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Erio De Col

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informazioni contenute in questa guida sono fornite a scopo informativo e didattico. Il contenuto del libro non intende sostituire in alcun modo il parere, la diagnosi o il trattamento di un medico, fisioterapista o altro professionista sanitario qualificato. Prima di intraprendere qualsiasi programma di esercizi, inclusi quelli descritti in questa guida, è consigliabile consultare un medico o un professionista della salute, specialmente in presenza di condizioni mediche preesistenti, dolori cronici, infortuni o altre problematiche fisiche. L'autore e l'editore non si assumono alcuna responsabilità per eventuali infortuni, danni o conseguenze derivanti dall'uso delle informazioni contenute nel libro. L'esecuzione degli esercizi e l'applicazione dei consigli forniti avvengono sotto la responsabilità del lettore.

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Passione posturale Marco Bucciarelli, 2025

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