

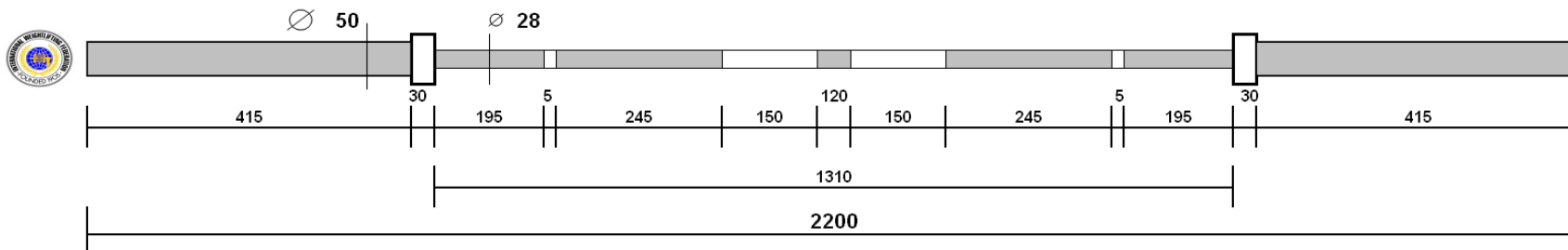
DIDATTICA ARBITRALE ESEMPI



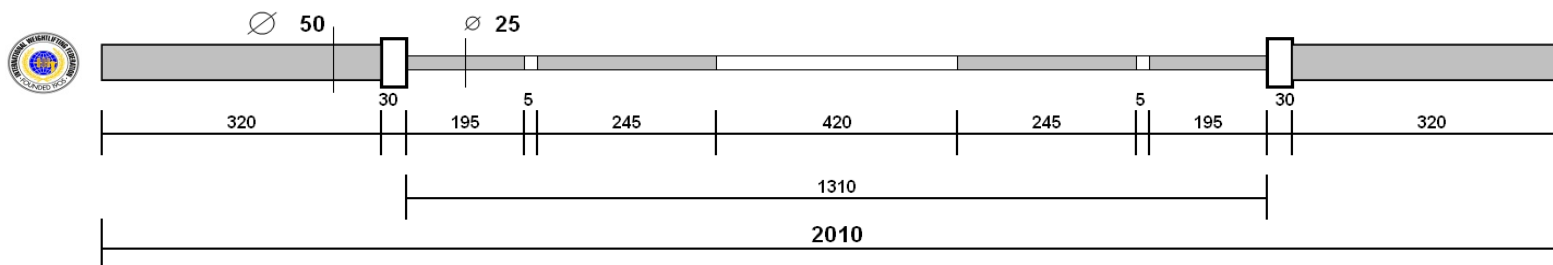
- ✓ **Barra, dischi, fermadischi**
- ✓ **Minimi di partenza**
- ✓ **...**

BARRE - DISCHI - COLLARI

BARRA MASCHILE PESO 20 kg (misure in millimetri)



BARRA FEMMINILE PESO 15 kg (misure in millimetri)



SET DI DISCHI

25 kg ROSSO	20 kg BLU	15 kg GIALLO	10 kg VERDE	5 kg BIANCO
2,5 kg ROSSO	2 kg BLU	1,5 kg GIALLO	1 kg VERDE	0.5 kg BIANCO

