

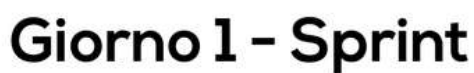


Giorno 1 - Palestra

Ripeti 4 volte ogni esercizio

COLPI SINGOLI



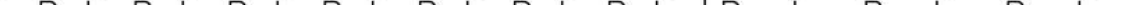


Ex.1

R L R L R L R L R L R L R L R L R L R L

[illegible]

Ex.3



R L R L R L R L R L R L R L R L R L R L R L

Ex.4

L R L R L R L R L R L R L R L R

[illegible]

Ex.2

L R L R L R L R L R L R L R L R L R L R L R L R L R L R L R L R

Ex.1

R L R L R L R L R L R L R L R L R L R L

[illegible]

Ex.3

R L R L R L R L R L R L R L R L R L

[illegible]

Ex.3

The musical notation for Example 3 consists of a single staff with a key signature of one sharp (F#) and a 2/4 time signature. The melody is as follows:
Measure 1: Quarter note G4 (R), Quarter note A4 (L), Quarter note B4 (R), Quarter note C5 (L).
Measure 2: Quarter note D5 (R), Quarter note E5 (L), Quarter note F#5 (R), Quarter note G5 (L).
Measure 3: Quarter note A5 (R), Quarter note B5 (L), Quarter note C6 (R), Quarter note D6 (L).
Measure 4: Quarter note E6 (R), Quarter note F#6 (L), Quarter note G6 (R), Quarter note A6 (L).
Measure 5: Quarter note B6 (R), Quarter note C7 (L), Quarter note D7 (R), Quarter note E7 (L).
Measure 6: Quarter note F#7 (R), Quarter note G7 (L), Quarter note A7 (R), Quarter note B7 (L).
Measure 7: Quarter note C8 (R), Quarter note D8 (L), Quarter note E8 (R), Quarter note F#8 (L).
Measure 8: Quarter note G8 (R), Quarter note A8 (L), Quarter note B8 (R), Quarter note C9 (L).
Measure 9: Quarter note D9 (R), Quarter note E9 (L), Quarter note F#9 (R), Quarter note G9 (L).
Measure 10: Quarter note A9 (R), Quarter note B9 (L), Quarter note C10 (R), Quarter note D10 (L).
Measure 11: Quarter note E10 (R), Quarter note F#10 (L), Quarter note G10 (R), Quarter note A10 (L).
Measure 12: Quarter note B10 (R), Quarter note C11 (L), Quarter note D11 (R), Quarter note E11 (L).
Measure 13: Quarter note F#11 (R), Quarter note G11 (L), Quarter note A11 (R), Quarter note B11 (L).
Measure 14: Quarter note C12 (R), Quarter note D12 (L), Quarter note E12 (R), Quarter note F#12 (L).
Measure 15: Quarter note G12 (R), Quarter note A12 (L), Quarter note B12 (R), Quarter note C13 (L).
Measure 16: Quarter note D13 (R), Quarter note E13 (L), Quarter note F#13 (R), Quarter note G13 (L).
Measure 17: Quarter note A13 (R), Quarter note B13 (L), Quarter note C14 (R), Quarter note D14 (L).
Measure 18: Quarter note E14 (R), Quarter note F#14 (L), Quarter note G14 (R), Quarter note A14 (L).
Measure 19: Quarter note B14 (R), Quarter note C15 (L), Quarter note D15 (R), Quarter note E15 (L).
Measure 20: Quarter note F#15 (R), Quarter note G15 (L), Quarter note A15 (R), Quarter note B15 (L).
Measure 21: Quarter note C16 (R), Quarter note D16 (L), Quarter note E16 (R), Quarter note F#16 (L).
Measure 22: Quarter note G16 (R), Quarter note A16 (L), Quarter note B16 (R), Quarter note C17 (L).
Measure 23: Quarter note D17 (R), Quarter note E17 (L), Quarter note F#17 (R), Quarter note G17 (L).
Measure 24: Quarter note A17 (R), Quarter note B17 (L), Quarter note C18 (R), Quarter note D18 (L).
Measure 25: Quarter note E18 (R), Quarter note F#18 (L), Quarter note G18 (R), Quarter note A18 (L).
Measure 26: Quarter note B18 (R), Quarter note C19 (L), Quarter note D19 (R), Quarter note E19 (L).
Measure 27: Quarter note F#19 (R), Quarter note G19 (L), Quarter note A19 (R), Quarter note B19 (L).
Measure 28: Quarter note C20 (R), Quarter note D20 (L), Quarter note E20 (R), Quarter note F#20 (L).
Measure 29: Quarter note G20 (R), Quarter note A20 (L), Quarter note B20 (R), Quarter note C21 (L).
Measure 30: Quarter note D21 (R), Quarter note E21 (L), Quarter note F#21 (R), Quarter note G21 (L).
Measure 31: Quarter note A21 (R), Quarter note B21 (L), Quarter note C22 (R), Quarter note D22 (L).
Measure 32: Quarter note E22 (R), Quarter note F#22 (L), Quarter note G22 (R), Quarter note A22 (L).
Measure 33: Quarter note B22 (R), Quarter note C23 (L), Quarter note D23 (R), Quarter note E23 (L).
Measure 34: Quarter note F#23 (R), Quarter note G23 (L), Quarter note A23 (R), Quarter note B23 (L).
Measure 35: Quarter note C24 (R), Quarter note D24 (L), Quarter note E24 (R), Quarter note F#24 (L).
Measure 36: Quarter note G24 (R), Quarter note A24 (L), Quarter note B24 (R), Quarter note C25 (L).
Measure 37: Quarter note D25 (R), Quarter note E25 (L), Quarter note F#25 (R), Quarter note G25 (L).
Measure 38: Quarter note A25 (R), Quarter note B25 (L), Quarter note C26 (R), Quarter note D26 (L).
Measure 39: Quarter note E26 (R), Quarter note F#26 (L), Quarter note G26 (R), Quarter note A26 (L).
Measure 40: Quarter note B26 (R), Quarter note C27 (L), Quarter note D27 (R), Quarter note E27 (L).
Measure 41: Quarter note F#27 (R), Quarter note G27 (L), Quarter note A27 (R), Quarter note B27 (L).
Measure 42: Quarter note C28 (R), Quarter note D28 (L), Quarter note E28 (R), Quarter note F#28 (L).
Measure 43: Quarter note G28 (R), Quarter note A28 (L), Quarter note B28 (R), Quarter note C29 (L).
Measure 44: Quarter note D29 (R), Quarter note E29 (L), Quarter note F#29 (R), Quarter note G29 (L).
Measure 45: Quarter note A29 (R), Quarter note B29 (L), Quarter note C30 (R), Quarter note D30 (L).
Measure 46: Quarter note E30 (R), Quarter note F#30 (L), Quarter note G30 (R), Quarter note A30 (L).
Measure 47: Quarter note B30 (R), Quarter note C31 (L), Quarter note D31 (R), Quarter note E31 (L).
