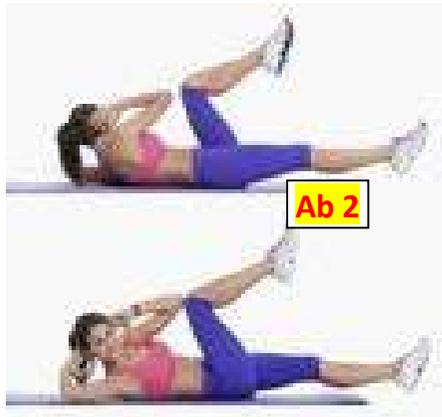


# ABDOMINAUX

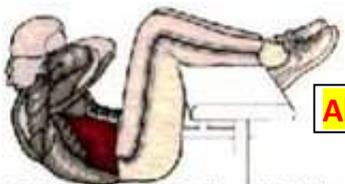
Remarque : **plutôt mettre les mains aux épaules** ou à la poitrine



Ab 1

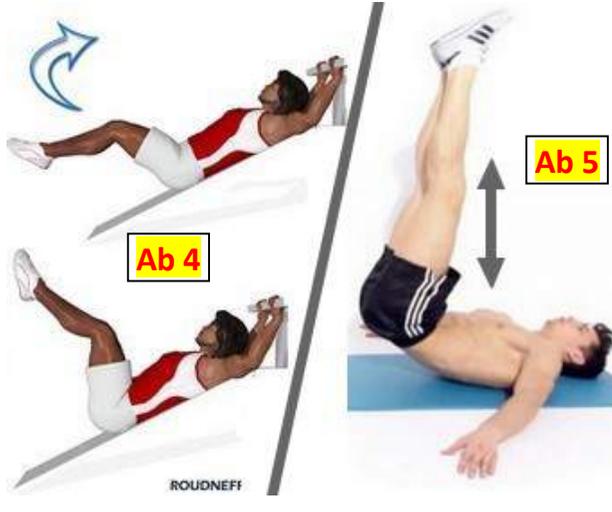


Ab 2



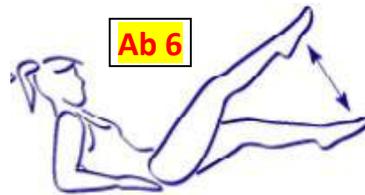
Ab 3

Relevé de buste (pieds surélevés)



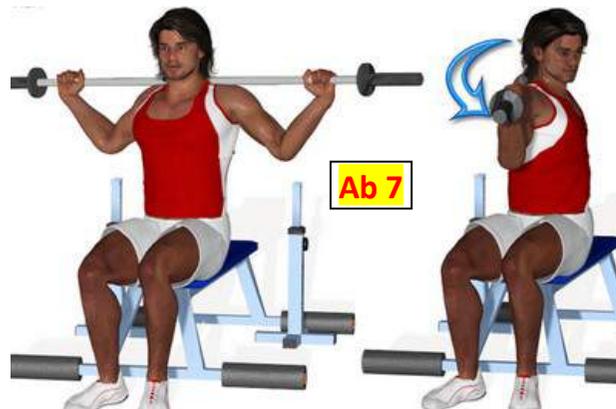
Ab 4

Ab 5



Ab 6

Ciseaux



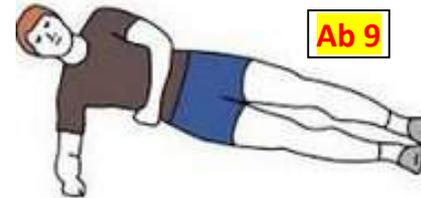
Ab 7

Gainages  
(30 sec – 1 min)

Ab 8



Ab 9



2 possibilités

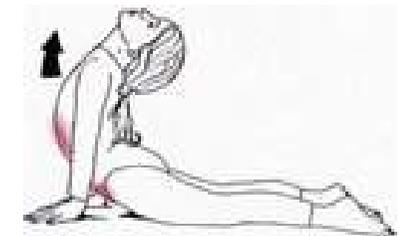
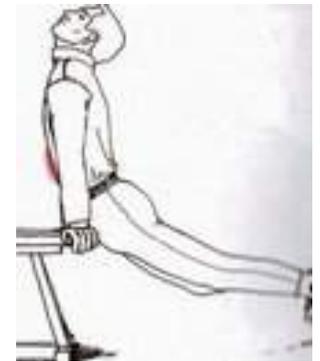
- Gagner en haut et tenir 20, 30 secondes ou plus...
- Monter et descendre 15 à 25 fois.

