

## Propedeutica chinesiologica

Corsi A & B P10

Martedì 23 Ottobre 2007 8:30÷10 & 16÷17:30

Luca P. Ardigò

di Prampero P. E. (1986) The energy cost of human locomotion on land and in water. Int. J. Sports Med. 7: 55-72

### FACCIA A

1. fotocellule (OptoJump - tempi & velocità);
2. 'cinematica video' (DartFish - spazi, tempi & velocità);
3. sistemi GPS (Forerunner ed Edge - spazi, tempi & velocità);
4. macchine isotoniche ('TechnoGym' - tempi, velocità & forze); e
5. cella di carico (forze)

(6. pesi liberi [forze]).

### FACCIA B

1. cardiofrequenzimetro da polso portatile (Polar - frequenza cardiaca);
2. metabografo (Quark - consumo d'ossigeno); e
3. percezione dello sforzo (Rate of Perceived Exertion, RPE - 'r').



### 3. GARMIN Forerunner ed Edge

continuazione..

### Esperienza personale

- 2004: Mt. Cameroun (4,100 m. s. l. m.) Race of Hope:  
10 atleti con Polar+Garmin da partenza Buea (600 m s. l. m.);
- 2004: Nepal trekking I:

esp. 1: 2 portatori con Polar+Garmin durante 5+3 tappe trekking Valle del Khumbu (2,600÷5,050 m. s. l. m.);

esp. 2a: 5 portatori+5 controlli con K4+xSens+Garmin dintorni Namche Bazar & percorso corto (3,500 m. s. l. m.); e

esp. 2b: 5 portatori+5 controlli con K4+xSens+Garmin dintorni Piramide & percorso corto (5,050 m. s. l. m.).

### Esperienza personale/2

- 2006: Ultramaratona dell'Etna (3,000 m. s. l. m.):  
10 atleti con Polar+Garmin da partenza dalla spiaggia (0 m s. l. m.) e ca 43 km;
- 2006: Nepal trekking II:
  - esp. 1: 5 portatori con Polar+Garmin od Edge durante 2+1 tappe trekking Valle del Khumbu (2,600÷3,500 m. s. l. m.);
  - esp. 2: 5 portatori+5 controlli con K4+EMG+Edge dintorni Namche Bazar & percorso corto (3,500 m. s. l. m.); e
  - esp. 3: 2 portatori con K4+EMG+Edge dintorni Namche Bazar & percorso lungo (3,500 m. s. l. m.).











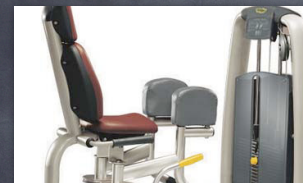


## 4. Macchine isotoniche (TechnoGym)

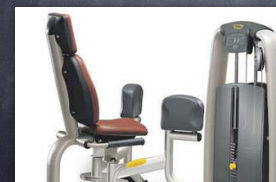
- Ergometri 'somministratori' & 'misuratori' di lavoro meccanico; ed
- isotoniche mica tanto..

### Arti inferiori

#### ABDUCTOR



#### ADDUCTOR



MOVIMENTO 'GUIDATO'

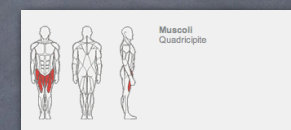
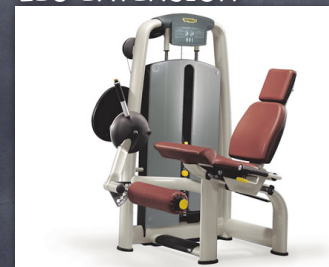
#### GLUTE



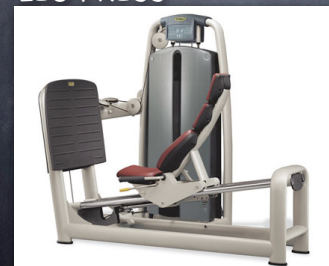
#### LEG CURL



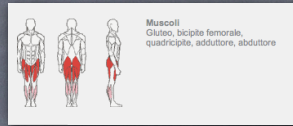
#### LEG EXTENSION



#### LEG PRESS

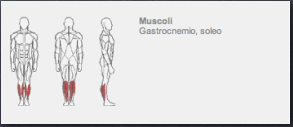
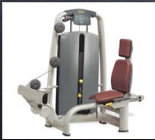


### MULTI HIP



Muscoli  
Gluteo, bicipite femorale,  
quadricipite, adduttore, abduzione

### ROTARY CALF



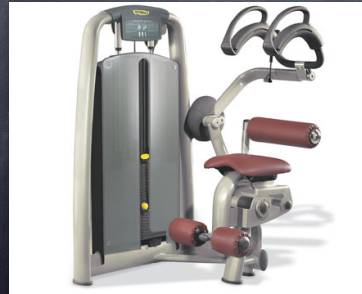
Muscoli  
Gastrocnemio, soleo

### Tronco ABDOMINAL CRUNCH



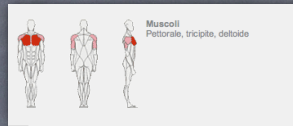
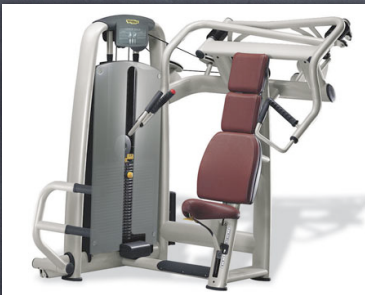
Muscoli  
Retto-addominale

