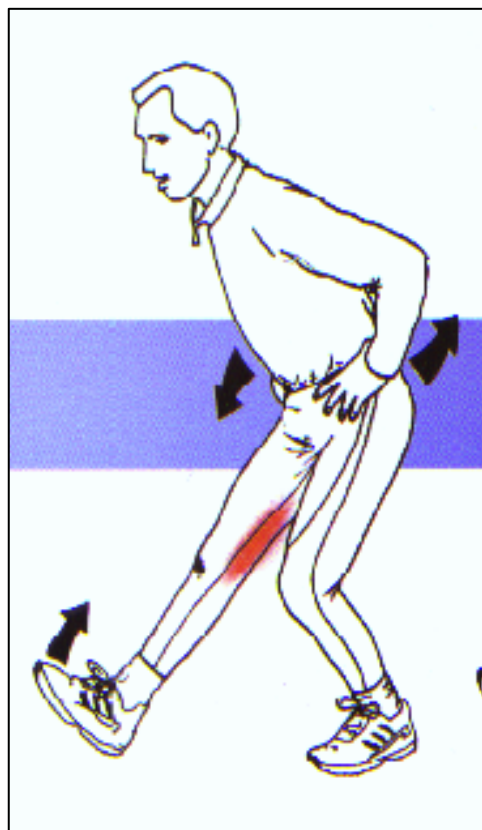
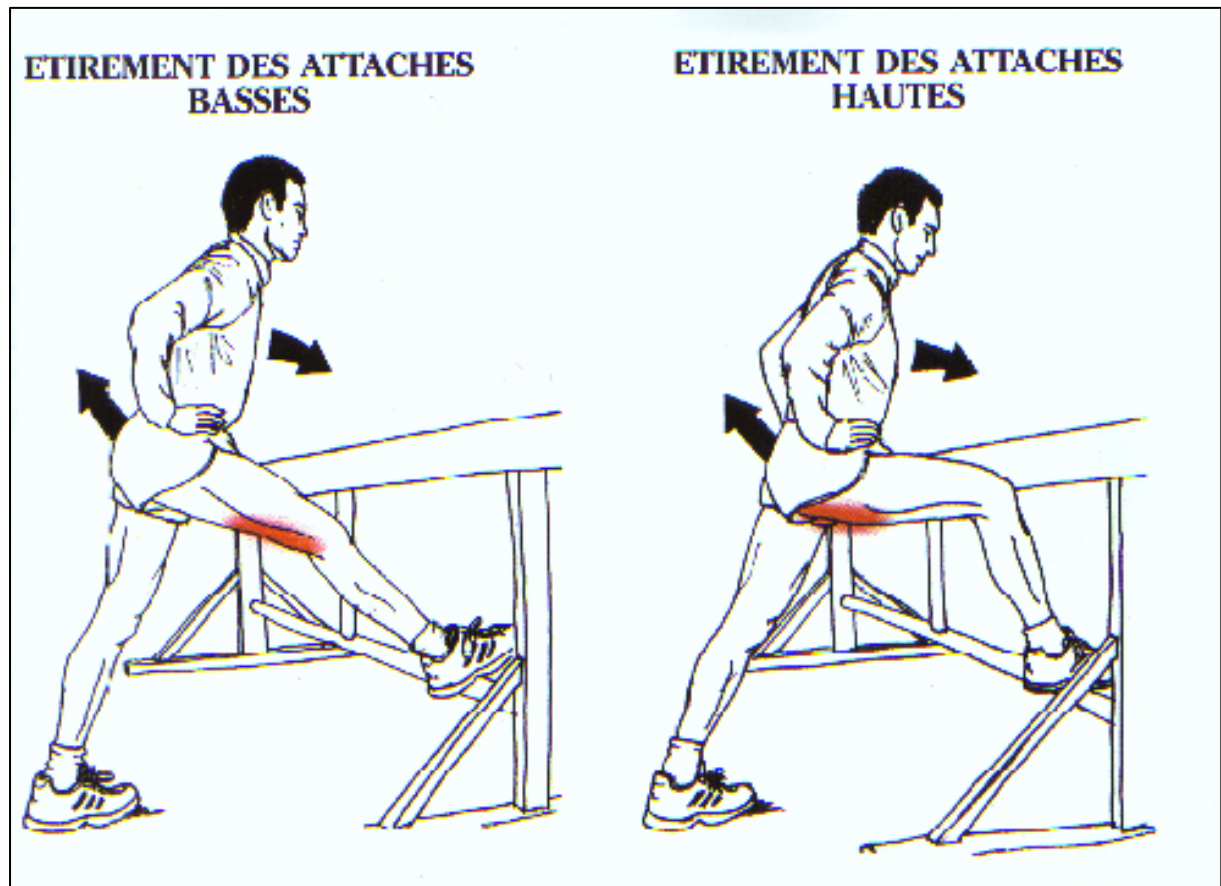
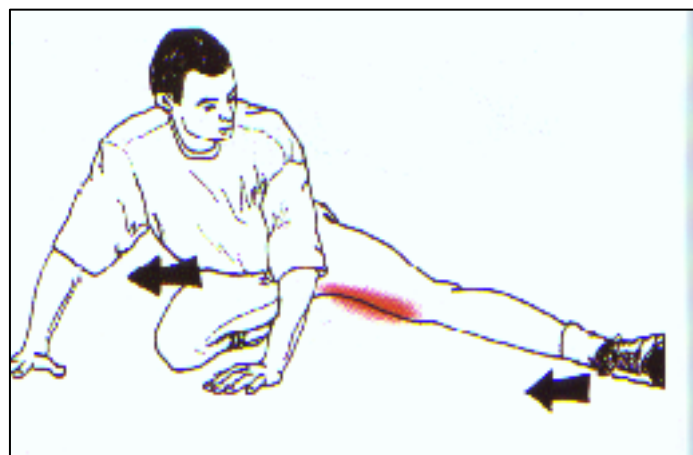
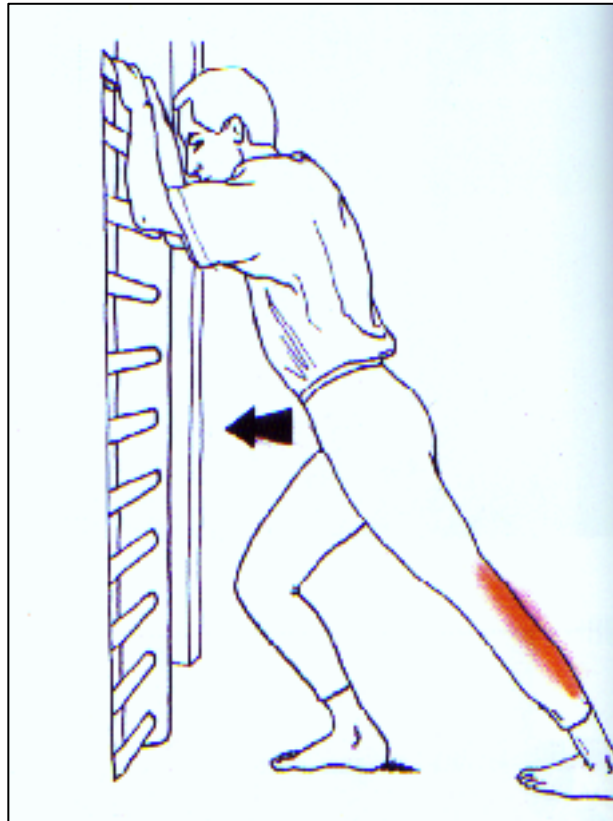