Ab10

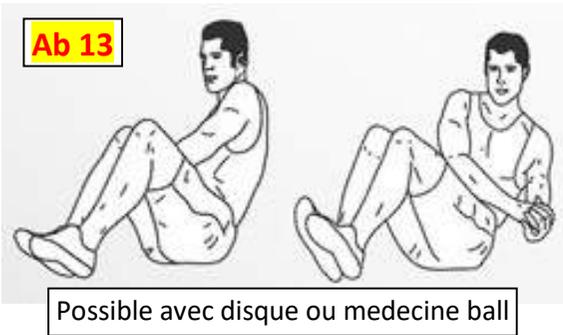
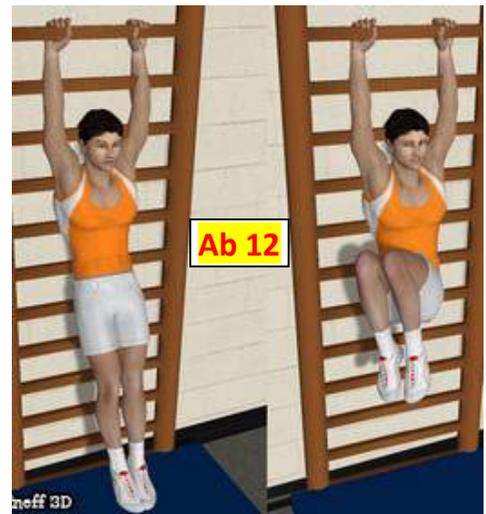
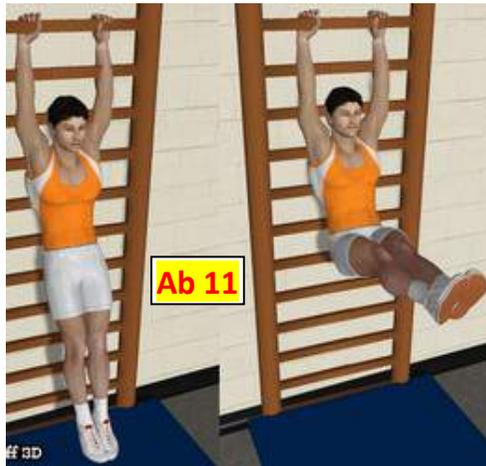


- Possible :
- jambes tendues
  - avec lest aux chevilles

## ETIREMENTS



# ABDOMINAUX b



Coude droit vers genou gauche...

