

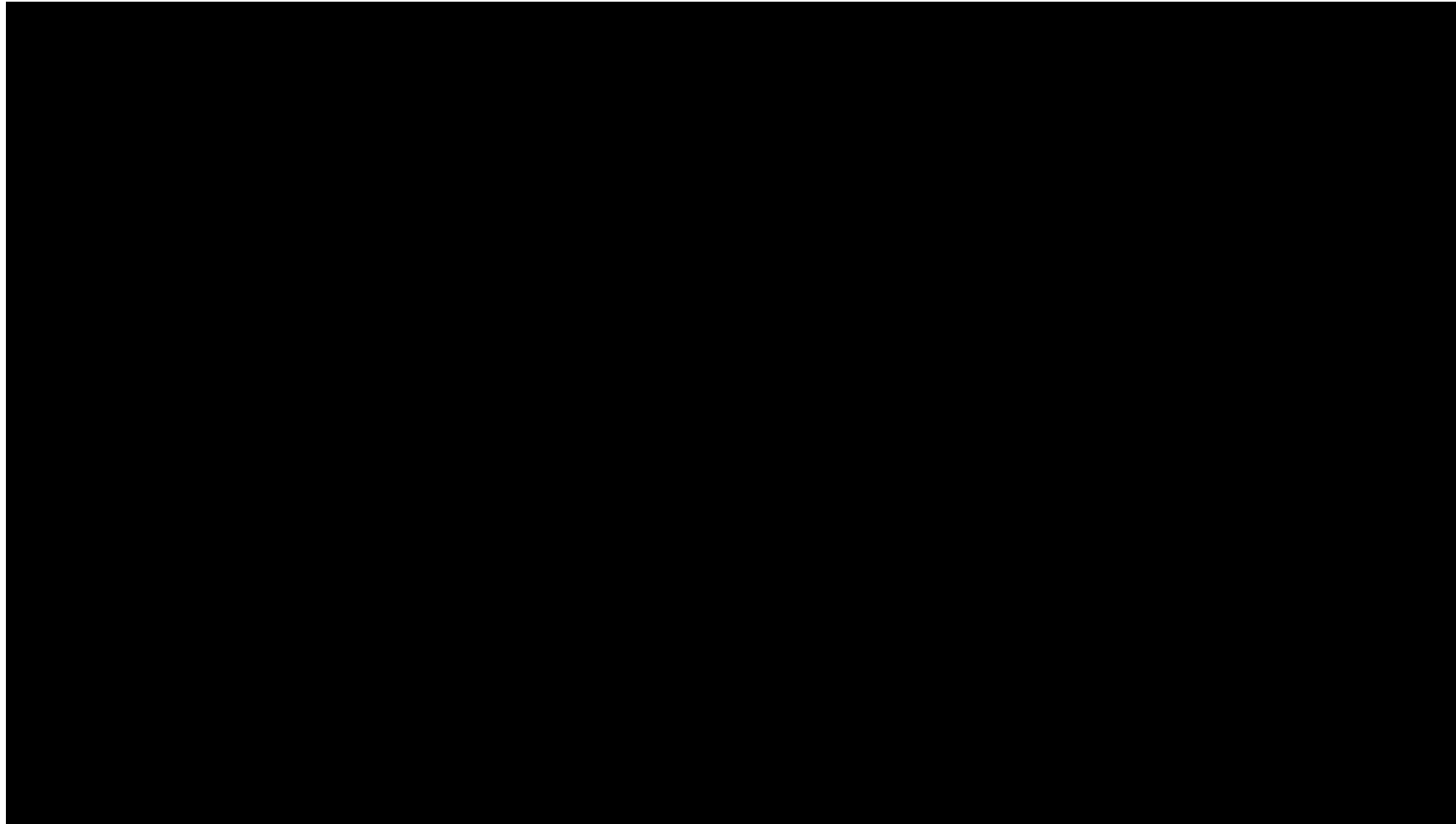


# Απλές Μηχανές





# Η εκτέλεση του σουτ δεν είναι κάτι τυχαίο





Εμάς ο προπονητής επιμένει  
ότι πρέπει να μάθουμε να  
σουτάρουμε σωστά και σε  
πολλές προπονήσεις μόνο  
ρίχνουμε σουτ στη  
μπασκέτα

Και η ευελιξία είναι  
απαραίτητη! Θα κάνουμε  
το σώμα μας να δουλεύει  
σαν μηχανή!

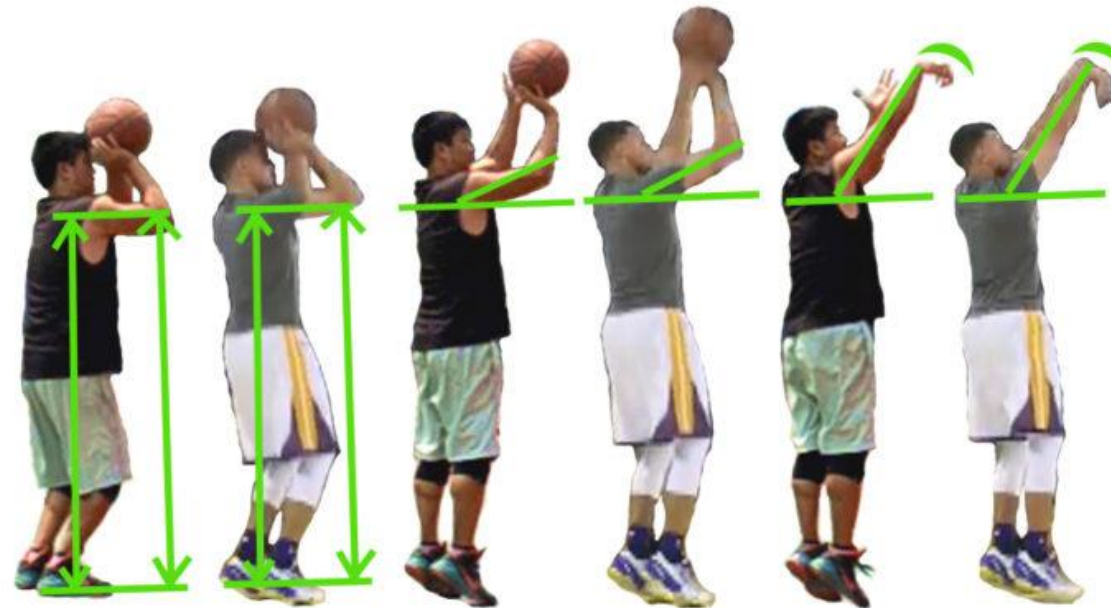


Εμένα μου είπε ότι  
πρέπει να αποκτήσω  
δύναμη για να παίξω στη  
θέση που μου ταιριάζει

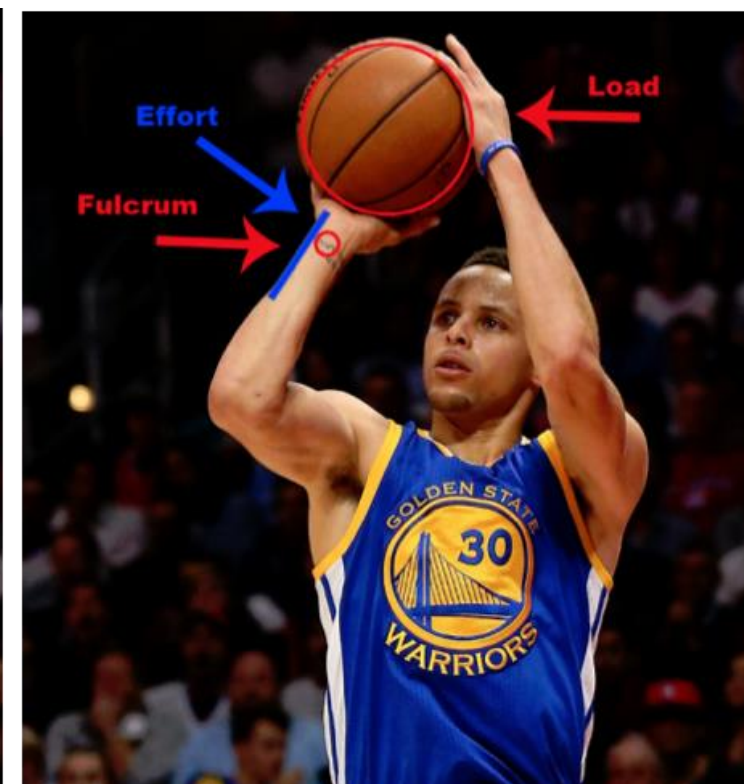
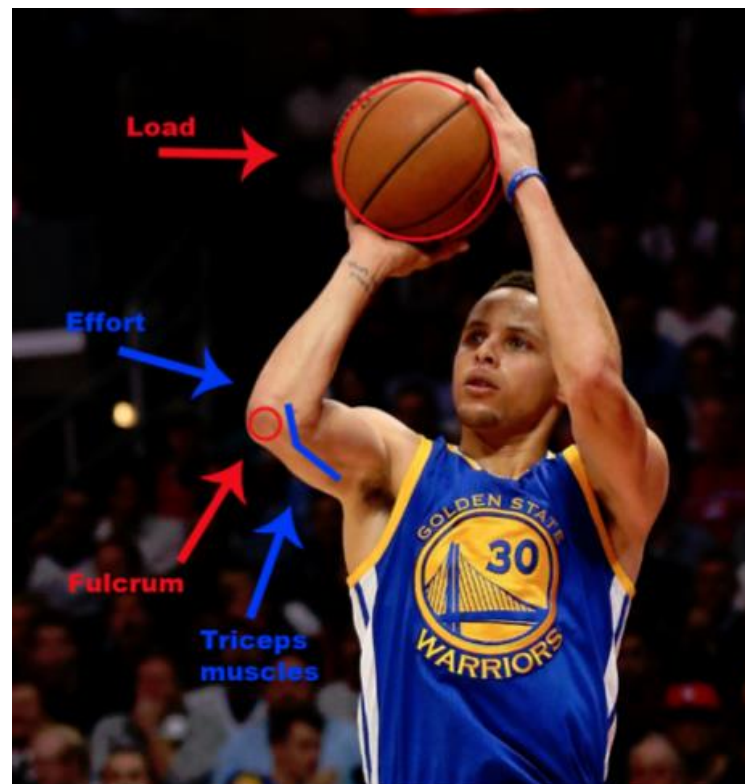
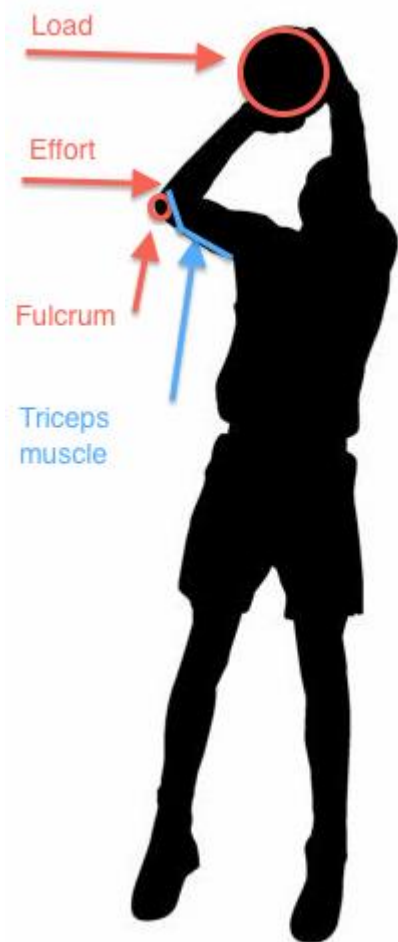