SET DI COLLARI

da **COMPETIZIONE**
2,5 KG CIASCUNO



da **ALLENAMENTO**
2,5 KG CIASCUNO



a **MOLLA AVVOLGENTE**



1. I DISCHI da gara - Pezzature

Ø 450 mm

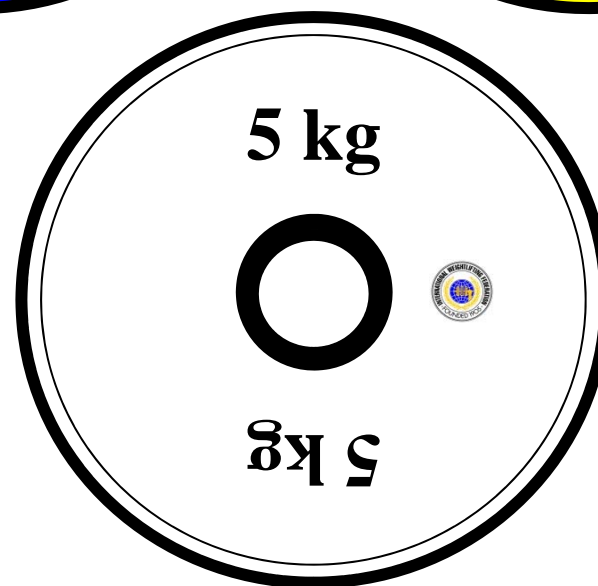
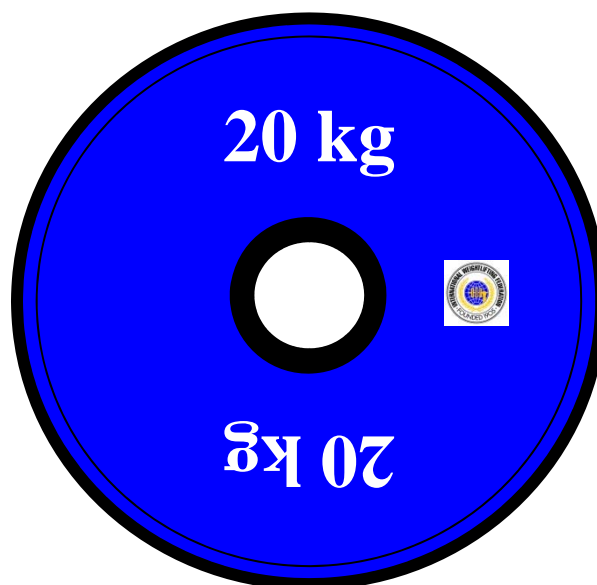
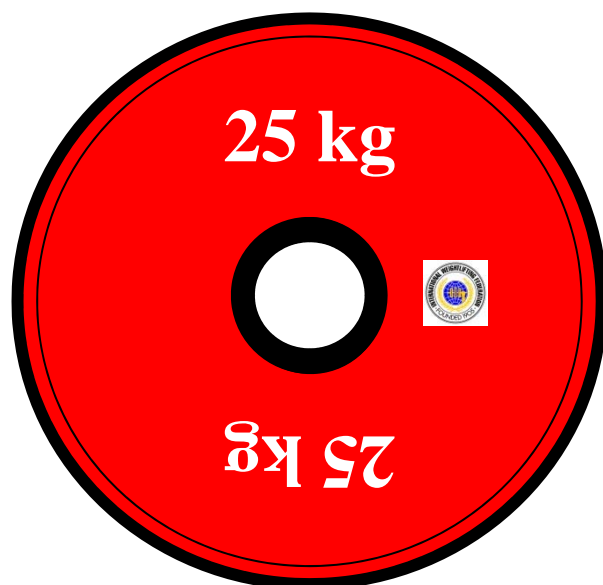
**NUOVO DISCO
DA 30 kg**



RTI 3.3.3.6

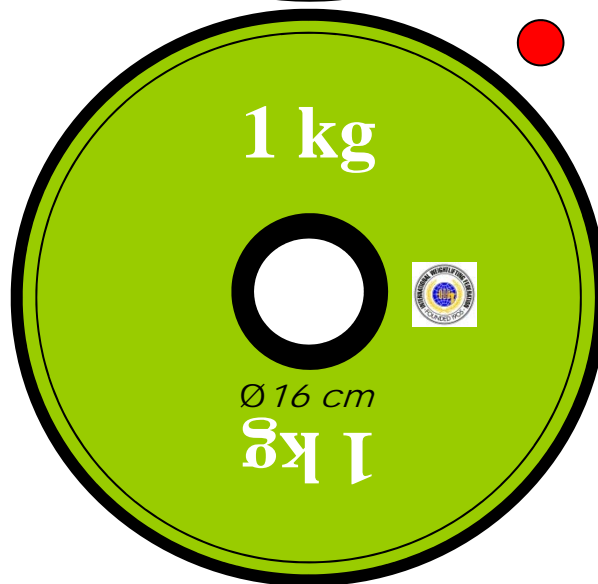
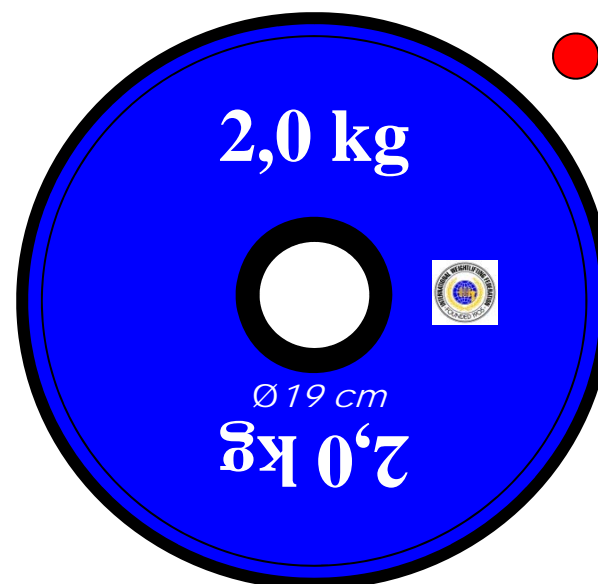
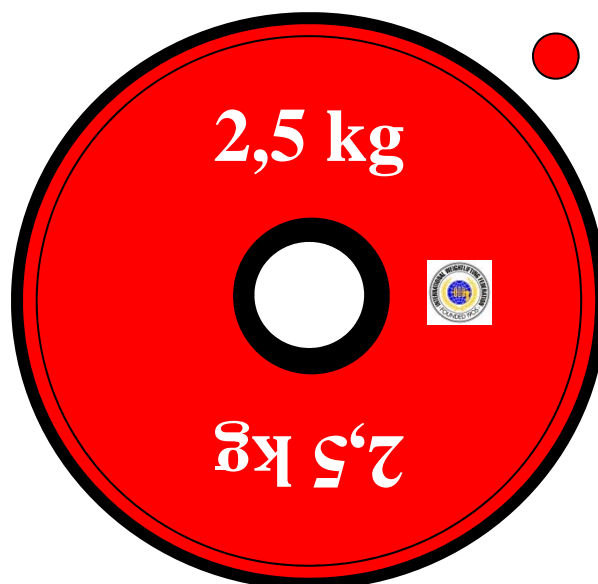
2. I DISCHI da gara - Pezzature