## ETIREMENTS



# ADDUCTEURS

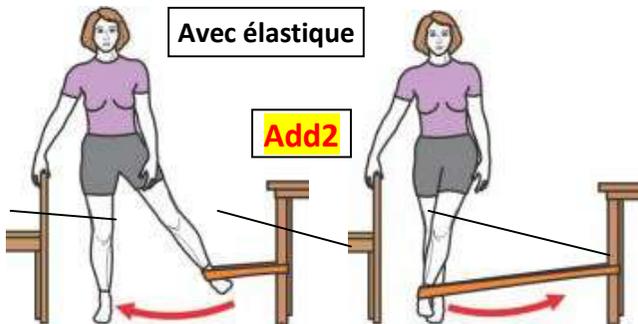
Add 1



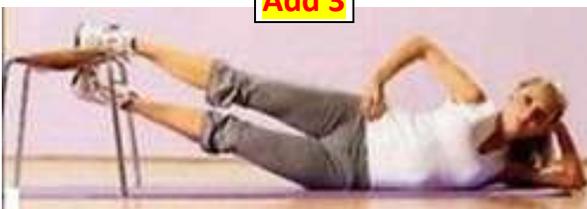
Avec ou sans bracelet de cheville

Avec élastique

Add2



Add 3

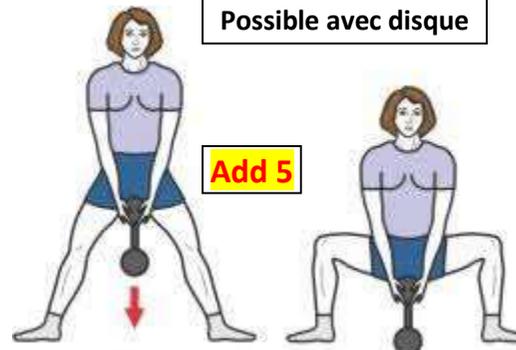


## Squats sumo

Add 4



Possible avec disque



Add 5



Add6



Elastique

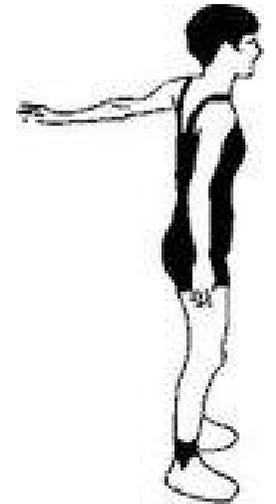
Add7

## ETIREMENTS

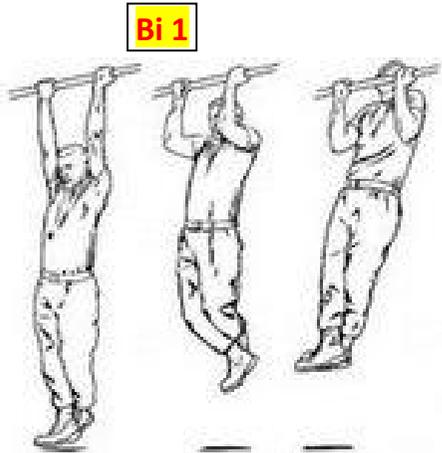


# Biceps brachial

## ETIREMENTS



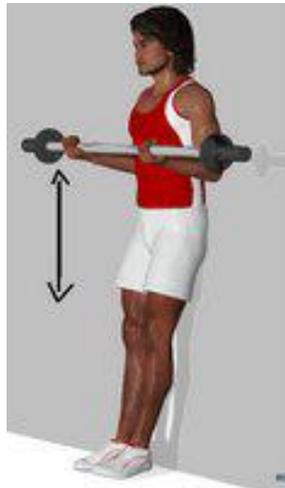
Le pouce contre le mur



**Bi 1**

Tractions mains en pronation

**Bi 2**



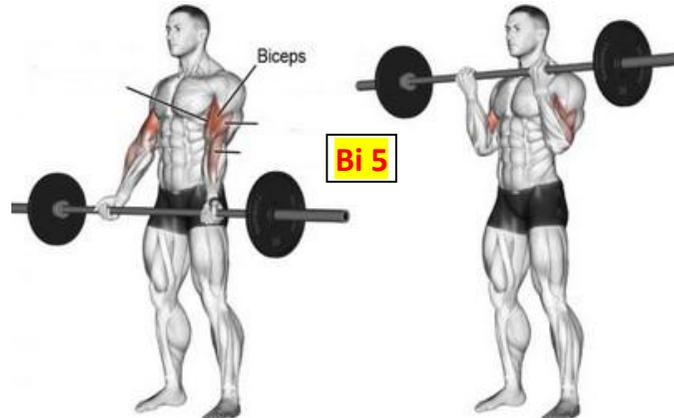
Biceps dos au mur pour éviter de cambrer



**Bi 3**



**Bi 4**



**Bi 5**



**Bi 6**



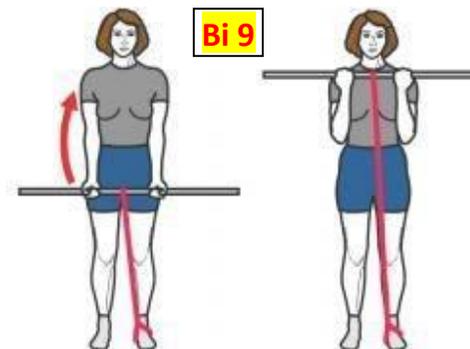
**Bi 7**

Avec élastique



**Bi 8**

Avec élastique fixé



**Bi 9**

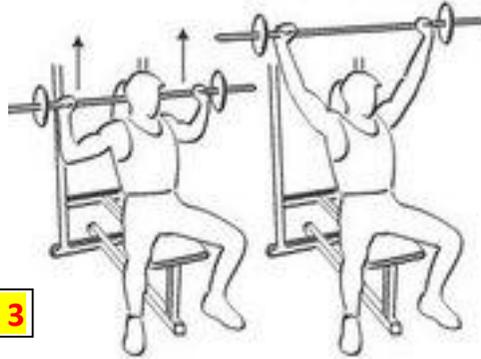
Avec élastique et barre

# Deltoïdes (épaules)



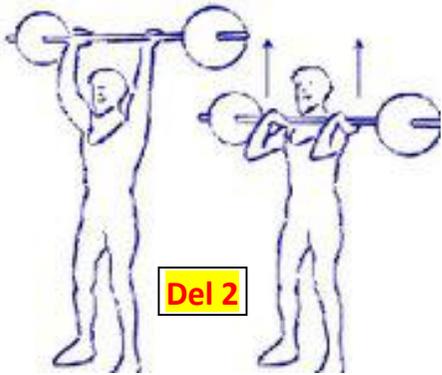
Del 1

Tirage menton : finir coudes en haut



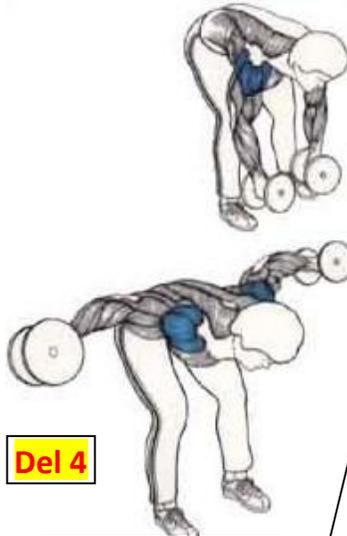
Del 3

Développé nuque (possible debout)



