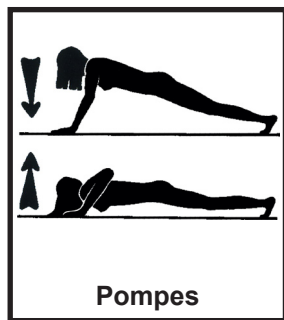


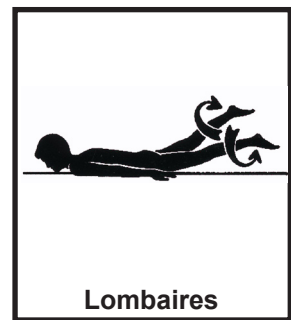
gainage



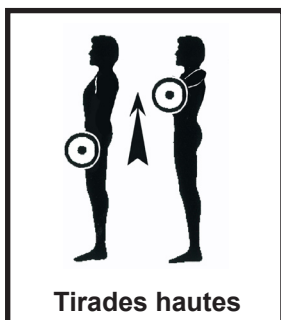
Pompes



Flexion/extension sur banc



Lombaires

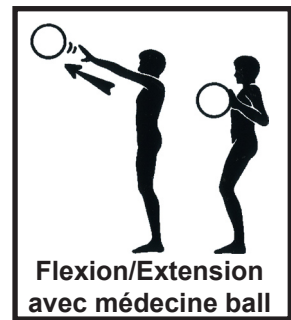


Tirades hautes

# FORMATION ATHLÉTIQUE

## POUR

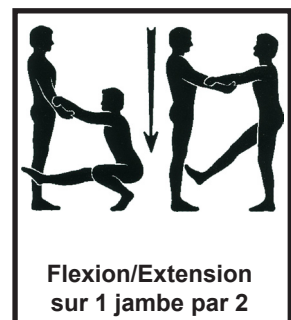
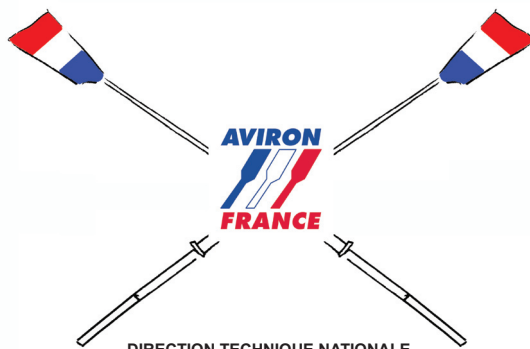
# RAMEURS CADETS



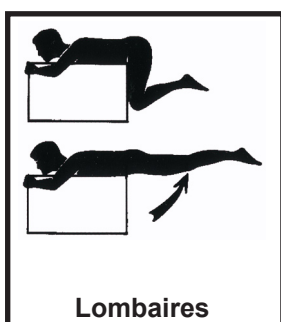
Flexion/Extension avec médecine ball



Traction gainée



Flexion/Extension sur 1 jambe par 2

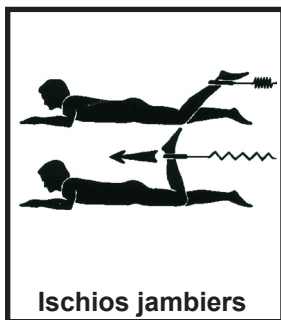


Lombaires

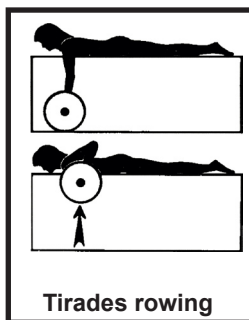


Obliques à droite et à gauche

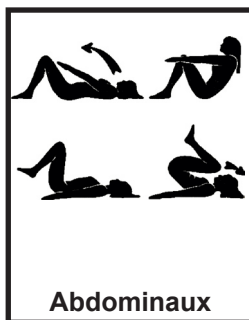
# EXEMPLE DE SÉANCE



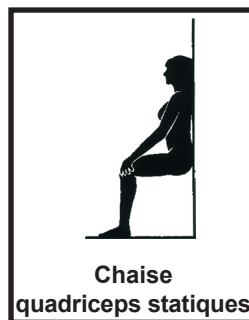
Ischios jambiers



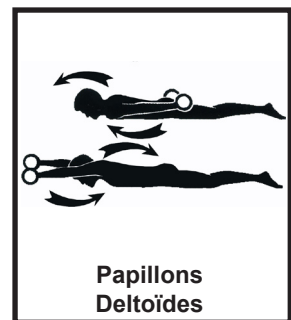
Tirades rowing



Abdominaux



Chaise quadriceps statiques



Papillons Deltoides