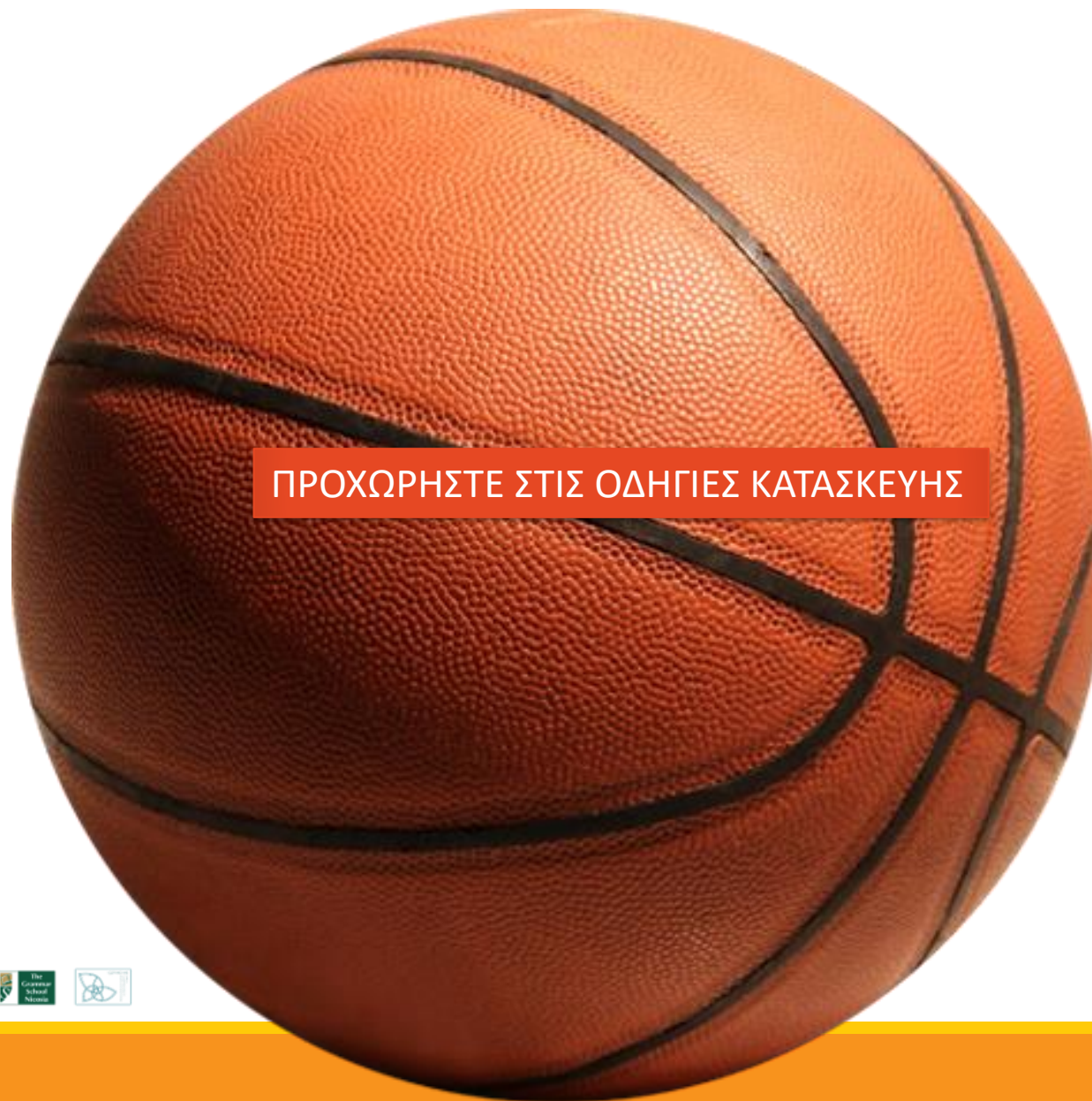
Όσα είπαμε τα μελετά η  
Εμβιομηχανική, που σκοπό  
έχει να πετυχαίνει ο αθλητής την  
καλύτερη δυνατή απόδοση με τους  
λιγότερους τραυματισμούς



shotur.com

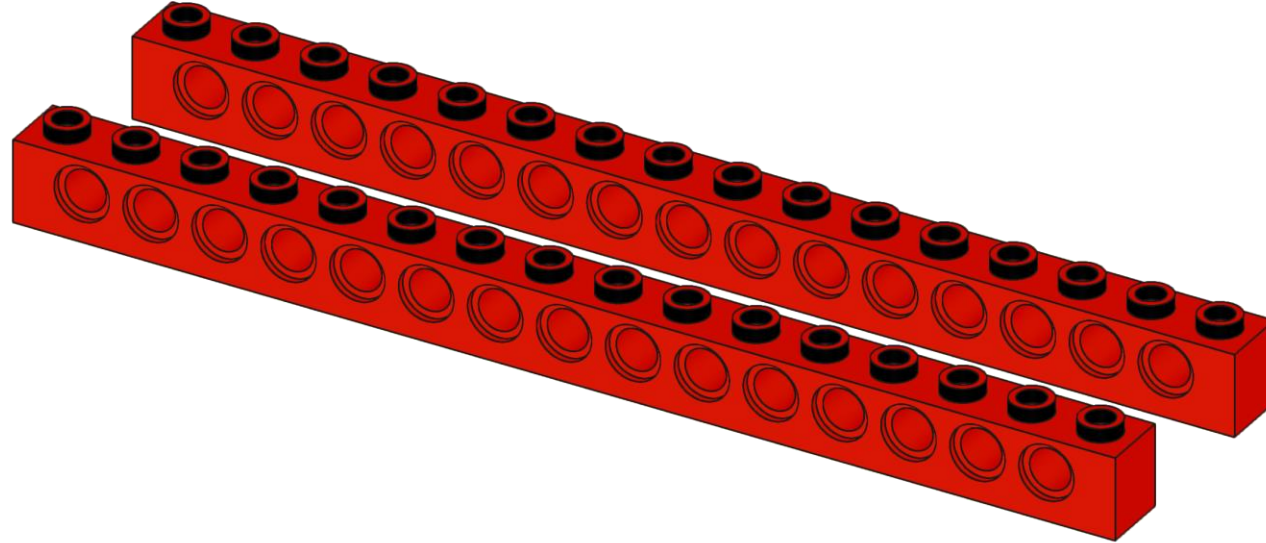
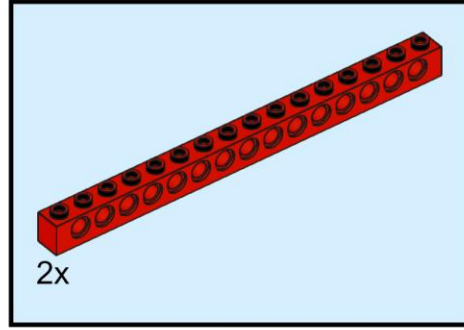


Να λοιπόν που την ώρα του σουτ το χέρι μας γίνεται ένας μοχλός!

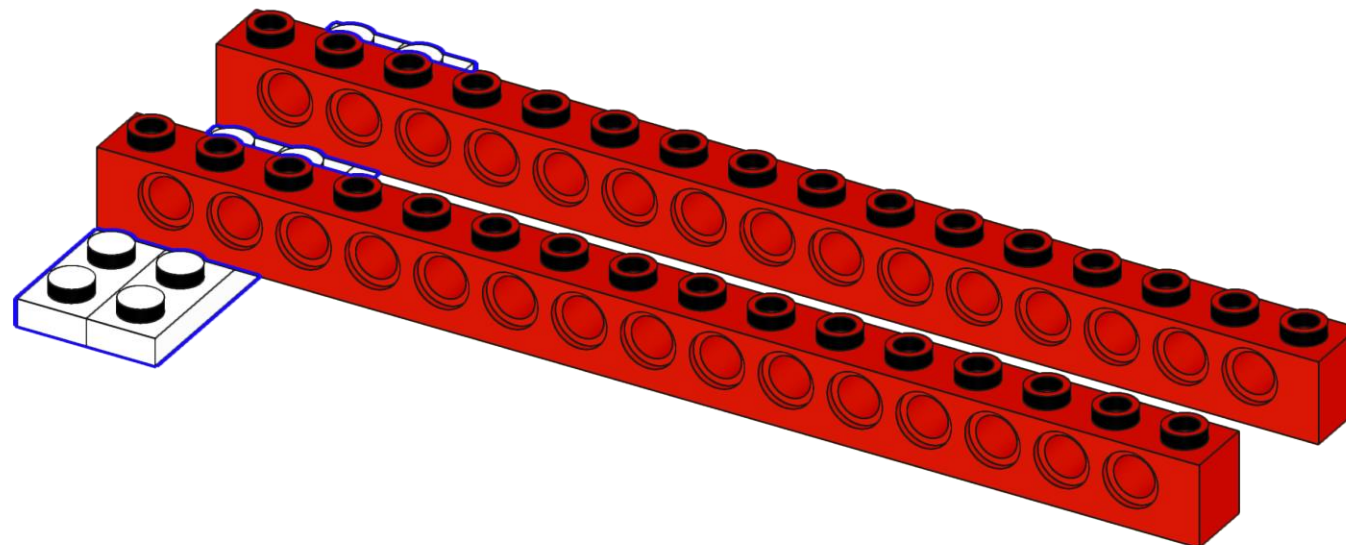
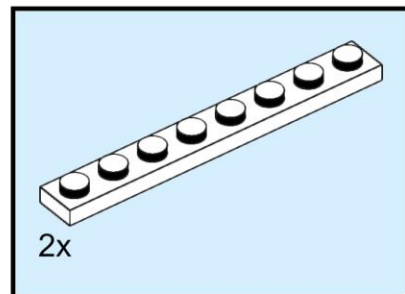


