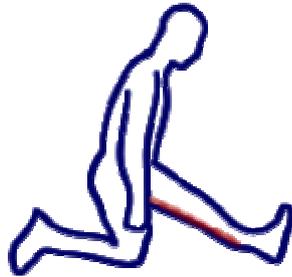


membres inférieurs

arrière



ischios jambiers  
en rotation



ischios  
(consignes : pointe de pied  
vers soi, dos droit)

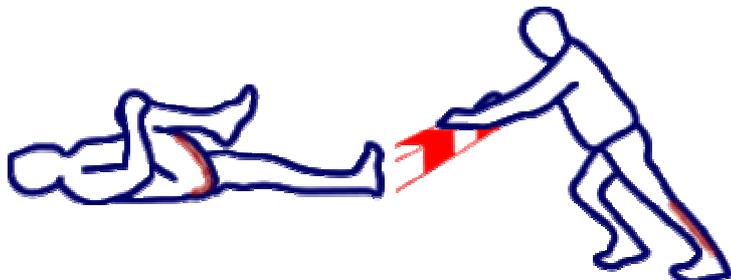


ischios

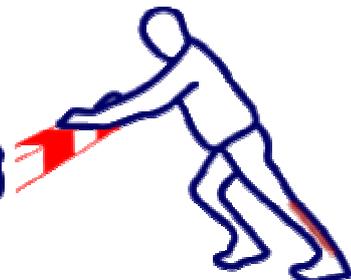
arrière



fessiers

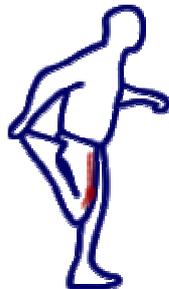


fessiers

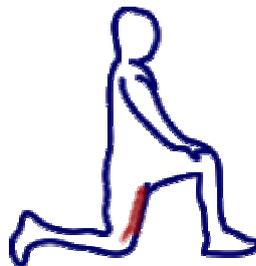


mollets

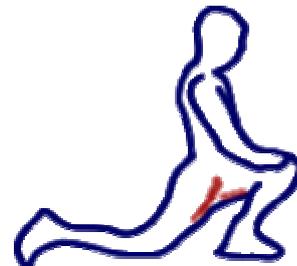
avant



quadriceps



quadriceps  
(consigne : serrer les fesses)



psoas  
(haut de l'avant cuisse)

côtés



adducteurs  
(intérieur des cuisses)



Abducteurs  
(extérieur des cuisses)

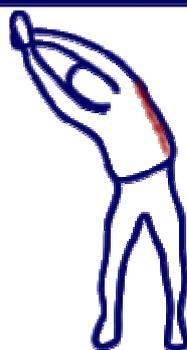


Abducteurs

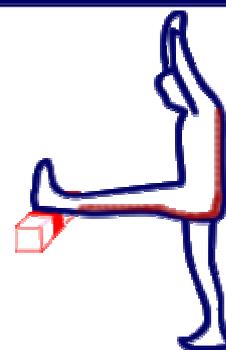
buste



dos



dos et intercostaux



ischios jambiers et dos

(consignes : fesses serrées, talons au sol)

Buste