ETIREMENTS ISCHIOS



ETIREMENTS Mollet / Adducteur



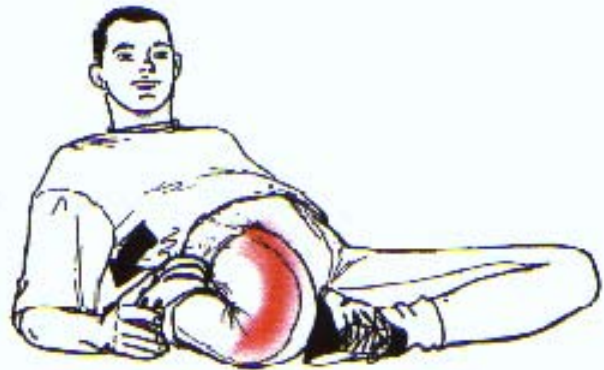
ETIREMENTS QUADRI / PSOAS

2 Mise en Tension

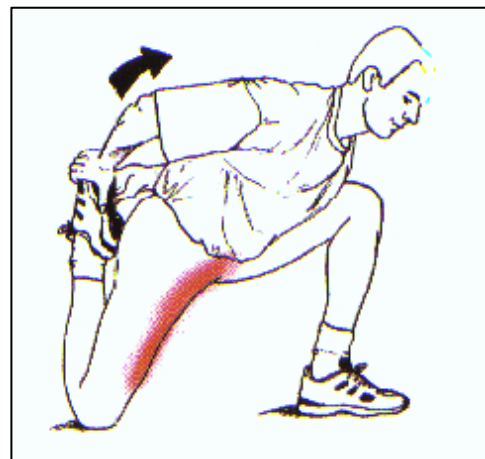
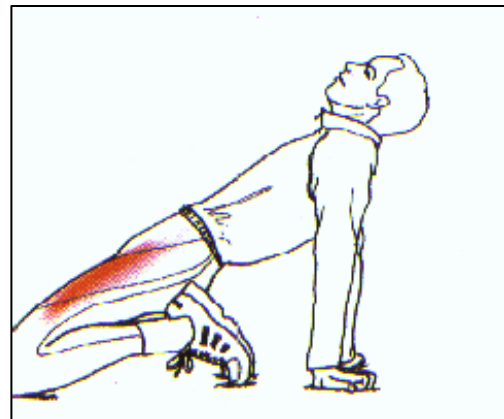
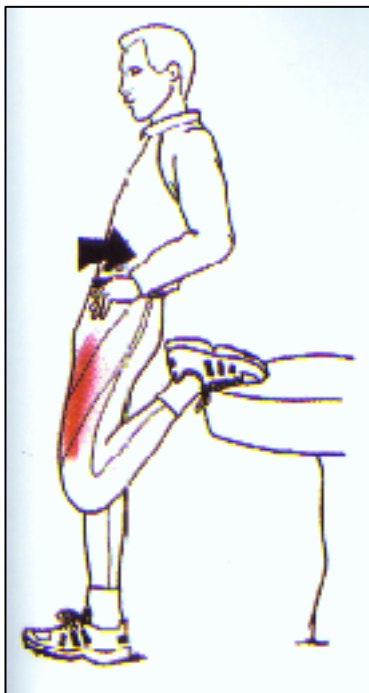


◆ Placer la main au niveau de la hanche, afin de garder lors de la descente du buste le bassin haut.

3 Phase d'étirement



◆ Descendre le buste vers l'arrière progressivement en gardant le bassin haut. Tenir la position 20 à 25 s.



ETIREMENTS DOS