### TOTAL ABDOMINAL



Muscoli  
Retto-addominale  
Obliqui  
Retto Femorale  
Ileo-psoas

### CHEST INCLINE



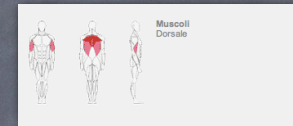
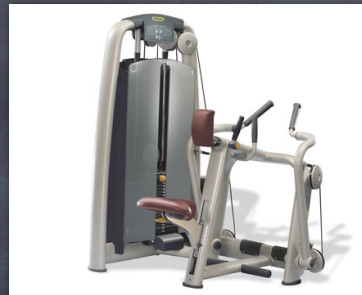
Muscoli  
Pettorale, tricipite, deltoide

### LAT MACHINE



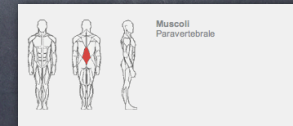
Muscoli  
Gran dorsale, deltoide, bicipite

### LOW ROW



Muscoli  
Dorsale

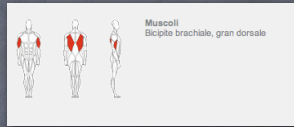
### LOWER BACK



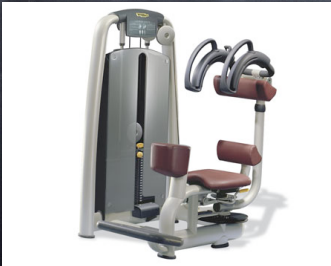
Muscoli  
Paravertebrale



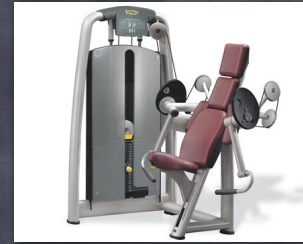
### PULLEY



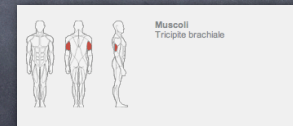
### ROTARY TORSO



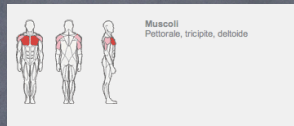
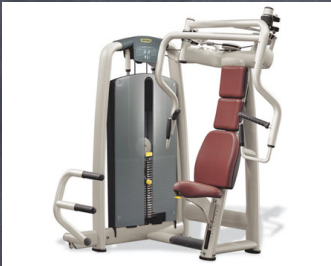
### Arti superiori ARM CURL



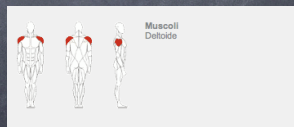
### TOTAL ABDOMINAL



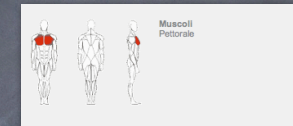
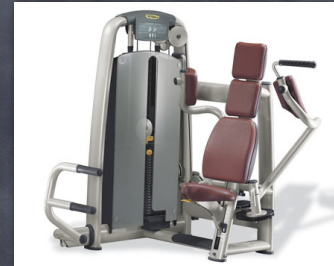
### CHEST PRESS



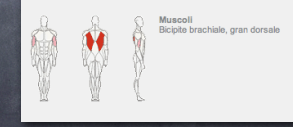
### DELTS MACHINE



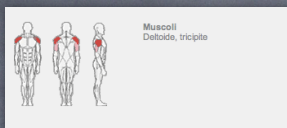
### PECTORAL MACHINE



### PULLDOWN



## SHOULDER PRESS



## UPPER BACK



## VERTICAL TRACTION

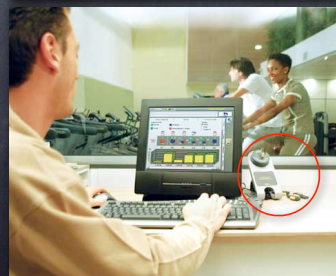
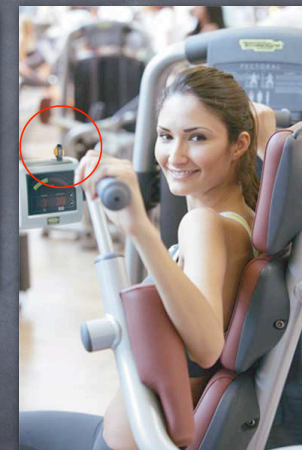
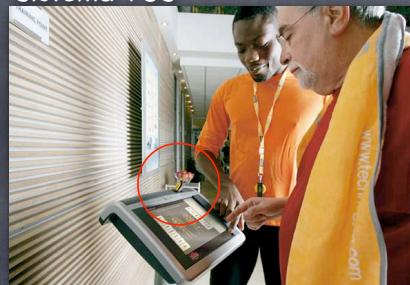


## KINESIS



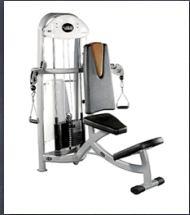
MOVIMENTO 'LIBERO'

## Sistema TGS





La 'concorrenza': Bcube



Chest



Shoulder



Lat



Row

Bcube/2



Cable Cross



Legpress



Total Leg

Scuola di dottorato in 'Scienze biomediche traslazionali' (XXII Ciclo)  
Corso di dottorato in 'Scienze dell'esercizio fisico e del movimento umano'



**TI INTERESSA UN'ANALISI  
DELLA TUA POSTURA  
IN PROVE DI LOCOMOZIONE?**

**SE SEI MASCHIO E/O FEMMINA, DI OGNI ETA',  
CONTATTAMI**  
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Tel. 045/8425139; 3395699587  
Mail: [nardfra@yahoo.it](mailto:nardfra@yahoo.it)



**MI RACCOMANDO: SPARGI LA VOCE!!!!**