Measure 48: Quarter note F#31 (R), Quarter note G31 (L), Quarter note A31 (R), Quarter note B31 (L).
Measure 49: Quarter note C32 (R), Quarter note D32 (L), Quarter note E32 (R), Quarter note F#32 (L).
Measure 50: Quarter note G32 (R), Quarter note A32 (L), Quarter note B32 (R), Quarter note C33 (L).
Measure 51: Quarter note D33 (R), Quarter note E33 (L), Quarter note F#33 (R), Quarter note G33 (L).
Measure 52: Quarter note A33 (R), Quarter note B33 (L), Quarter note C34 (R), Quarter note D34 (L).
Measure 53: Quarter note E34 (R), Quarter note F#34 (L), Quarter note G34 (R), Quarter note A34 (L).
Measure 54: Quarter note B34 (R), Quarter note C35 (L), Quarter note D35 (R), Quarter note E35 (L).
Measure 55: Quarter note F#35 (R), Quarter note G35 (L), Quarter note A35 (R), Quarter note B35 (L).
Measure 56: Quarter note C36 (R), Quarter note D36 (L), Quarter note E36 (R), Quarter note F#36 (L).
Measure 57: Quarter note G36 (R), Quarter note A36 (L), Quarter note B36 (R), Quarter note C37 (L).
Measure 58: Quarter note D37 (R), Quarter note E37 (L), Quarter note F#37 (R), Quarter note G37 (L).
Measure 59: Quarter note A37 (R), Quarter note B37 (L), Quarter note C38 (R), Quarter note D38 (L).
Measure 60: Quarter note E38 (R), Quarter note F#38 (L), Quarter note G38 (R), Quarter note A38 (L).
Measure 61: Quarter note B38 (R), Quarter note C39 (L), Quarter note D39 (R), Quarter note E39 (L).
Measure 62: Quarter note F#39 (R), Quarter note G39 (L), Quarter note A39 (R), Quarter note B39 (L).
Measure 63: Quarter note C40 (R), Quarter note D40 (L), Quarter note E40 (R), Quarter note F#40 (L).
Measure 64: Quarter note G40 (R), Quarter note A40 (L), Quarter note B40 (R), Quarter note C41 (L).
Measure 65: Quarter note D41 (R), Quarter note E41 (L), Quarter note F#41 (R), Quarter note G41 (L).
Measure 66: Quarter note A41 (R), Quarter note B41 (L), Quarter note C42 (R), Quarter note D42 (L).
Measure 67: Quarter note E42 (R), Quarter note F#42 (L), Quarter note G42 (R), Quarter note A42 (L).
Measure 68: Quarter note B42 (R), Quarter note C43 (L), Quarter note D43 (R), Quarter note E43 (L).
Measure 69: Quarter note F#43 (R), Quarter note G43 (L), Quarter note A43 (R), Quarter note B43 (L).
Measure 70: Quarter note C44 (R), Quarter note D44 (L), Quarter note E44 (R), Quarter note F#44 (L).
Measure 71: Quarter note G44 (R), Quarter note A44 (L), Quarter note B44 (R), Quarter note C45 (L).
Measure 72: Quarter note D45 (R), Quarter note E45 (L), Quarter note F#45 (R), Quarter note G45 (L).
Measure 73: Quarter note A45 (R), Quarter note B45 (L), Quarter note C46 (R), Quarter note D46 (L).
Measure 74: Quarter note E46 (R), Quarter note F#46 (L), Quarter note G46 (R), Quarter note A46 (L).
Measure 75: Quarter note B46 (R), Quarter note C47 (L), Quarter note D47 (R), Quarter note E47 (L).
Measure 76: Quarter note F#47 (R), Quarter note G47 (L), Quarter note A47 (R), Quarter note B47 (L).
Measure 77: Quarter note C48 (R), Quarter note D48 (L), Quarter note E48 (R), Quarter note F#48 (L).
Measure 78: Quarter note G48 (R), Quarter note A48 (L), Quarter note B48 (R), Quarter note C49 (L).
Measure 79: Quarter note D49 (R), Quarter note E49 (L), Quarter note F#49 (R), Quarter note G49 (L).
Measure 80: Quarter note A49 (R), Quarter note B49 (L), Quarter note C50 (R), Quarter note D50 (L).
Measure 81: Quarter note E50 (R), Quarter note F#50 (L), Quarter note G50 (R), Quarter note A50 (L).
Measure 82: Quarter note B50 (R), Quarter note C51 (L), Quarter note D51 (R), Quarter note E51 (L).
Measure 83: Quarter note F#51 (R), Quarter note G51 (L), Quarter note A51 (R), Quarter note B51 (L).
Measure 84: Quarter note C52 (R), Quarter note D52 (L), Quarter note E52 (R), Quarter note F#52 (L).
Measure 85: Quarter note G52 (R), Quarter note A52 (L), Quarter note B52 (R), Quarter note C53 (L).
Measure 86: Quarter note D53 (R), Quarter note E53 (L), Quarter note F#53 (R), Quarter note G53 (L).
Measure 87: Quarter note A53 (R), Quarter note B53 (L), Quarter note C54 (R), Quarter note D54 (L).
Measure 88: Quarter note E54 (R), Quarter note F#54 (L), Quarter note G54 (R), Quarter note A54 (L).
Measure 89: Quarter note B54 (R), Quarter note C55 (L), Quarter note D55 (R), Quarter note E55 (L).
Measure 90: Quarter note F#55 (R), Quarter note G55 (L), Quarter note A55 (R), Quarter note B55 (L).
Measure 91: Quarter note C56 (R), Quarter note D56 (L), Quarter note E56 (R), Quarter note F#56 (L).
Measure 92: Quarter note G56 (R), Quarter note A56 (L), Quarter note B56 (R), Quarter note C57 (L).
Measure 93: Quarter note D57 (R), Quarter note E57 (L), Quarter note F#57 (R), Quarter note G57 (L).
Measure 94: Quarter note A57 (R), Quarter note B57 (L), Quarter note C58 (R), Quarter note D58 (L).
Measure 95: Quarter note E58 (R), Quarter note F#58 (L), Quarter note G58 (R), Quarter note A58 (L).
Measure 96: Quarter note B58 (R), Quarter note C59 (L), Quarter note D59 (R), Quarter note E59 (L).
Measure 97: Quarter note F#59 (R), Quarter note G59 (L), Quarter note A59 (R), Quarter note B59 (L).
Measure 98: Quarter note C60 (R), Quarter note D60 (L), Quarter note E60 (R), Quarter note F#60 (L).
Measure 99: Quarter note G60 (R), Quarter note A60 (L), Quarter note B60 (R), Quarter note C61 (L).
Measure 100: Quarter note D61 (R), Quarter note E61 (L), Quarter note F#61 (R), Quarter note G61 (L).
Measure 10

