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| **LES ETIREMENTS** | | | | | |
| **Les mollets** | **Les isquio-jambiers** | **Les quadriceps** | **Le dos** | **Les adducteurs** | **Les fessiers** |
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| **Les biceps** | **Les pectoraux** | **Les triceps** | **Les abdominaux** |
|  |  |  | Stretching-3D-1.jpg |
|  |  |  | Stretching-3D-image.jpg |