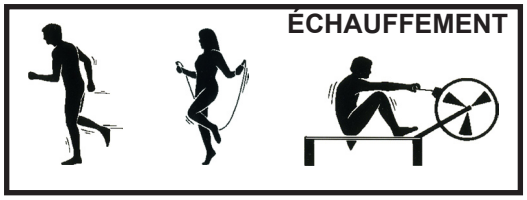
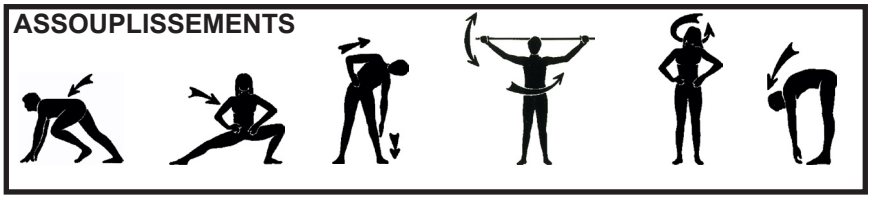
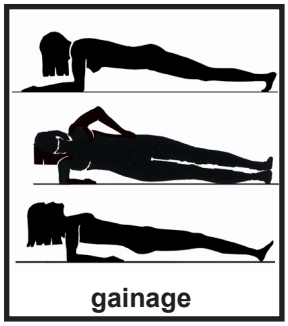
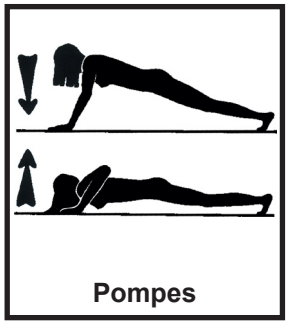
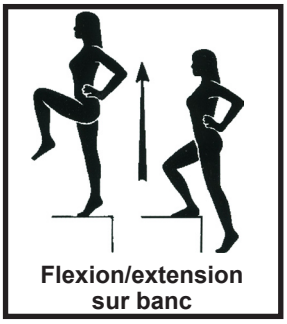
FORMATION ATHLÉTIQUE
POUR
RAMEURS CADETS

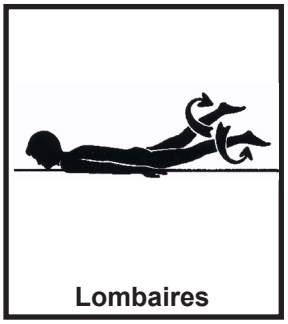


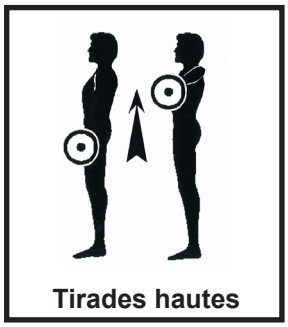


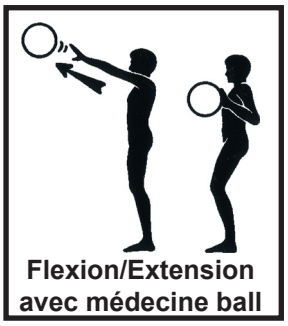

gainage

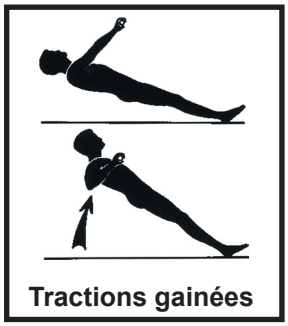

Pompes

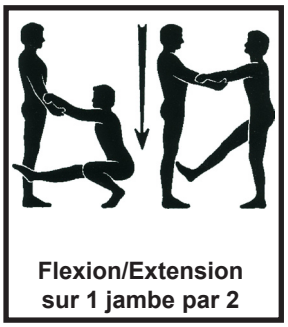

Flexion/extension sur banc

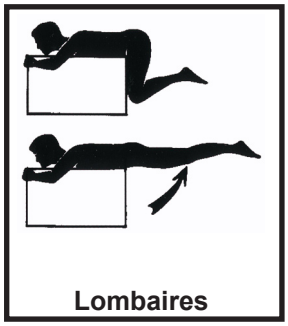

Lombaires


Tirades hautes


Flexion/Extension avec médecine ball


Tractions gainées


Flexion/Extension sur 1 jambe par 2

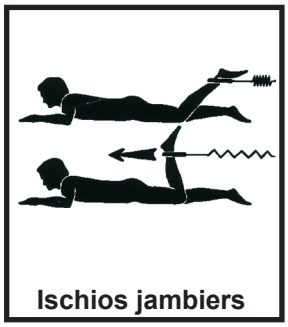

Lombaires

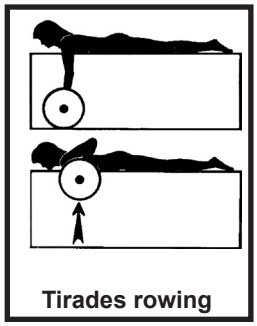
Obliques à droite et à gauche

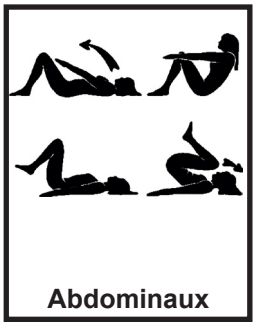
AVIRON FRANCE

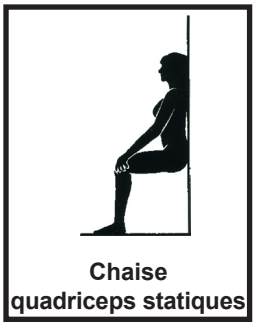
DIRECTION TECHNIQUE NATIONALE

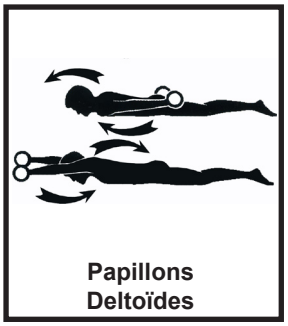
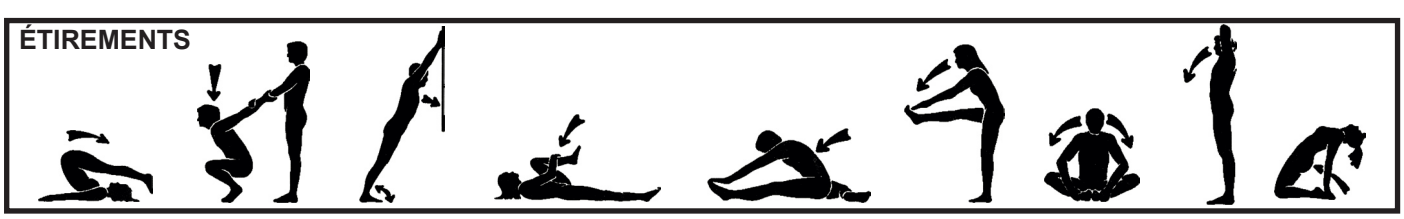
EXEMPLE DE SÉANCE


Ischios jambiers


Tirades rowing


Abdominaux


Chaise quadriceps statiques


Papillons Deltoïdes