ΠΡΟΧΩΡΗΣΤΕ ΣΤΙΣ ΟΔΗΓΙΕΣ ΚΑΤΑΣΚΕΥΗΣ

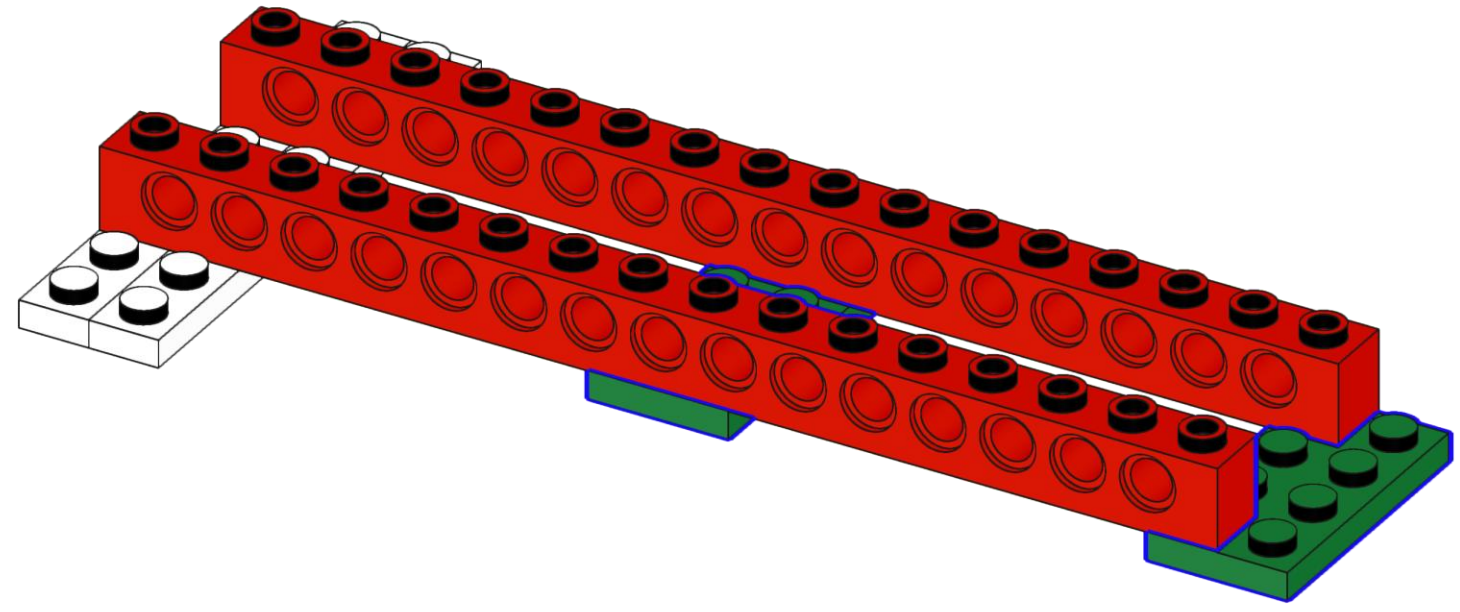
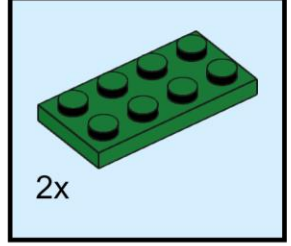
# 1



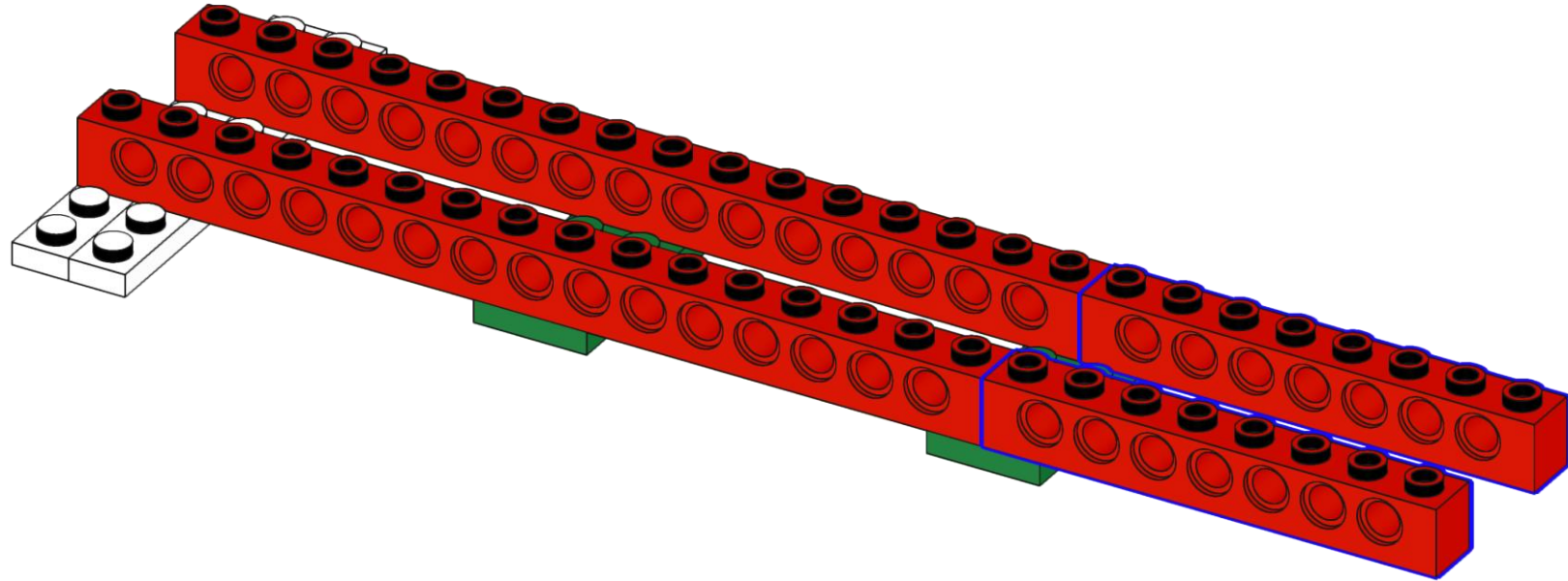
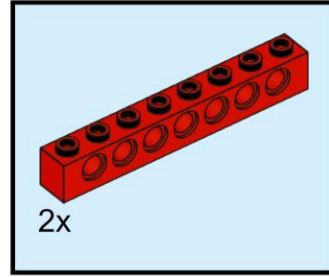
# 2



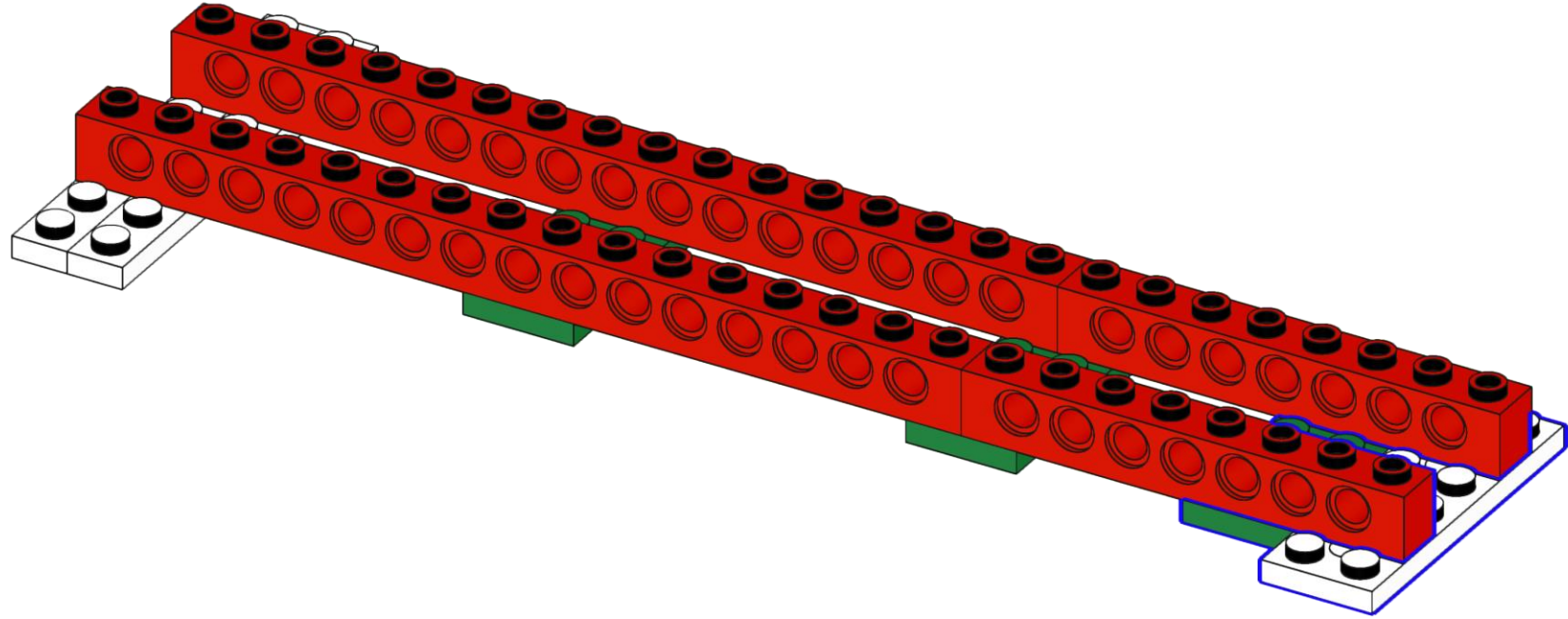
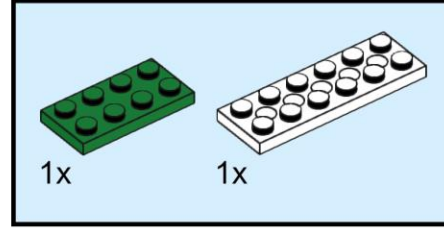
### 3



