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Lo Stretching fa bene al corpo, può essere fatto ad ogni età, si può fare prima e dopo una sessione di allenamento me anche semplicemente per allungare i muscoli. Infatti è un ottimo rimedio contro lo stress e la stanchezza fisica perchè aiuta il corpo ad essere più leggero e mobile.

A che cosa serve lo Stretching? Ecco tutto quello che ...

Per esempio, se non alleniamo i glutei, è meglio fare solo lo stretching per le gambe. A seguire vi presentiamo i diversi tipi di stiramenti della parte inferiore indispensabili per svolgere una routine di stretching completa. Alcuni presentano delle varianti, infatti possono essere svolti in piedi o da seduti.

Routine di stretching completa: quali ... - Vivere più sani

Per gli sportivi dilettanti è indicato lo stretching statico in quanto consente di acquisire e mantenere una buona flessibilità. Per gli sportivi agonisti lo stretching statico è indicato come riscaldamento o defaticamento, ma è indicato usare il P.N.F. come preparazione specifica, in quanto influisce in misura maggiore sulla mobilità articolare migliorando così la prestazione.

LO STRETCHING - Sport e Medicina

Stretching (pronuncia inglese: ['stɛtʃɪŋ]; pronuncia italiana; /'strettʃɪŋ/) è un termine della lingua inglese (che significa «allungamento, stiramento») usato nella pratica sportiva per indicare un insieme di esercizi finalizzati al miglioramento della flessibilità muscolare, sia come complemento ad altri sport sia come attività fisica autonoma. Gli esercizi di stretching coinvolgono muscoli, tendini, ossa e articolazioni ed in gran parte consistono in movimenti di ...

Stretching (sport) - Wikipedia

Lo stretching è un insieme di esercizi che servono per aumentare la mobilità articolare. Questo tipo di allungamento viene praticato sia in ambito sportivo, come prevenzione, ma anche nell'ambito medico, soprattutto per la riabilitazione. La sua pratica consiste nel bloccare un'articolazione per poi estendere il muscolo interessato.

Che cos'è lo stretching e perché è importante farlo

Gli esercizi di stretching, infine, sono indispensabili nei lunghi tragitti in auto, sia per chi guida sia per i passeggeri: le soste dovrebbero costituire l'occasione per allungare i muscoli.

Le regole per eseguire lo stretching correttamente ...

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Esercizi per il riscaldamento e lo stretching prima di iniziare a

nuotare Con il nuoto si attivano tutti i muscoli e le articolazioni del corpo, andando ad aumentare il ritmo cardiaco. Per ogni sportivo vengono pianificate sessioni mirate, in base all'esigenza del corpo e al livello di intensità dello sport praticato.

Il riscaldamento e lo stretching in piscina: effetti e ...

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Stretching per lo sportivo - Messina Massimo, De Vecchi

...
Ha inserito nello sport a livello professionistico il Massa-Stretching per lo sportivo. Ideatore del massa-stretching antistress, inserito nello sport per il benessere dello sportivo (ansia da prestazione sportiva) Ha lavorato come massaggiatore sportivo antistress e operatore olistico nella pallavolo femminile professioniste serie A1.

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