

## ADDUTTORI



Dragonfly



Butterfly



Frog



Lying butterfly



Gecko



Happy Baby



Half Dragonfly



## QUADRICIPITI - FLESSORI DELL'ANCA



Seiza 1



Seiza 2



Seal



Bridge



Half saddle



Dragon



Up Dragon



Tail



Swan



Saddle



Twisting deer

## GLUTEI – TRATTO ILEOTIBIALE



Tight



Loose



Untied



Broken



Deer



Sleeping swan



Eyes of the needle



Butterfly



Spinal Twist – gambe incrociate



Banana

## ISCHIOCRURALI



Caterpillar



Butterfly



Snail



Dangling



## ISCHIOCRURALI (continuazione)



Half butterfly



Half shoelace



Half frog



Hammock



Split

## TORACOLOMBARE (+ CERVICALE)



Caterpillar



Butterfly



Half butterfly



Half shoelace



Half frog



Snail



Dangling



Graceful Bow

## RETTO DELL'ADDOME



Seal



Lizard



Bridge



Dragon



Up Dragon



Tail



Swan



Saddle



Melting heart



Bridge – prop sotto il torace

## OBLIQUI



Spinal Twist



Cat tail



Banana



Mermaid