Ø 450 mm



3. I DISCHI da Gara - Pezzature

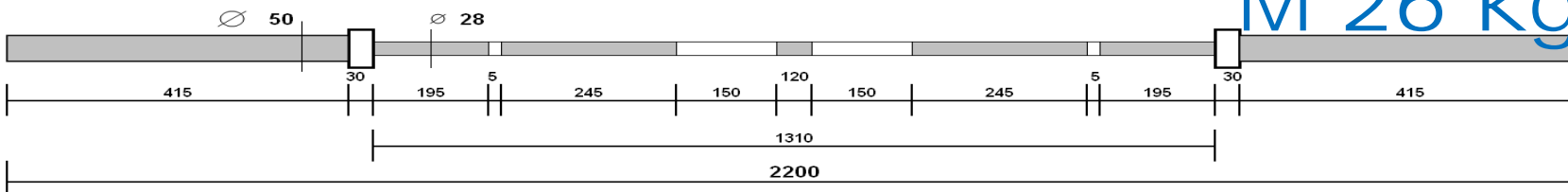
Diametro vario - Caricabili esternamente ai fermadischi



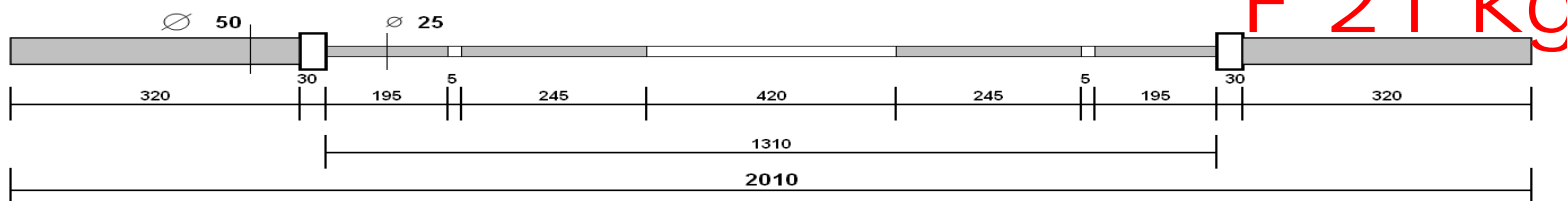
CARICHI MINIMI

SET di BARRE

BARRA MASCHILE PESO 20 kg (misure in millimetri)



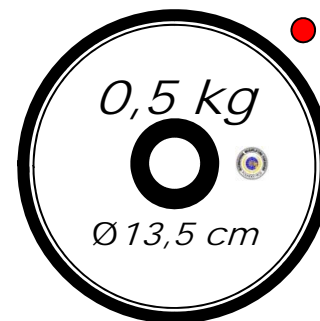
BARRA FEMMINILE PESO 15 kg (misure in millimetri)



SET di DISCHI e COLLARI



2,5 kg



2,5 kg



● Caricabili esternamente ai fermadischi