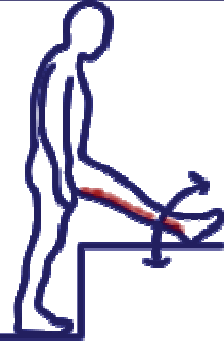
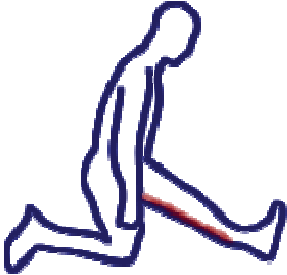

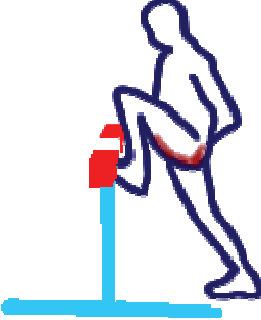

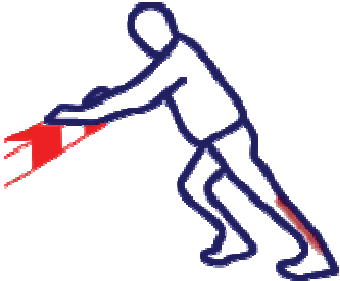
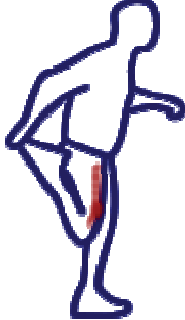
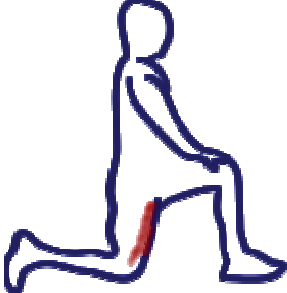
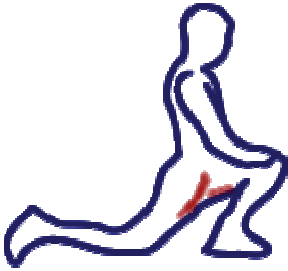
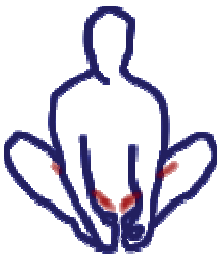


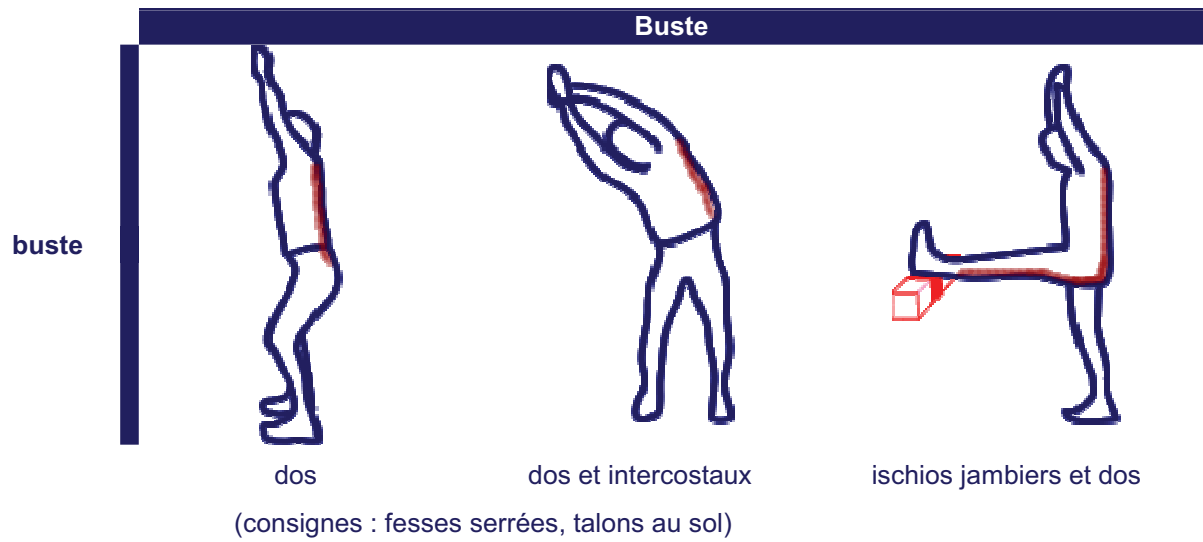


Les exercices d'étirements (en bordeaux les principales zones étirées)

	membres inférieurs		
arrière	 <p>ischios jambiers en rotation</p>	 <p>ischios (consignes : pointe de pied vers soi, dos droit)</p>	 <p>ischios</p>
arrière	 <p>fessiers</p>	 <p>fessiers</p>	 <p>mollets</p>
avant	 <p>quadriceps</p>	 <p>quadriceps (consigne : serrer les fesses)</p>	 <p>psoas (haut de l'avant cuisse)</p>
côtés	 <p>adducteurs (intérieur des cuisses)</p>	 <p>Abducteurs (extérieur des cuisses)</p>	 <p>Abducteurs</p>



Source d'information : [www.volodalen.com](http://www.volodalen.com)