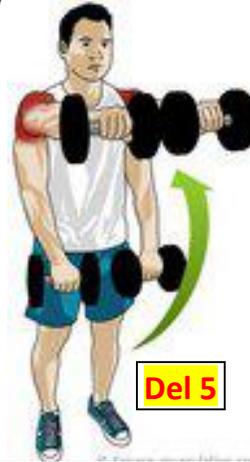
Del 2

Développé militaire



Del 4

Ecartés latéraux



Del 5

Avec haltères ou barre



Del 6



Del 7

Développés assis



Del 8

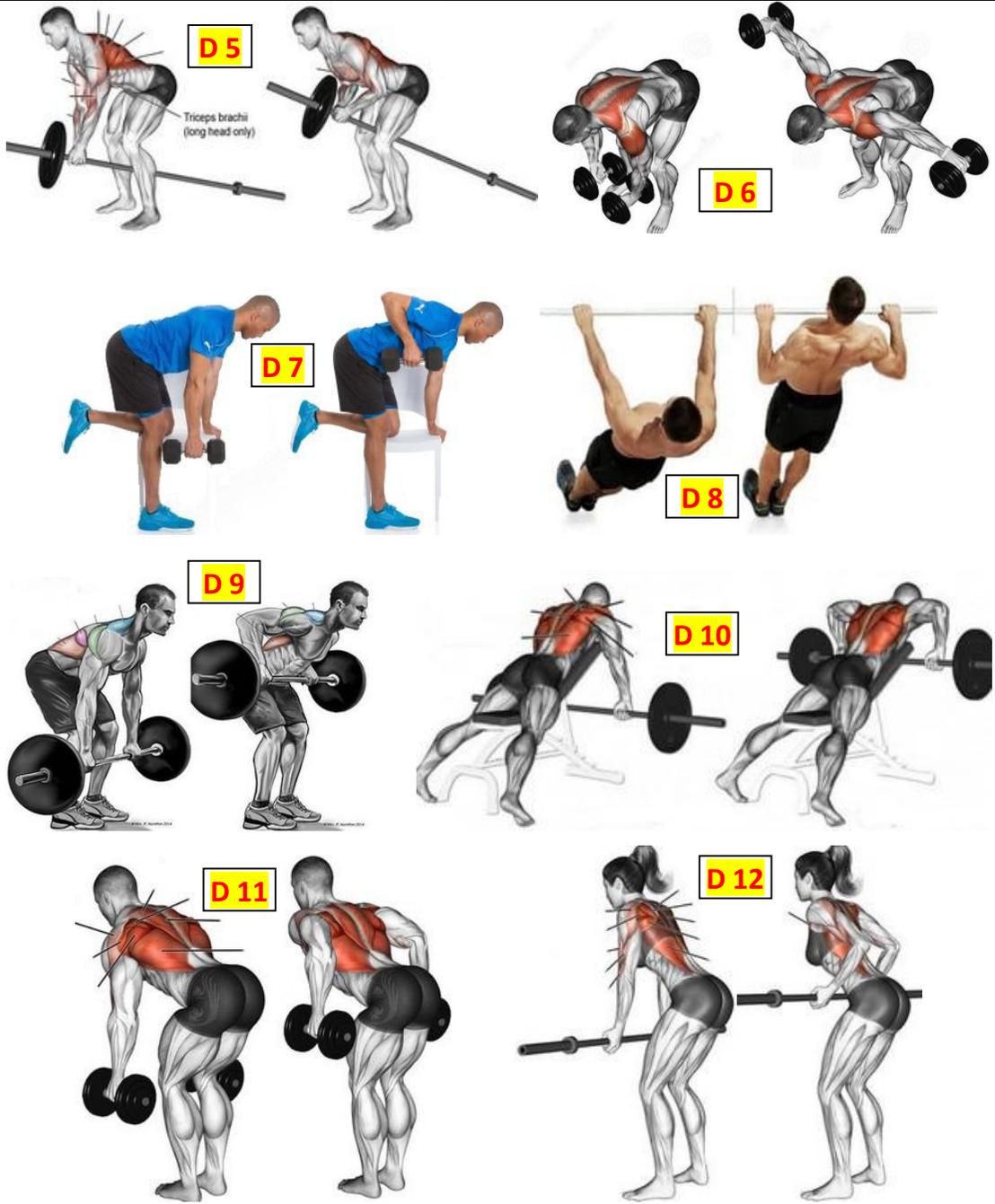
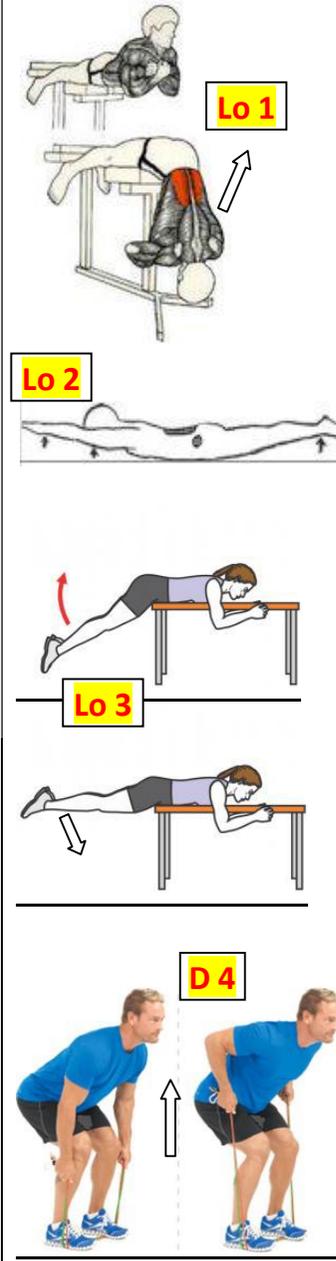
Développé assis avec rotation des mains