Ex.2

L R L R L R L R L R L R L R L R L R

Ex.1

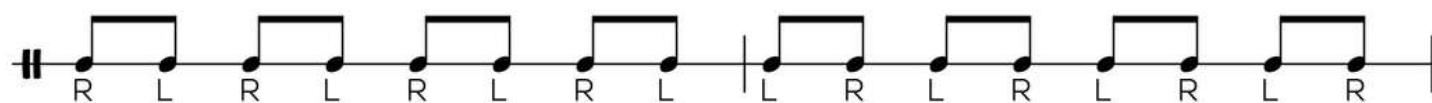
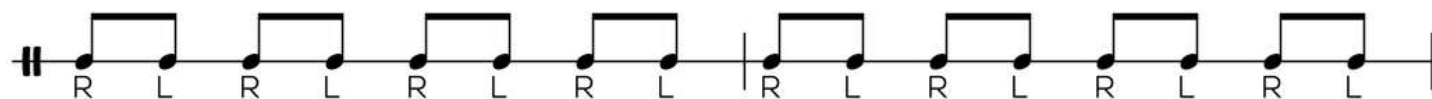
R L R L R L R L R L R L R L R L R L R L



Giorno 1 - Recap

Ripeti 4 volte

COLPI SINGOLI





Giorno 2 - Palestra

COLPI SINGOLI

Ripeti 4 volte ogni esercizio e ritorno a piramide

