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COMPLETAMENTO BIBLIOGRAFIE ARTICOLI

FABRIZIO ANSELMO

IL WATER-RUNNING E I METODI ASSOCIATI DI IDROTERAPIA. L'ALLENAMENTO INCROCIATO ALTERNATIVO ALLA CORSA PARTE I - N.54 APRILE 2022

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IL WATER-RUNNING E I METODI ASSOCIATI DI IDROTERAPIA PARTE II – N.55 LUGLIO 2022

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GIANLUCA DICANDIA

ALLENAMENTO PLIOMETRICO E RUOLO DELLA CONTRAZIONE ECCENTRICA

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ERMANNIO RAMPININI

LETTO E COMMENTATO

ASSOCIAZIONE TRA STRUTTURA DEL BICIPITE FEMORALE, LIVELLI DI FORZA E RISCHIO DI INFORTUNIO AGLI HAMSTRING NEL CALCIO.

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