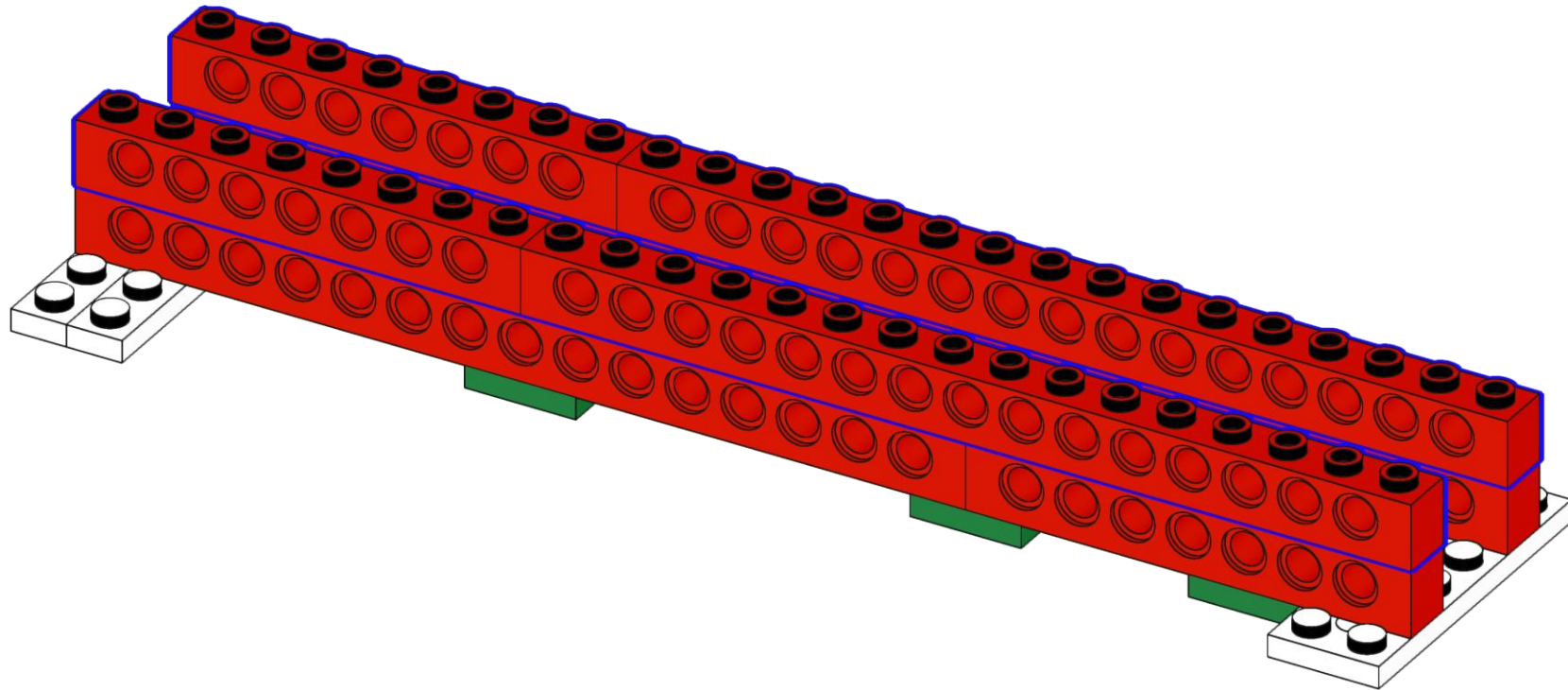
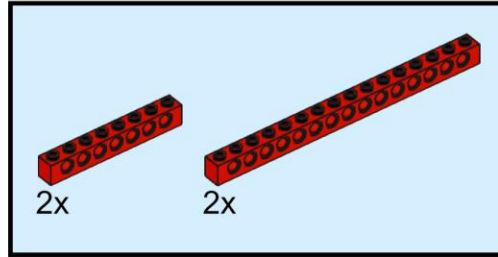
4



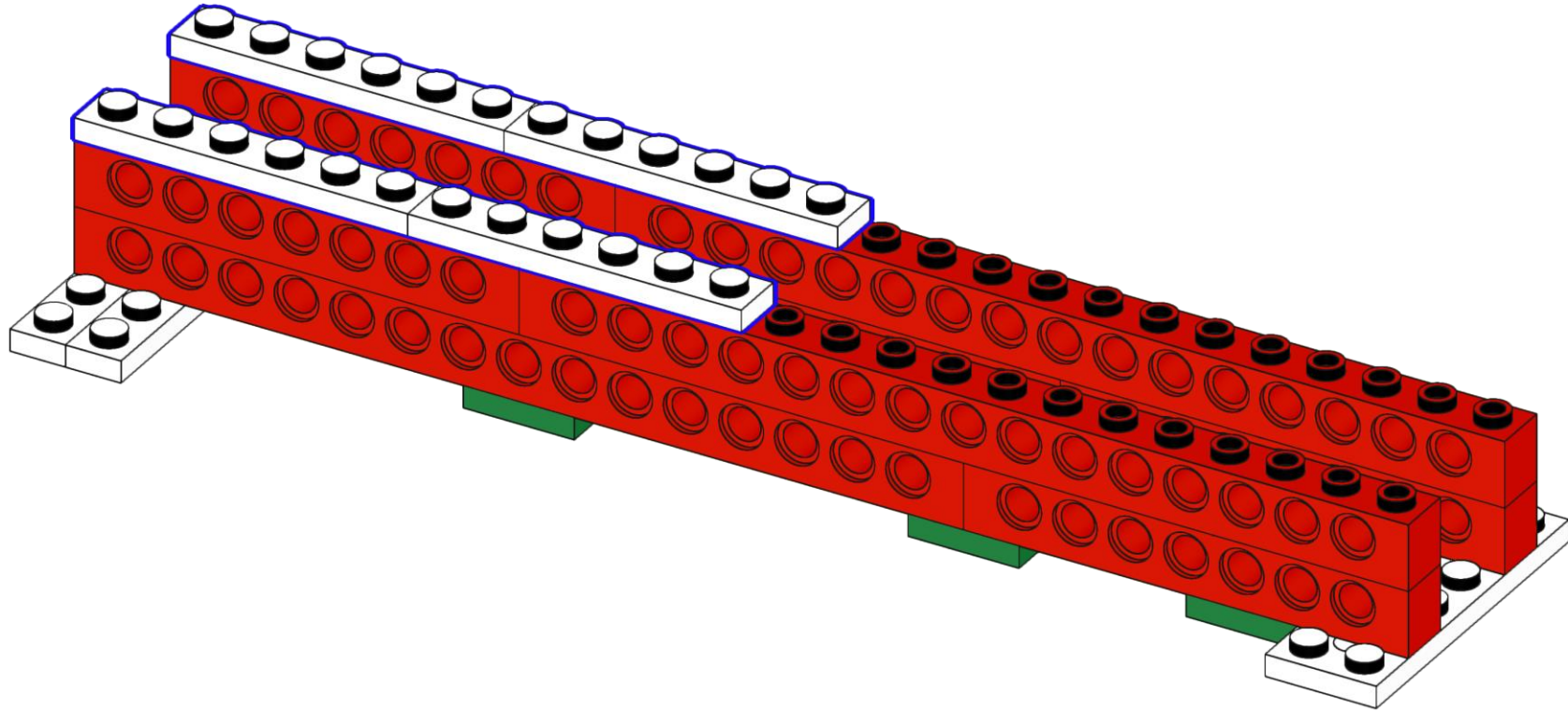
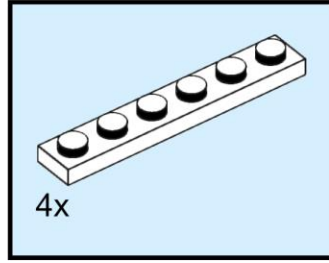
### 5

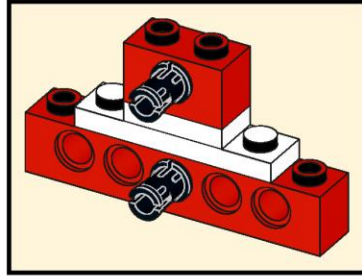


# 6

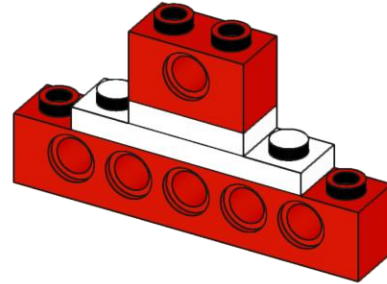
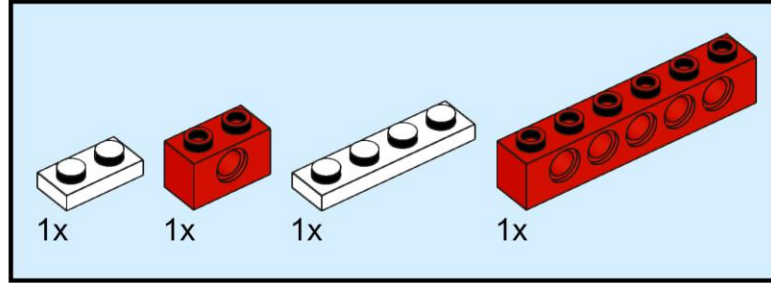


