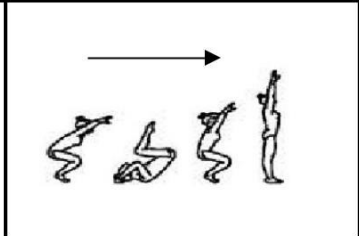
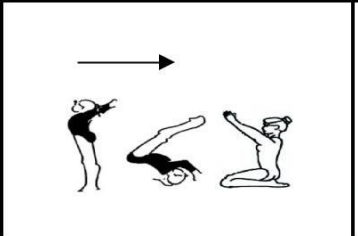
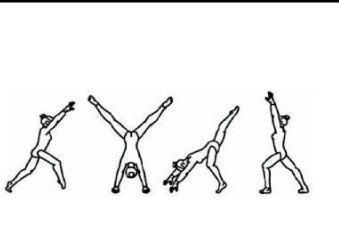
D 1	D 2	D 3	D 4
0/4 Front	0/4 Front	0/4 Front	0/4 Front
D 5	D 6	D 7	D 8
0/4 Back	0/4 Back	1/4 Back	Puntata alla Verticale
D 9	D 10	D 11	D 12
Capovolta Avanti	0/4 Front	1/4 Front	0/4 Front

**1° Livello** Scegliere 1 Elemento per riga

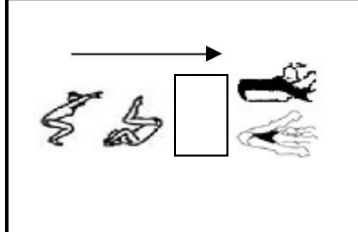
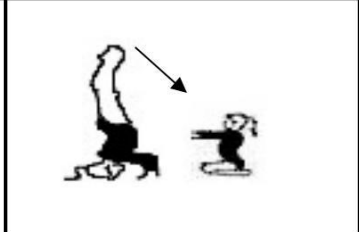
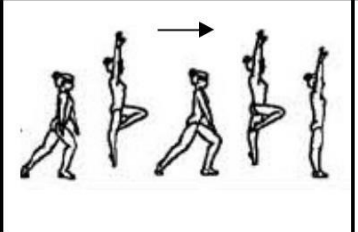
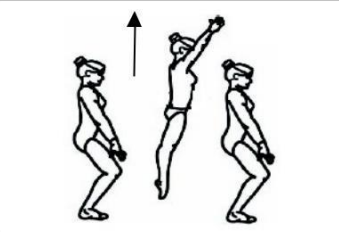
**1° Liv. Equilibrio 2"/Mobilità**

1 	2 	3 	4 
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**1° Liv. Acrobatico**

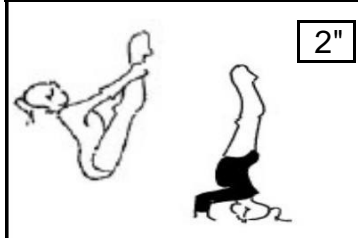
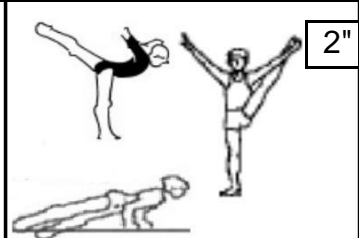
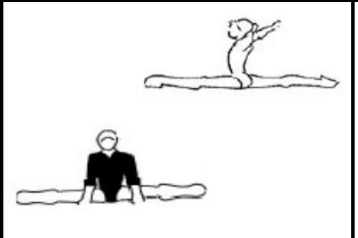
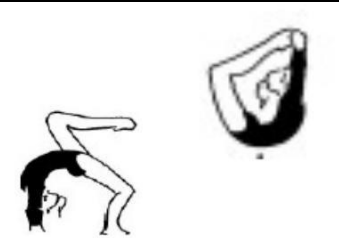
5 	6 	7 	8 
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**1° Liv. Agilità/ Coreografico**

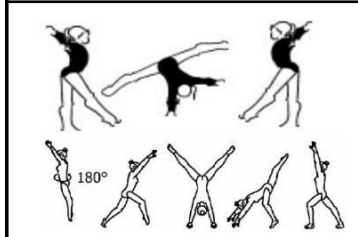
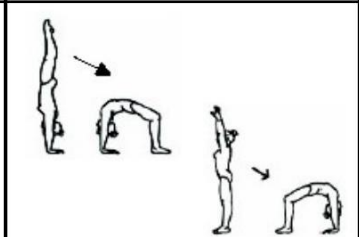
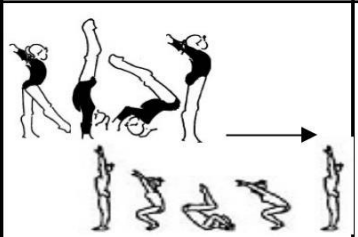

9 	10 	11 	12 
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**2° Livello** Scegliere 1 Elemento per riga

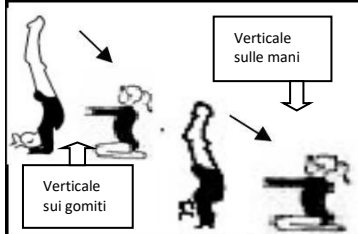
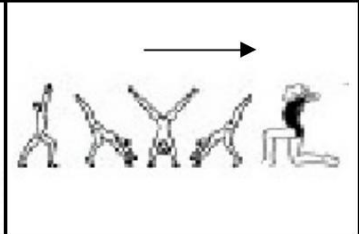
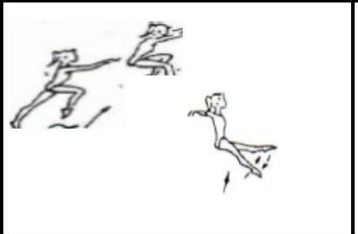
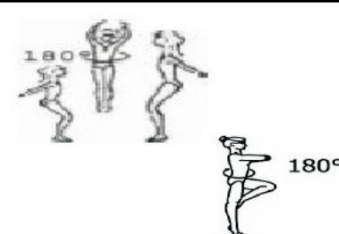
**2° Liv. Equilibrio 2"/Mobilità**

1 	2 	3 	4 
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**2° Liv. Acrobatico**

5 	6 	7 	8 
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**2° Liv. Agilità/ Coreografico**

9  Verticale sulle mani Verticale sui gomiti	10 	11 	12  180°
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