## ETIREMENT

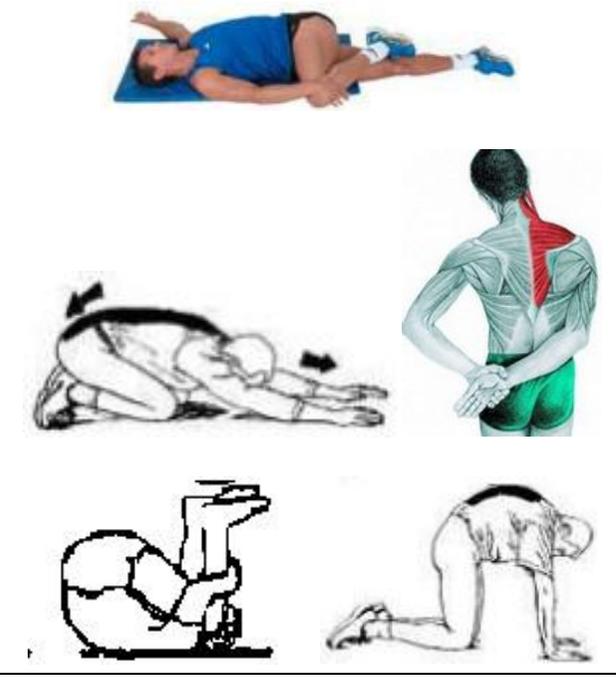


# Dorsaux

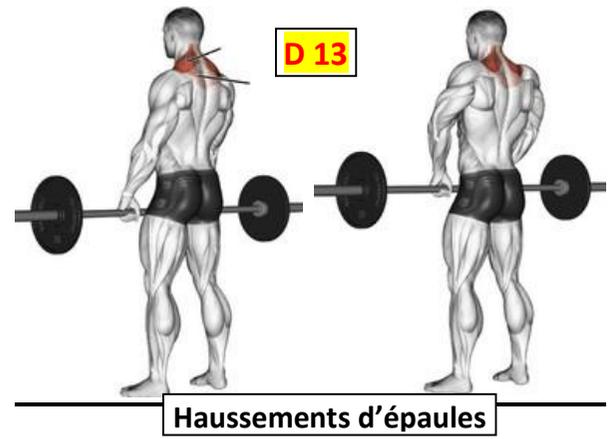
L  
O  
M  
B  
A  
I  
R  
E  
S



## ETIREMENTS



Possible avec haltères



# FESSIERS

## ETIREMENTS

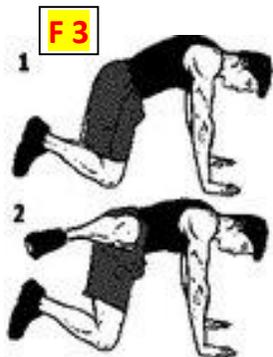


F1

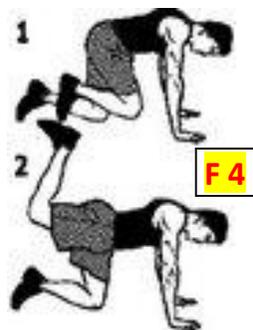
Jambe tendue, pied juste au dessus de la fesse