# 7

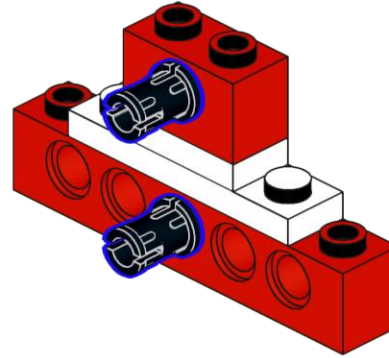


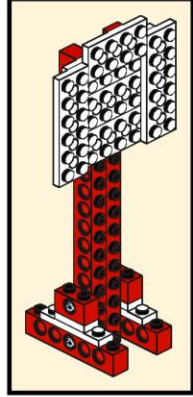


8

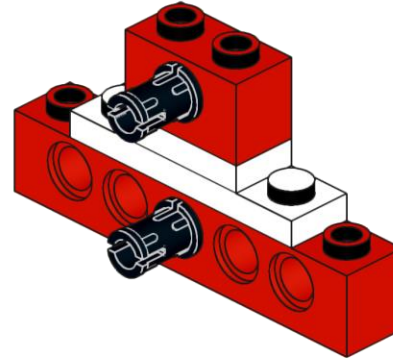


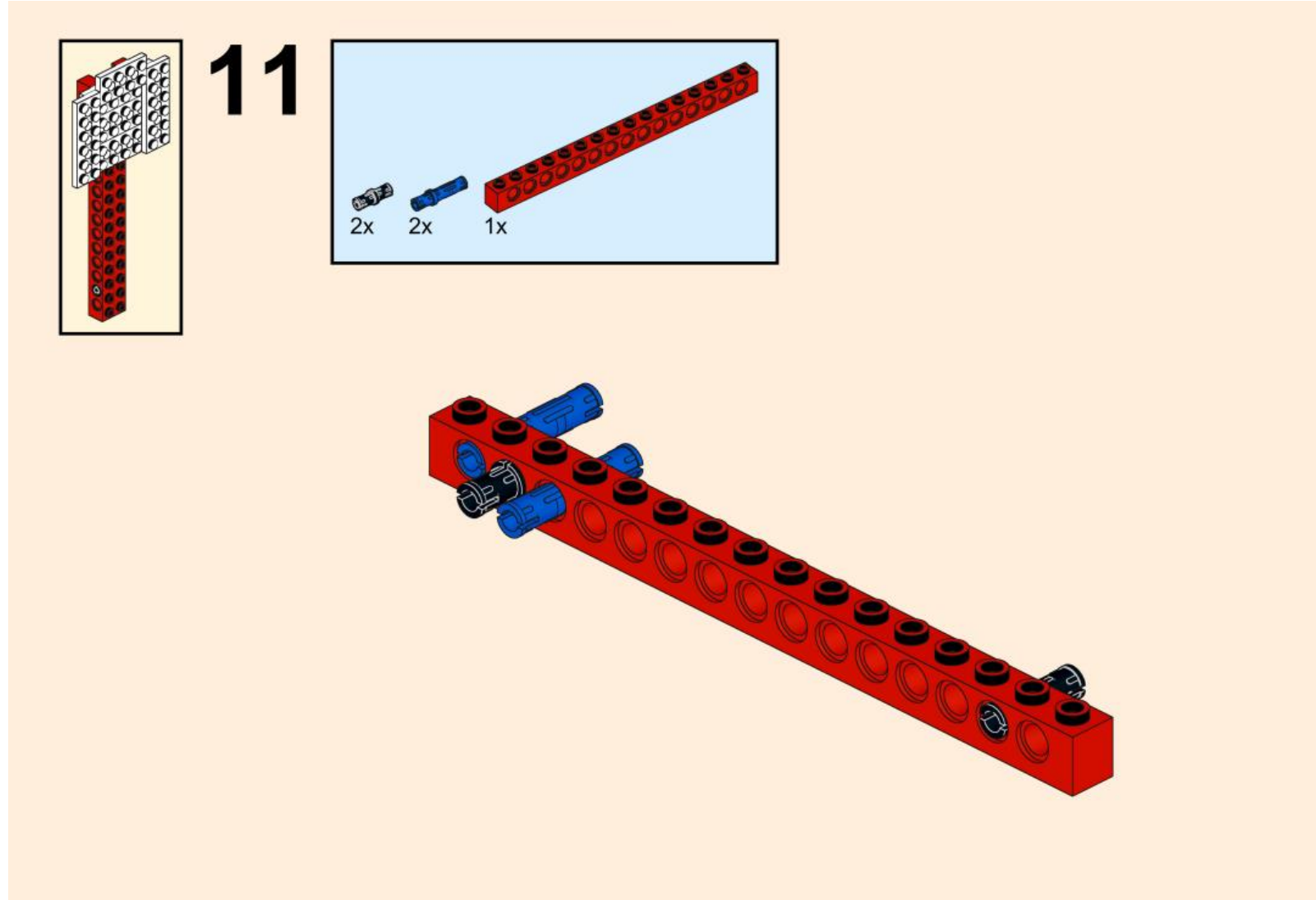
9



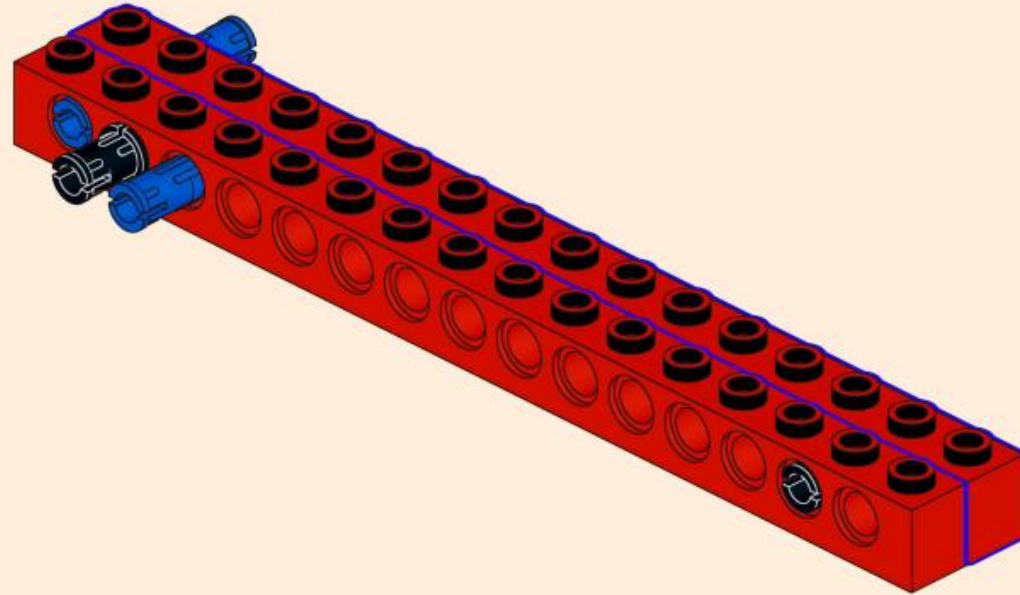
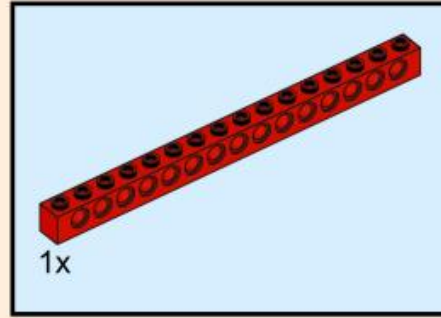


10

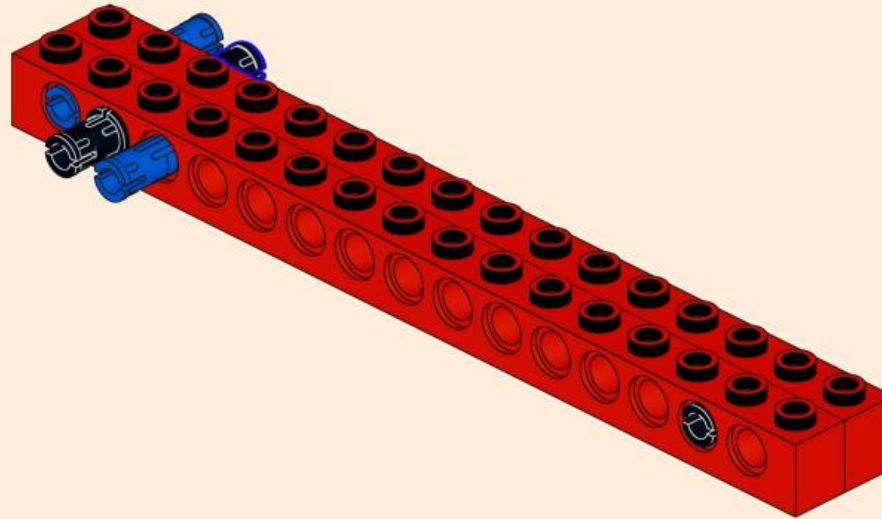





12

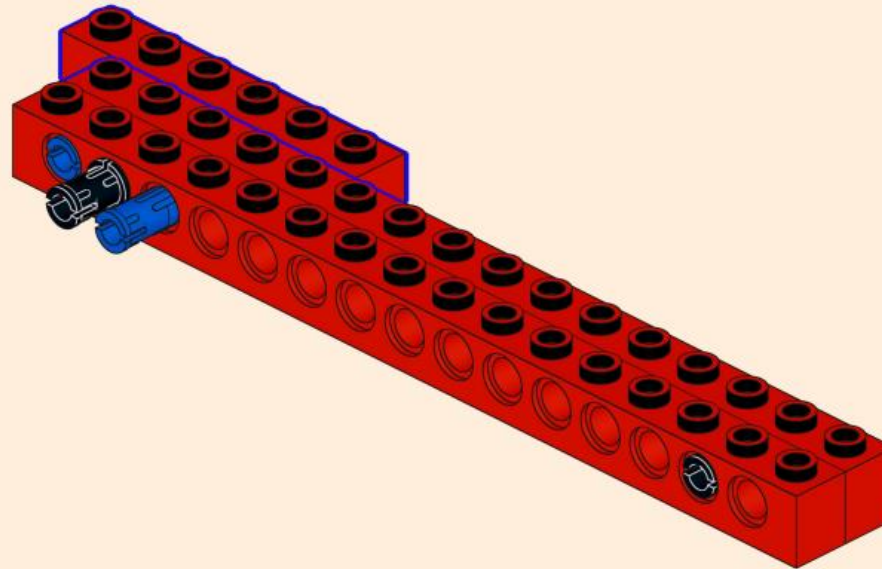


# 13

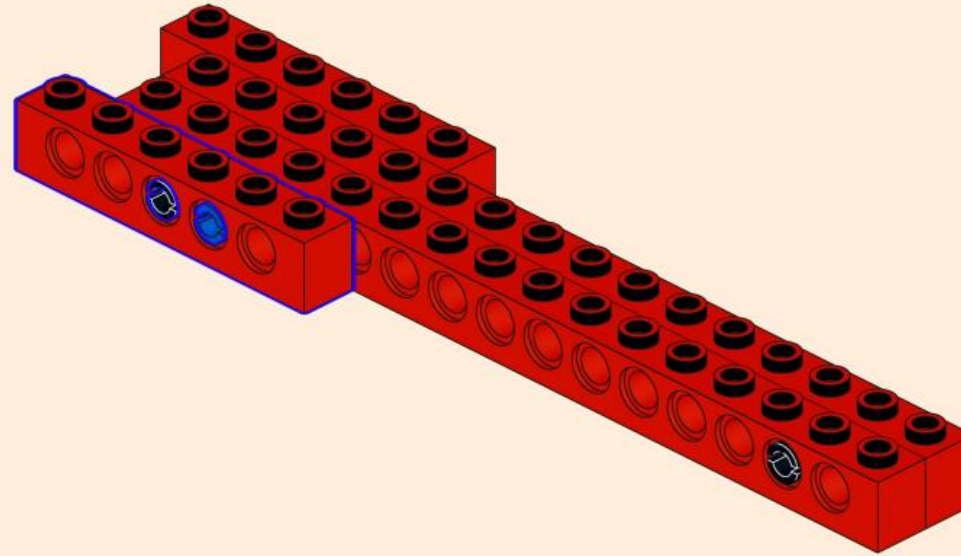
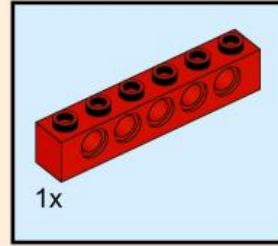




