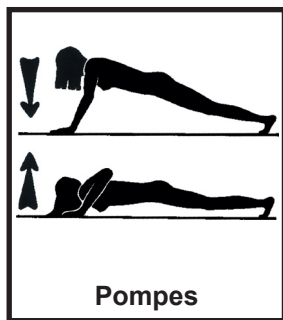


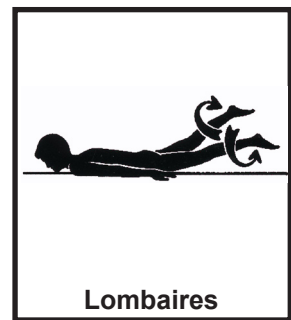
gainage



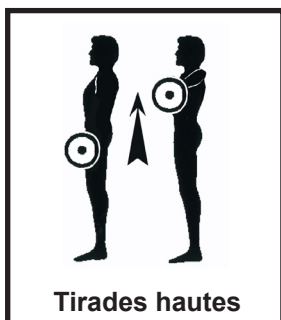
Pompes



Flexion/extension sur banc



Lombaires

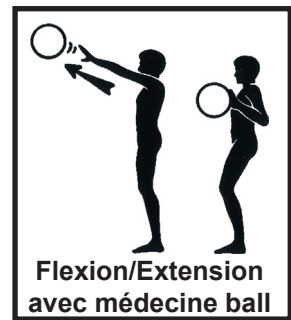


Tirades hautes

FORMATION ATHLÉTIQUE

POUR

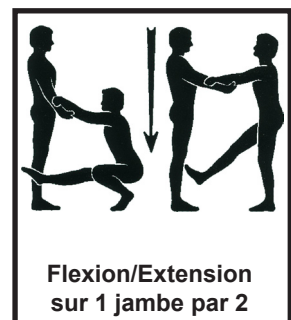
RAMEURS CADETS



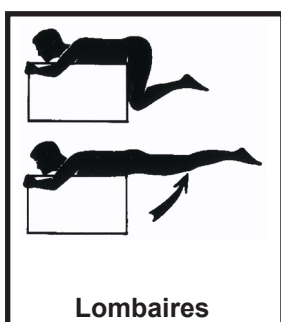
Flexion/Extension avec médecine ball



Traction gainées



Flexion/Extension sur 1 jambe par 2

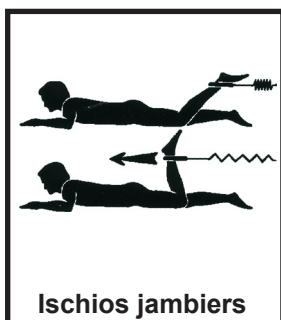


Lombaires

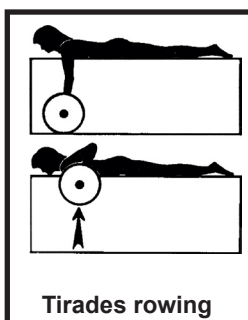


Obliques à droite et à gauche

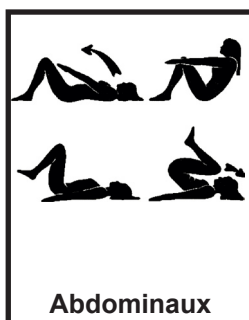
EXEMPLE DE SÉANCE



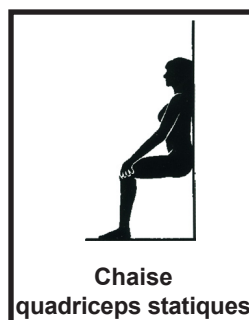
Ischios jambiers



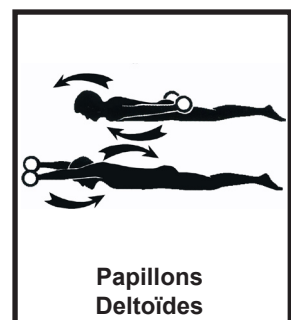
Tirades rowing



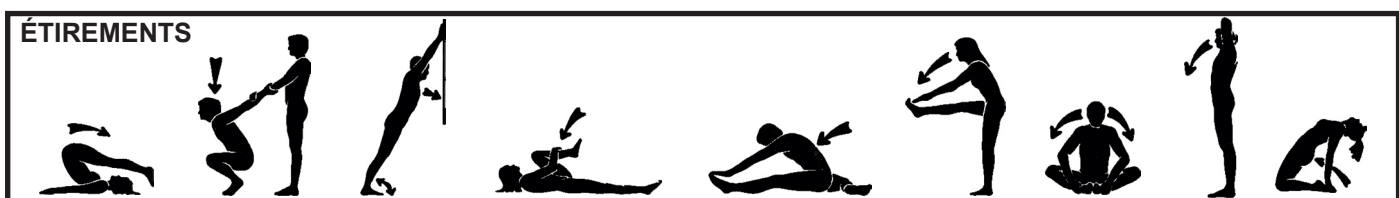
Abdominaux



Chaise quadriceps statiques



Papillons Delloïdes



ÉTIREMENTS