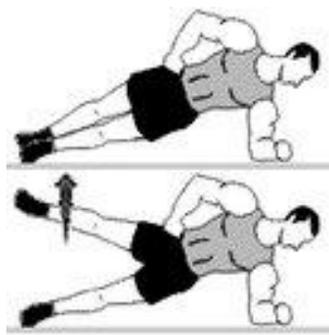
F2



F3



F4

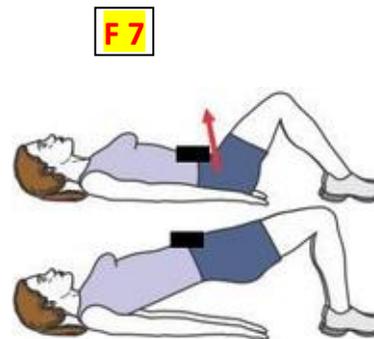


F5

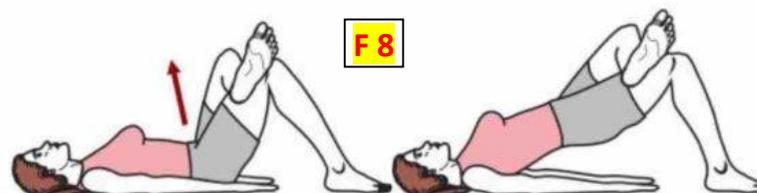


F6

Fente avant



F7



F8



F9



# Ischios-jambiers



**Gainage**



**Avec lest à la cheville**



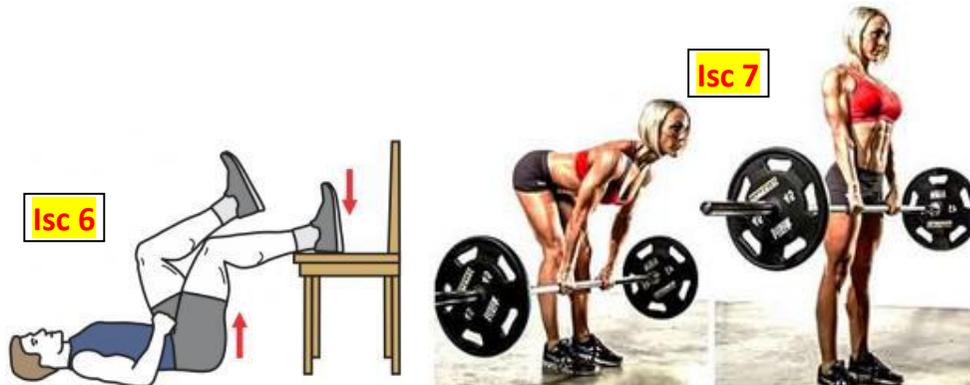
**Avec sangles**



**Nordic Hamstring Curl**



**Avec élastique fixé**



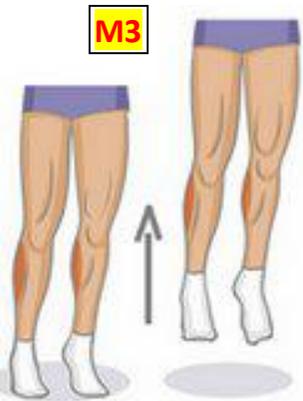
**Appuyer le talon sur la chaise, monter le bassin**

**Soulevé de terre roumain**

## ETIREMENTS

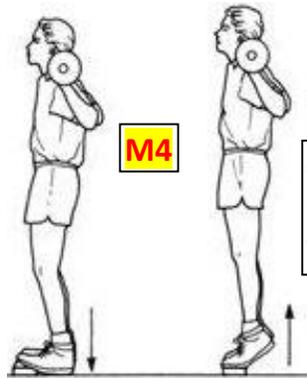


# MOLLETS

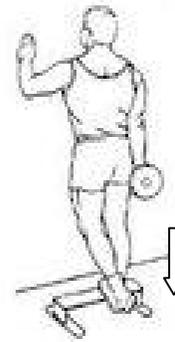
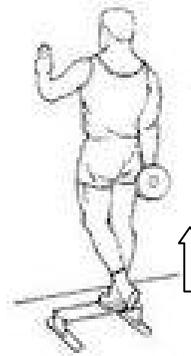


Effectuer des sauts d'une dizaine de cm à la verticale, **sans plier les genoux**. Rester sur la pointe des pieds tout au long de l'exercice et garder les bras croisés sur la poitrine.

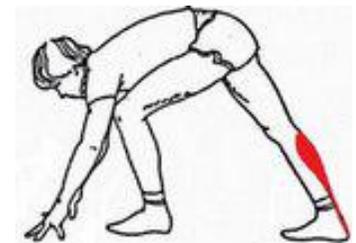
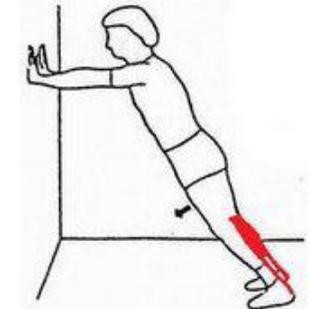
20 à 30 sauts par série – 2 à 4 séries.



Avant des pieds surélevé (barre, tapis, disques...)



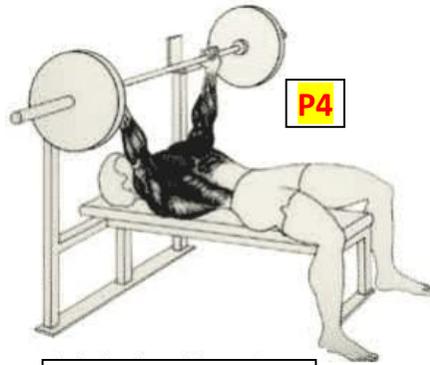
## ETIREMENTS



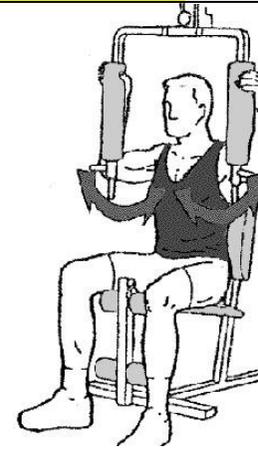
# Pectoraux



P1



Développé couché

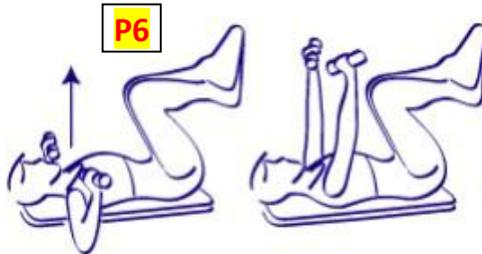


Presse papillon (1 tablette = 2.5 kg)