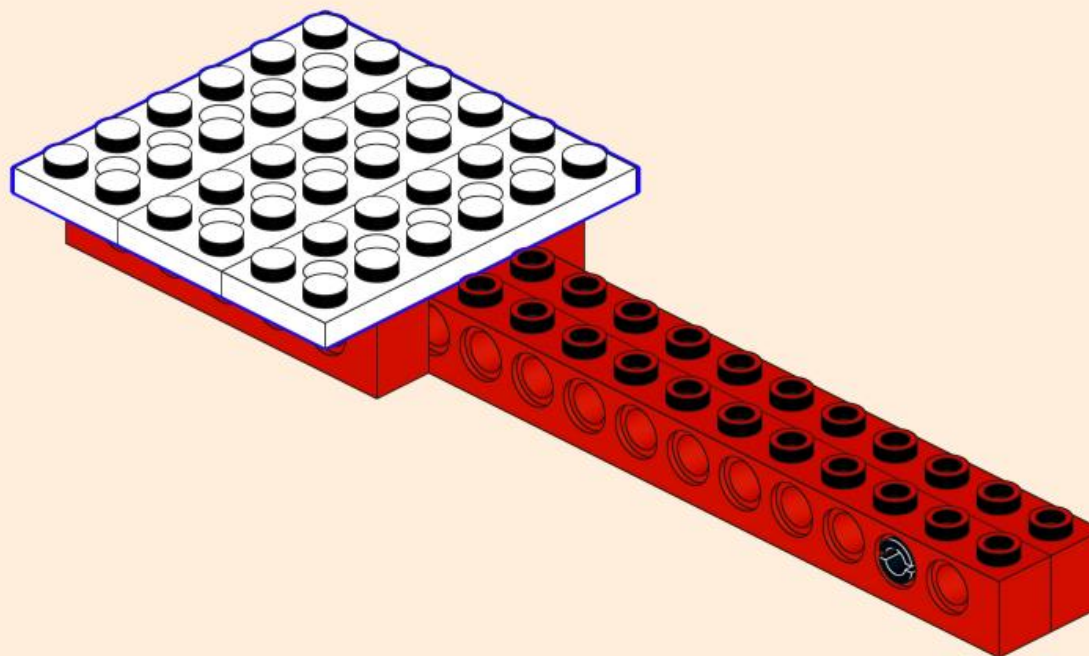
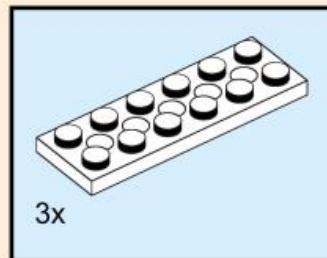
1x



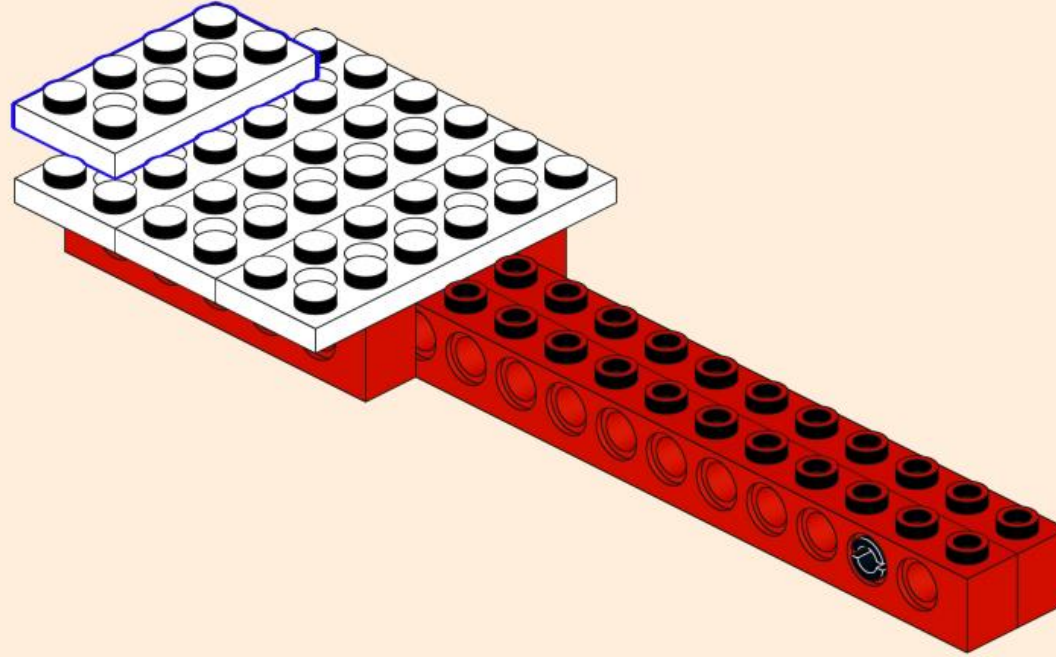
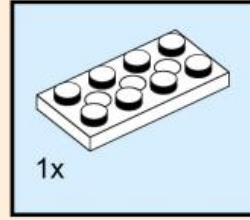
15



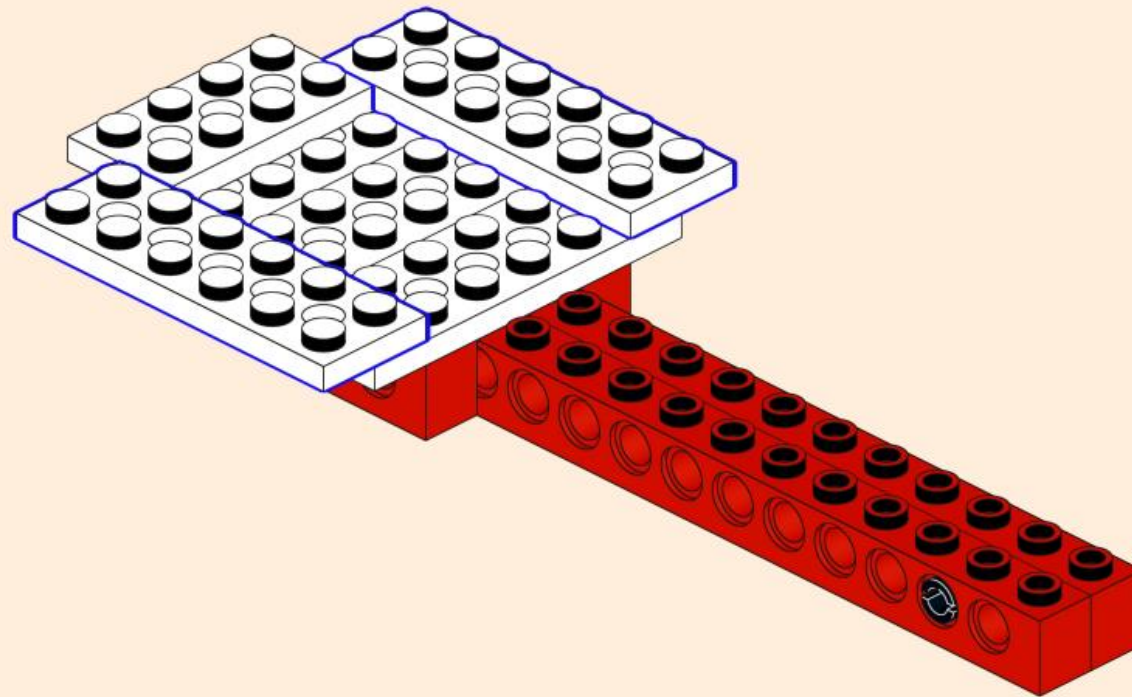
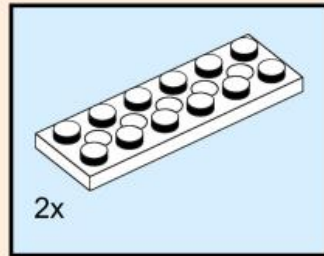
16



