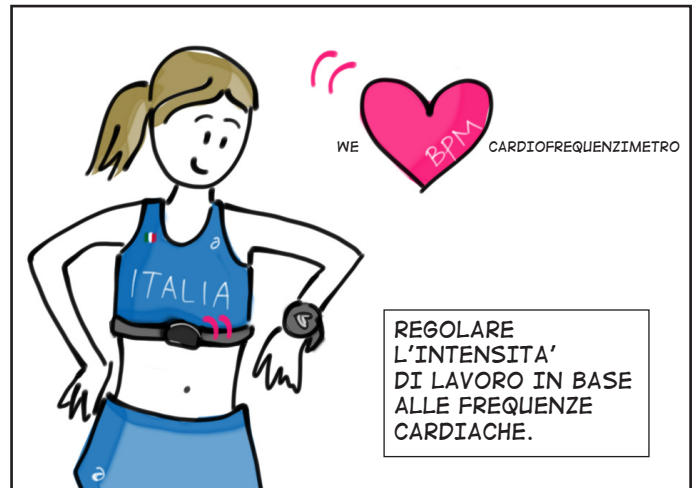
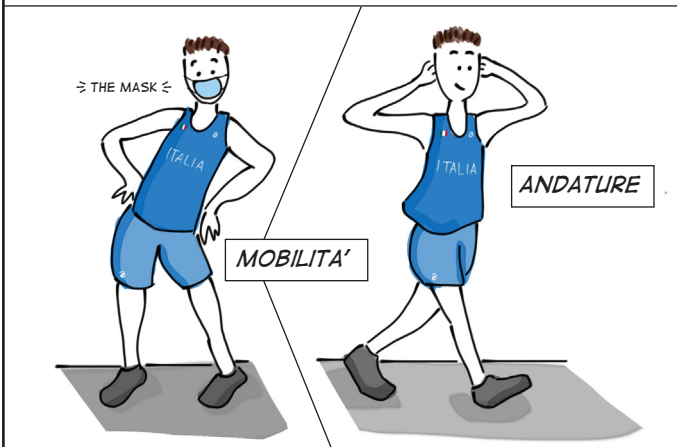
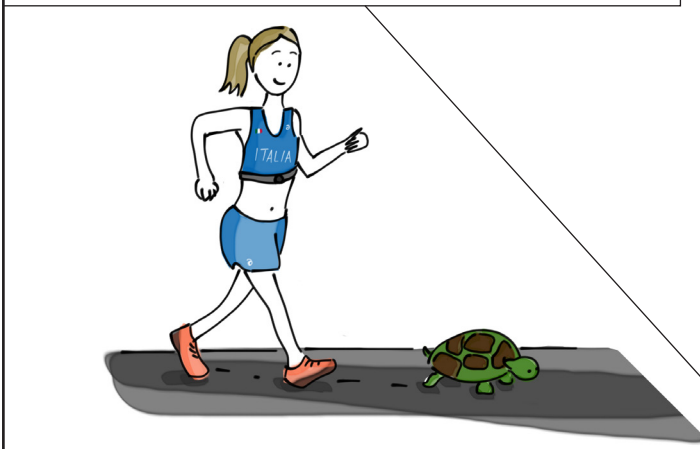


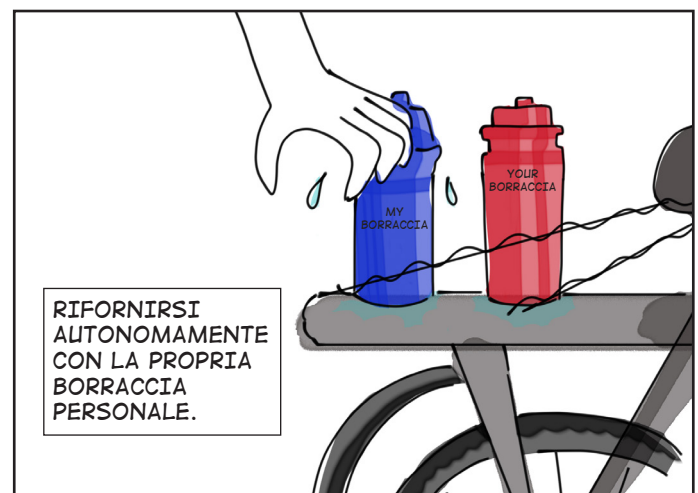
INIZIARE CON UN PRE-RISCALDAMENTO.



LE PRIME SETTIMANE MARCIARE A RITMI LENTI...



INTRODURRE UN'EVENTUALE SALITA DOPO ALMENO DUE SETTIMANE.



MANTENERE SEMPRE LE DISTANZE...

