



TRAINING FOR OUTDOOR

VIDEO	LINK
CHI SONO	https://youtu.be/K1Ejwu7yGq8?si=r2SpWGsXularZ-nl
TEST RESPIRAZIONE	https://www.training4outdoor.it/test-respirazione
SQUAT MOBILITY ROUTINE	https://www.training4outdoor.it/Squatroutine
ESERCIZIO RESPIRAZIONE	https://youtu.be/gS0KfgmOQvA
RESPIRAZIONE TREKKING	https://www.training4outdoor.it/respirazione-ciclica-dispari
ROUTINE CORE STABILITY	https://youtu.be/Or5KrgTMVY
MOBILITY ROUTINE	https://www.training4outdoor.it/mobility-trekking
RINFORZO ALLE GINOCCHIA	https://youtu.be/fKlHngl9a5w