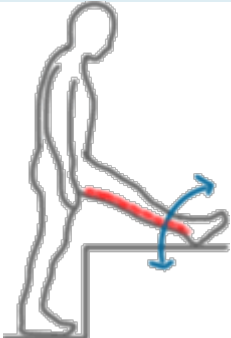
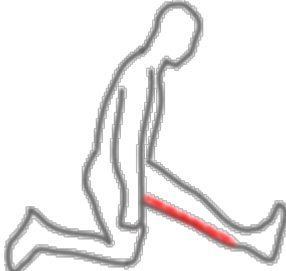
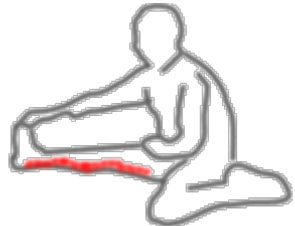
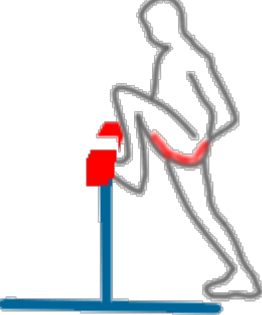

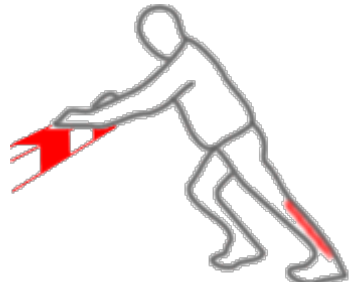
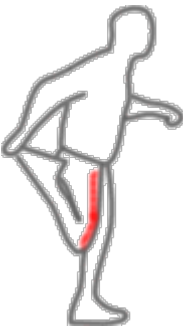
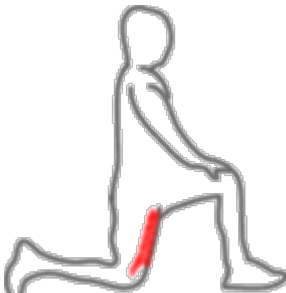
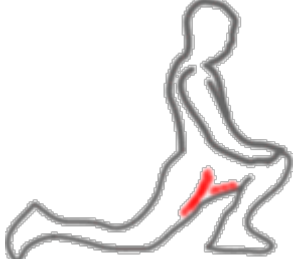


Les exercices d'étirements

membres inférieurs			
arrière			
	ischios jambiers en rotation	ischios (consignes : pointe de pied vers soi, dos droit)	ischios
arrière			
	fessiers	fessiers	mollets
avant			
	quadriceps	quadriceps (consigne : serrer les fesses)	psoas (haut de l'avant cuisse)

côtés



adducteurs
(intérieur des cuisses)



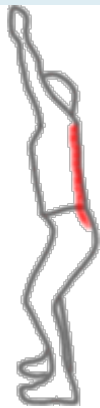
Abducteurs
(extérieur des cuisses)



Abducteurs

Buste

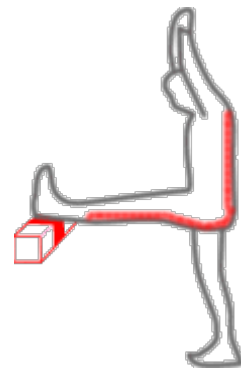
buste



dos



dos et intercostaux



ischios jambiers et dos

(consignes : fesses serrées, talons au sol)