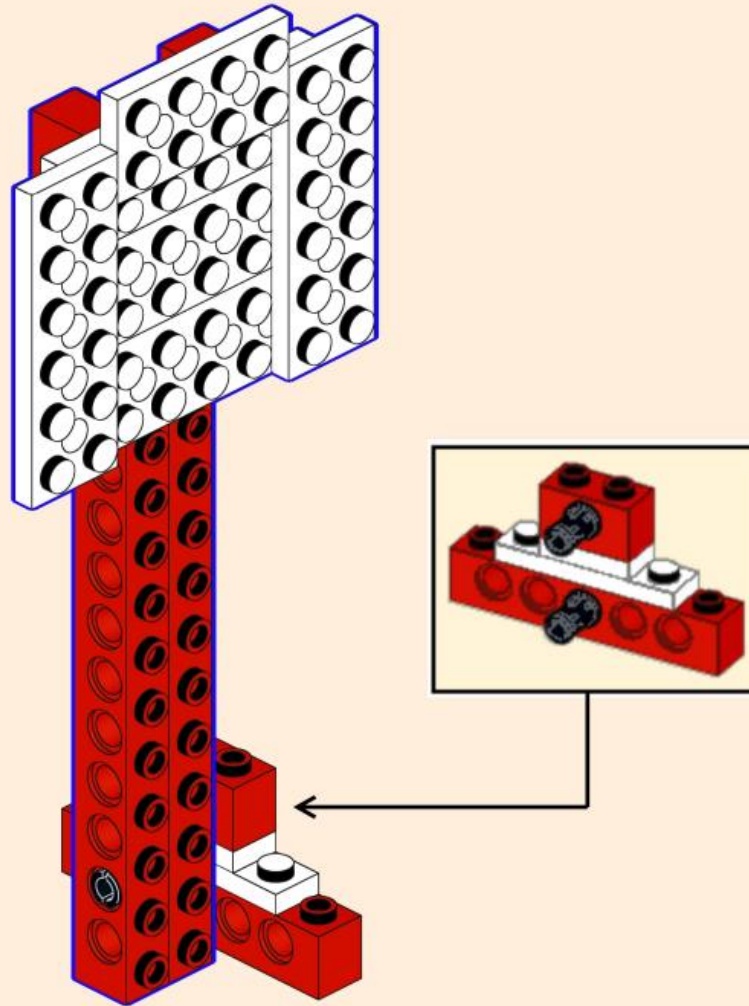
17



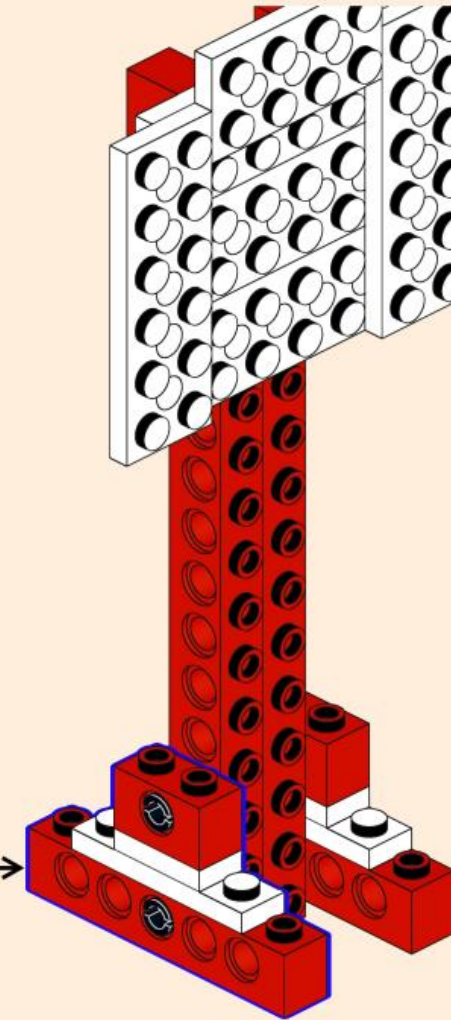
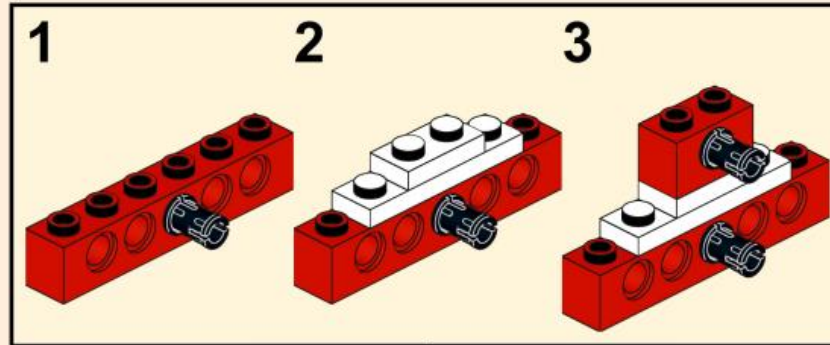
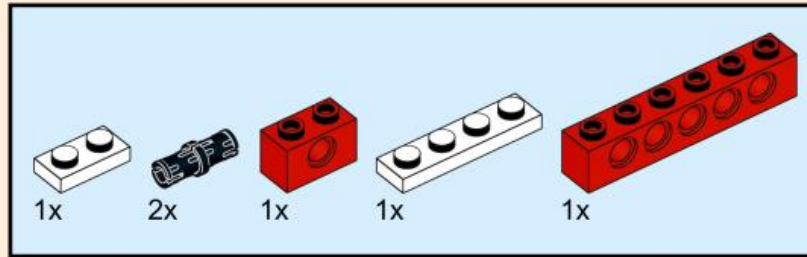
18



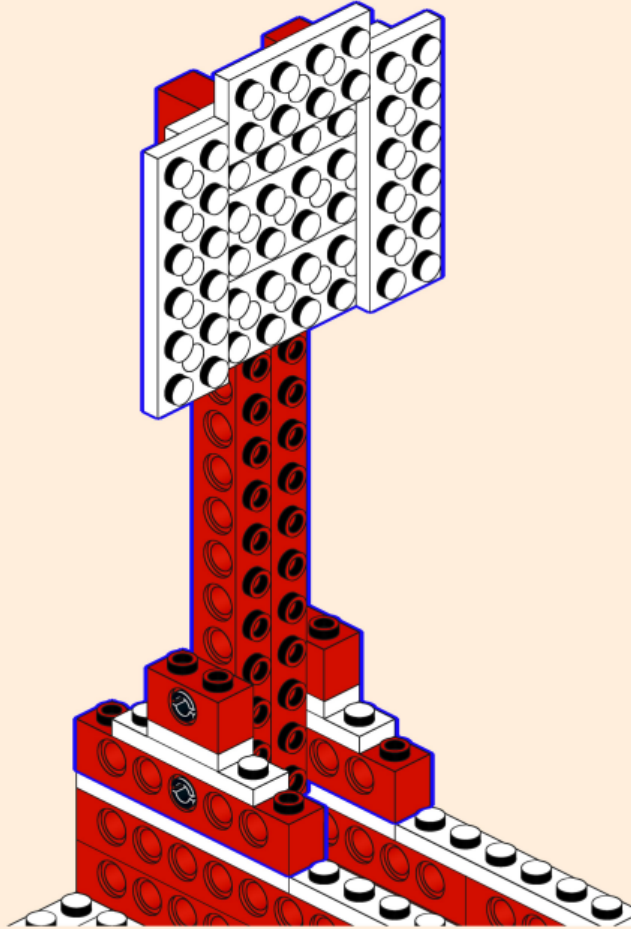
19



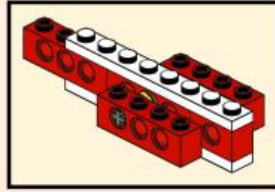
20



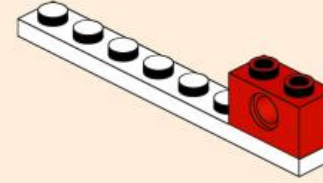
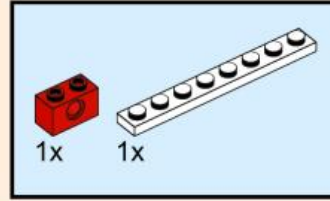
21



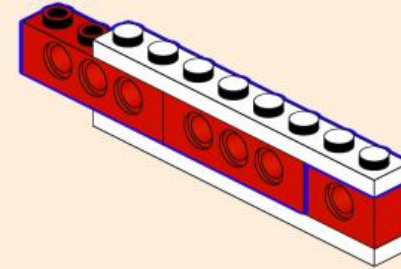
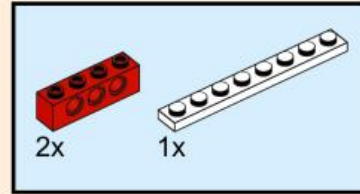




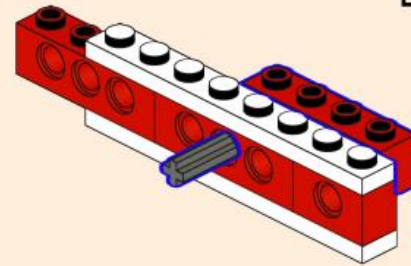
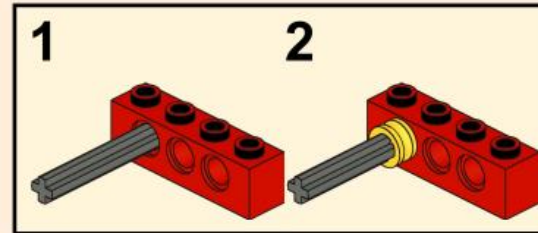
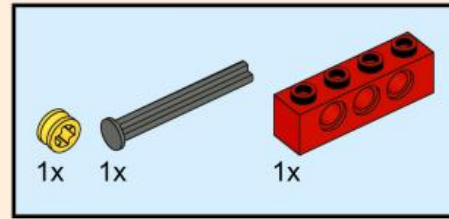
### 23



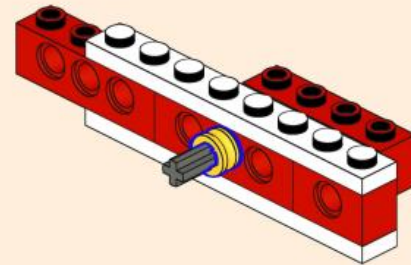
### 24



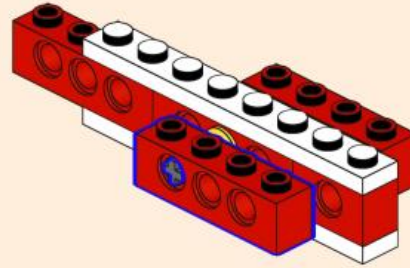
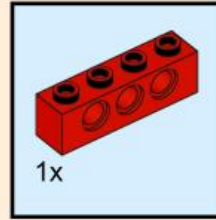
25



