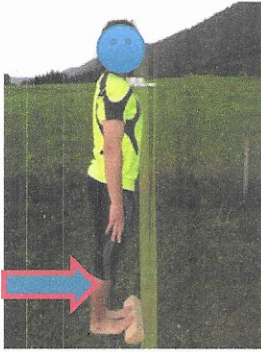


LES ETIREMENTS POST SPORTIFS

1 MOLLET-TRICEPS



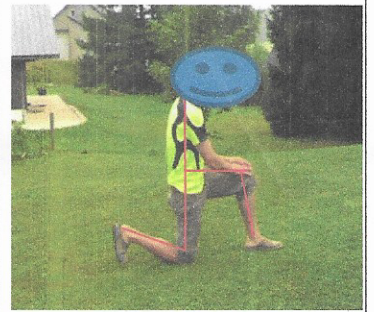
2 ISCHIO-JAMBIERS 1



3 QUADRICEPS



4 PSOAS



5 FESSIERS 1



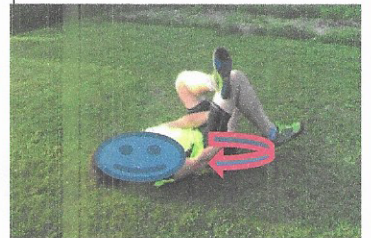
L'ETIREMENT EST DESAGREABLE
MAIS NON DOULOUREUX

MAINTENIR 20 SECONDES, 3 FOIS,
SANS SACCADÉS

GAINER LE BAS DU DOS

1 HEURE APRES L'EFFORT, DANS
LA JOURNEE

6 FESSIERS 2



7 Fascia lata



8 GRAND PECTORAL



7 TRICEPS



10 AVANT BRAS



11 DOS 1



12 DOS 2 +++

Posture sur coude ou
10 fausses pompes