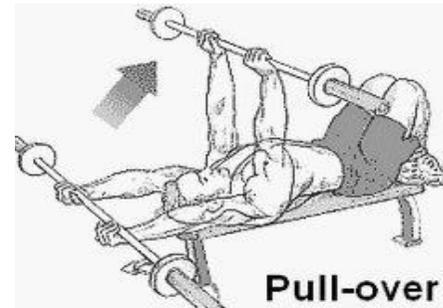
## ETIREMENTS



Pompes pieds surélevés



Développé couché avec haltères



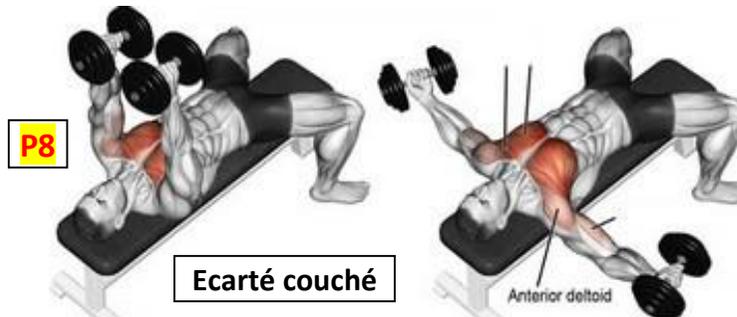
Avec barre, haltères ou disque



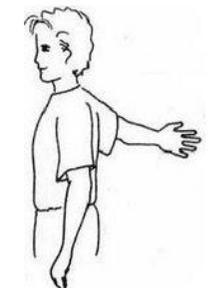
Pompes sur genoux



P3



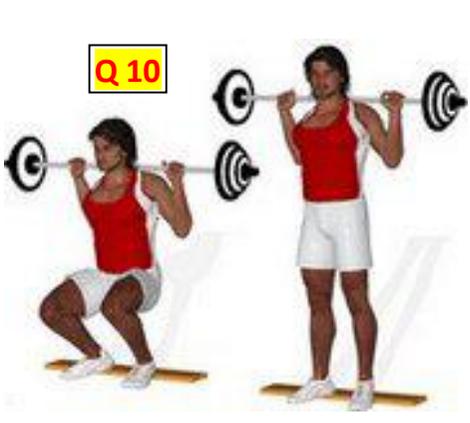
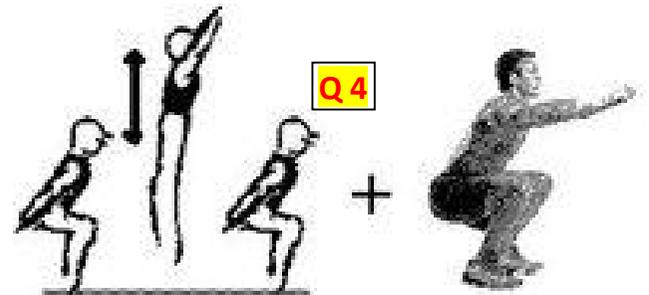
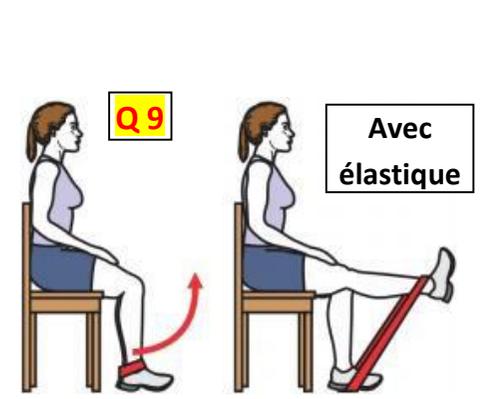
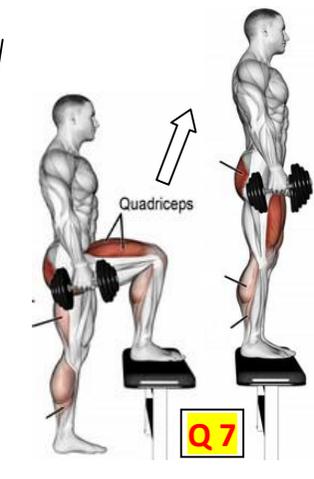
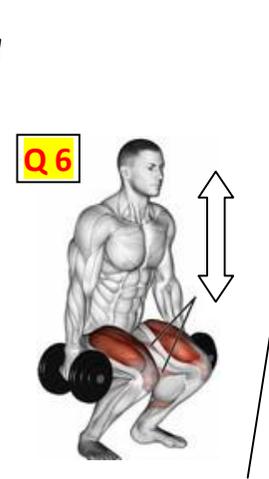
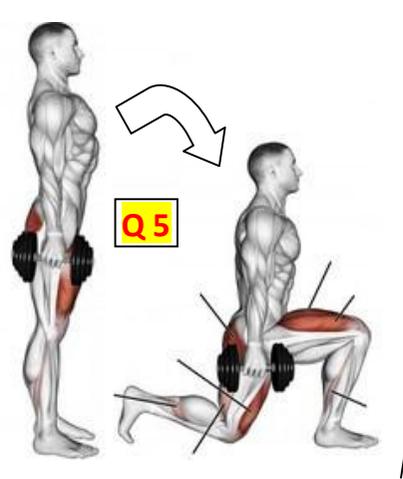
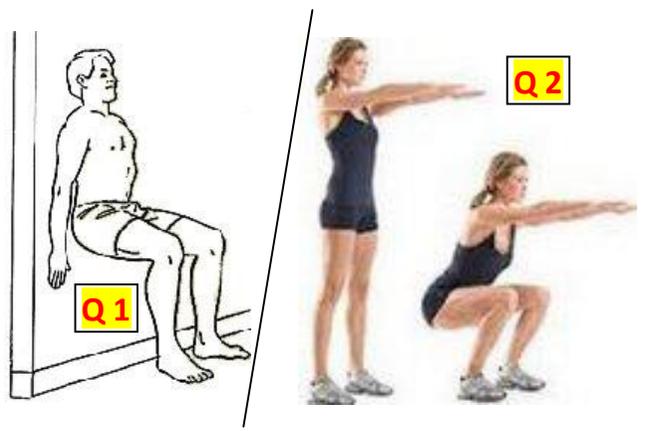
Ecarté couché