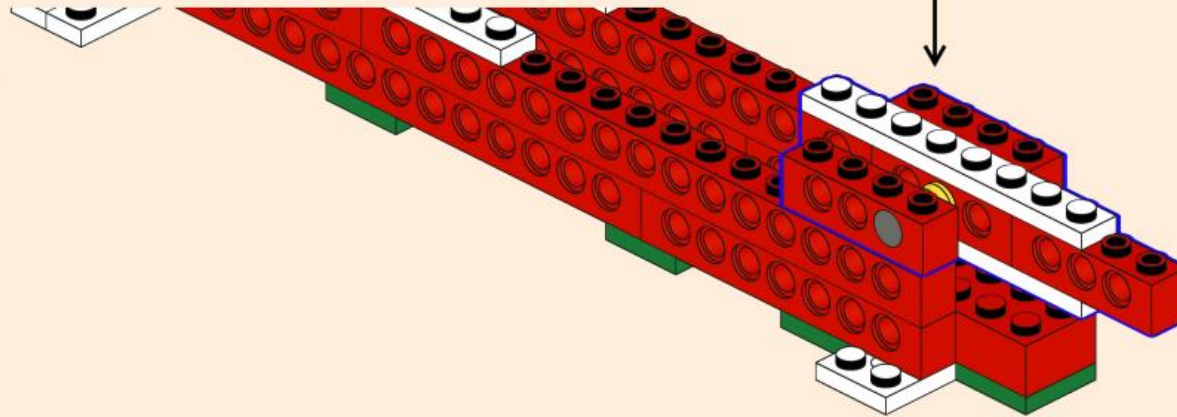
26



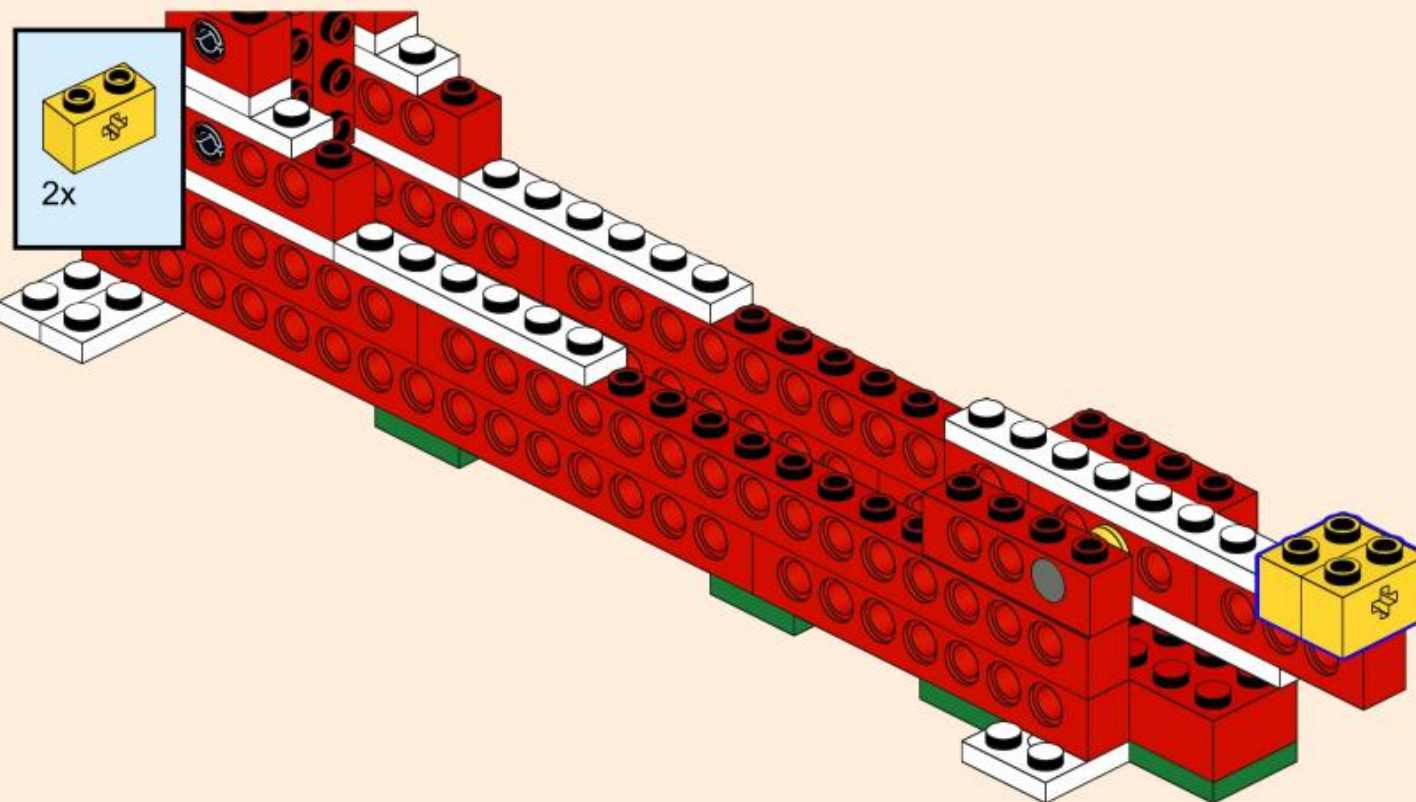
27

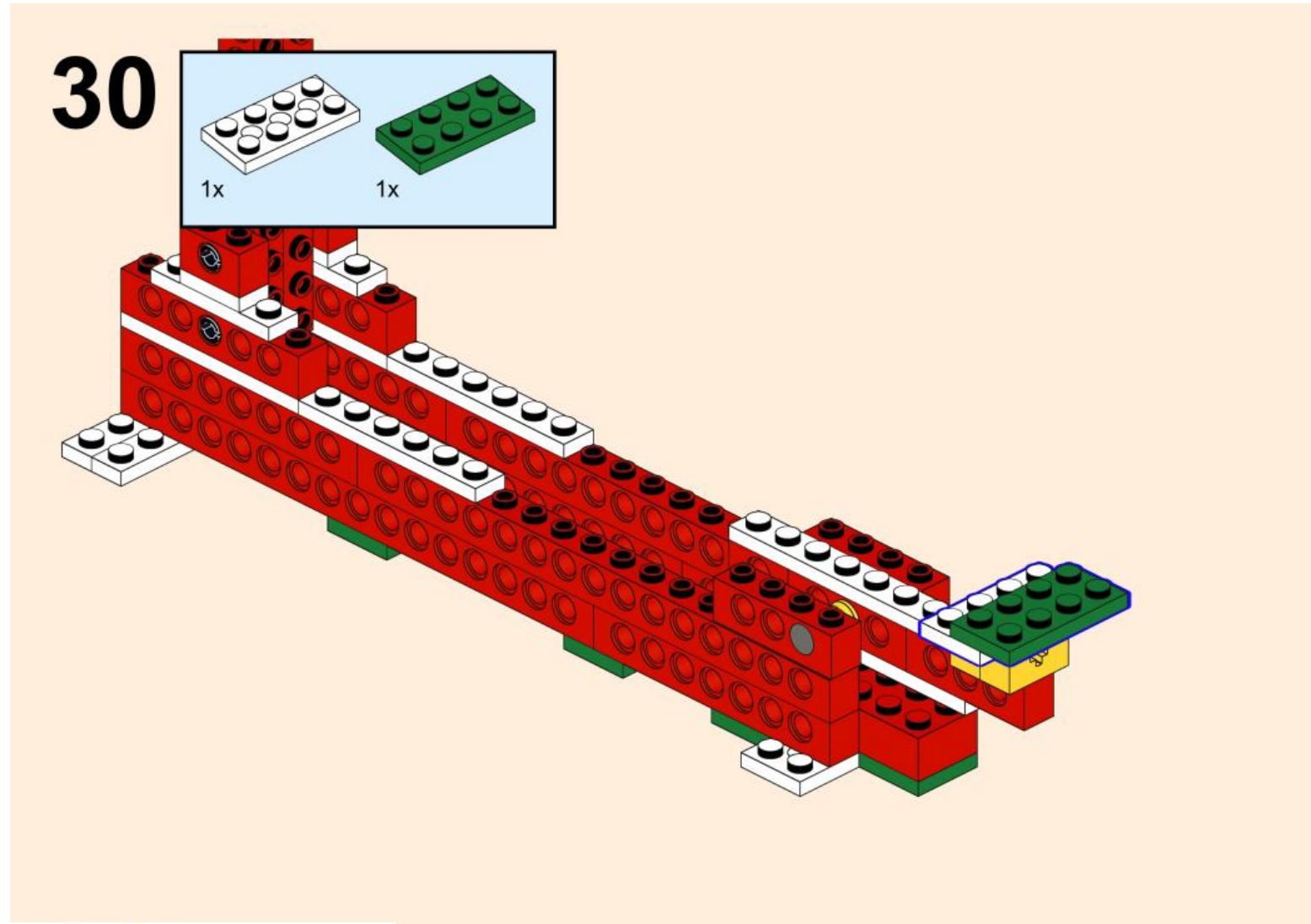


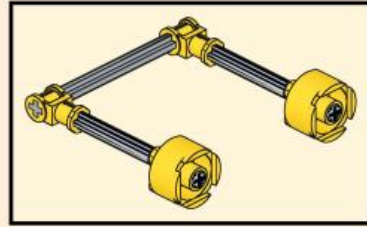
28



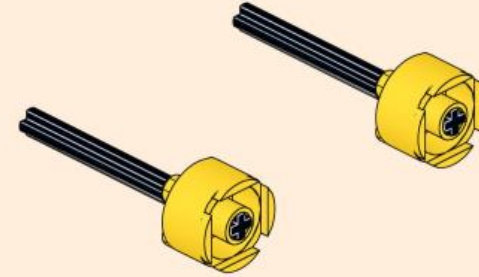
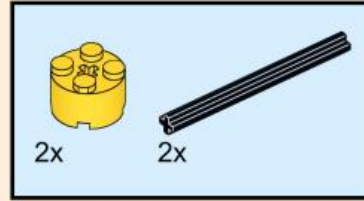
29



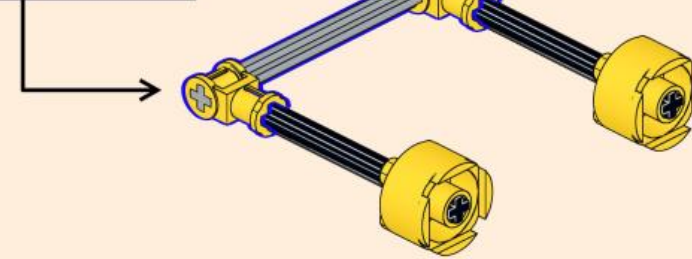
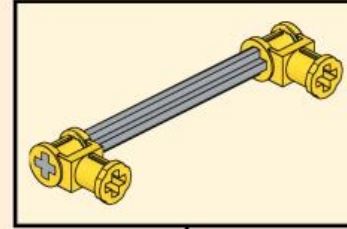
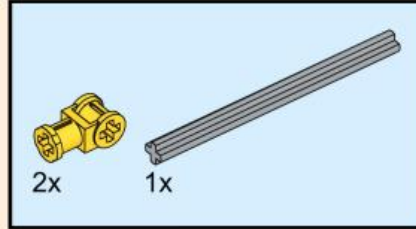




### 31



### 32



# 33

