

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**POLSI 1.0.1**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Titolo/Versione | Bpm = |  |  |  |  |  |  |  |  |  |
| UNIT - 1Studio-1Primi Colpi | 35 |  |  |  |  |  |  |  |  |  |
| Unit – 2Studio – 1Free Stroke | 35 |  |  |  |  |  |  |  |  |  |
| Unit – 3Studio – 1E.S.C. Bin\_Pt-1 | 60 |  |  |  |  |  |  |  |  |  |
| Unit – 4Studio – 1E.S.C. Tern\_Pt-1 | 40 |  |  |  |  |  |  |  |  |  |
| Unit – 5Studio – 1E.S.C. Bin\_Pt-2 | 60 |  |  |  |  |  |  |  |  |  |
| Unit – 6Studio – 1E.S.C. Tern\_Pt-2 | 40 |  |  |  |  |  |  |  |  |  |
| Unit – 7Studio – 1 & 2Gomitata (Unisoni) | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 7Studio – 3 & 4Esercizio per il Doppio Colpo | 40 |  |  |  |  |  |  |  |  |  |
| Unit – 8Studio – 1Costruzione Rullo Singoli Bin | 30 |  |  |  |  |  |  |  |  |  |

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| Unit – 8Studio – 2Preparazione Endurance BinSingoli | 30 |  |  |  |  |  |  |  |  |  |
| Unit – 8Studio – 3Endurance BinSingoli | 30 |  |  |  |  |  |  |  |  |  |
| Unit – 9Studio – 1Costruzione Rullo Bin Dippi | 30 |  |  |  |  |  |  |  |  |  |
| Unit – 9Studio – 2Endurance Bin Doppi Arto Forte | 30 |  |  |  |  |  |  |  |  |  |
| Unit – 9Studio – 3Endurance Bin Doppi Arto Debole | 30 |  |  |  |  |  |  |  |  |  |
| Unit – 10Studio – 1Costruzione Rullo Tern Singoli | 45 |  |  |  |  |  |  |  |  |  |

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| Unit – 10Studio – 2Preparazione Endurance Tern Singoli | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 10Studio – 3Endurance TernSingoli | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 11Studio – 1Costruzione Rullo Tern Doppi | 45 |  |  |  |  |  |  |  |  |  |
| Unit – 11Studio – 2Endurance Tern Doppi Arto Forte | 30 |  |  |  |  |  |  |  |  |  |
| Unit – 12Warm Up #1 | 35 |  |  |  |  |  |  |  |  |  |
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