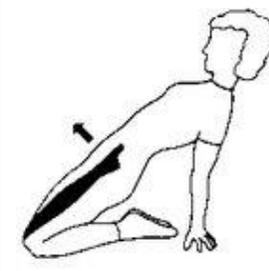
Paume de la main  
Contre le mur

# Quadriceps

10



## ETIREMENTS

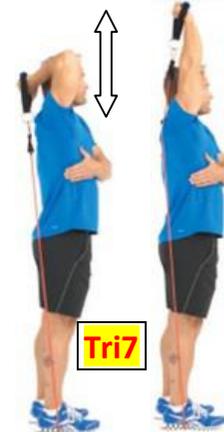
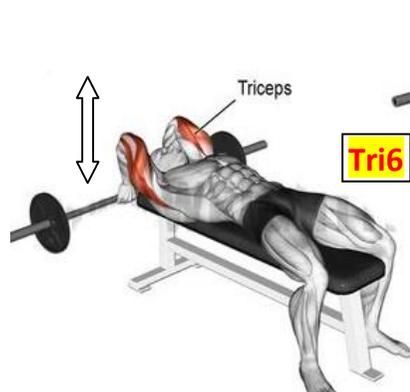
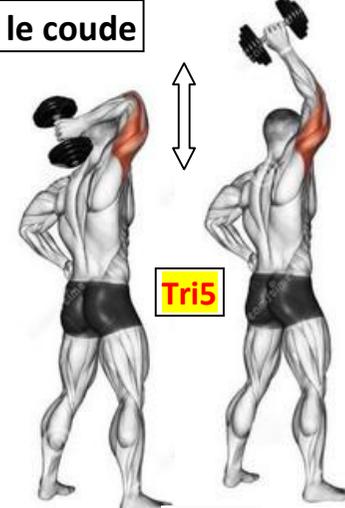
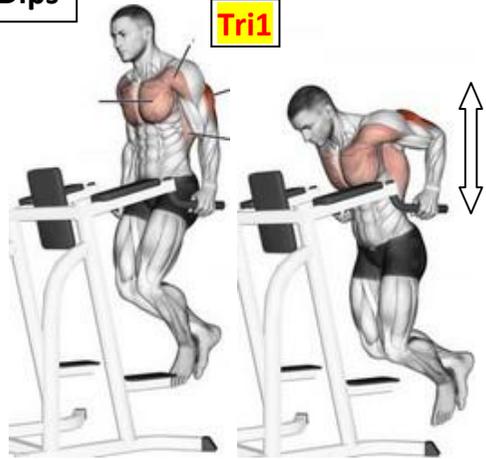


10 sauts verticaux + 10 secondes maintien

# Triceps brachial

Ne bouger que la partie avant bras : fixer le coude

Dips



E  
L  
A  
S  
T  
I  
Q  
U  
E

**ETIREMENT**



Assis ou debout