ECHAUFFEMENT

prévendos
centre de prévention pour le dos

Pour préparer le corps à l'effort et prévenir des blessures éventuelles

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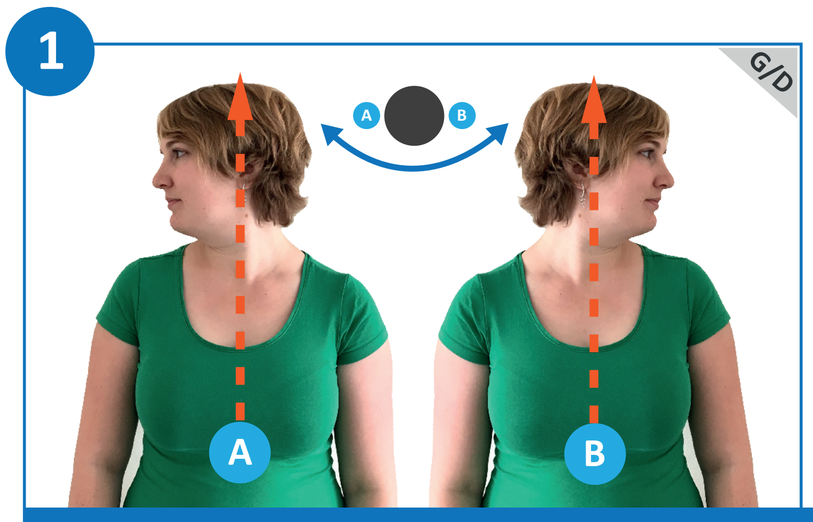

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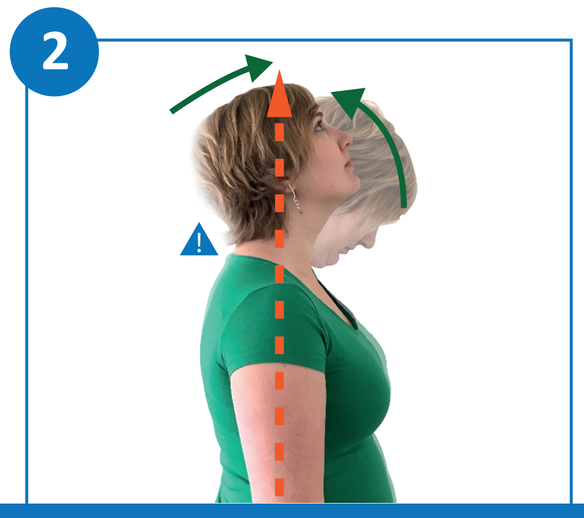

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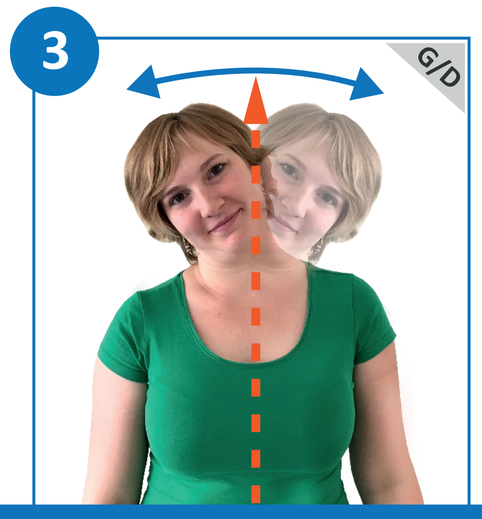

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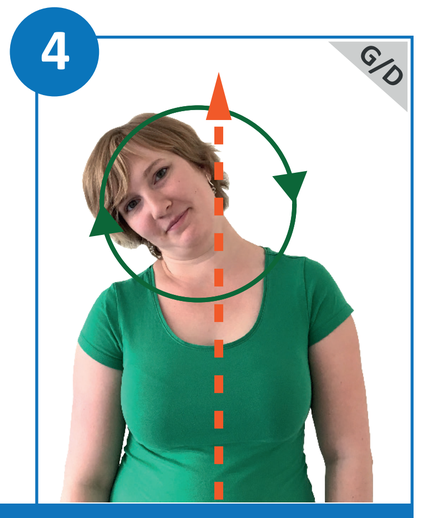
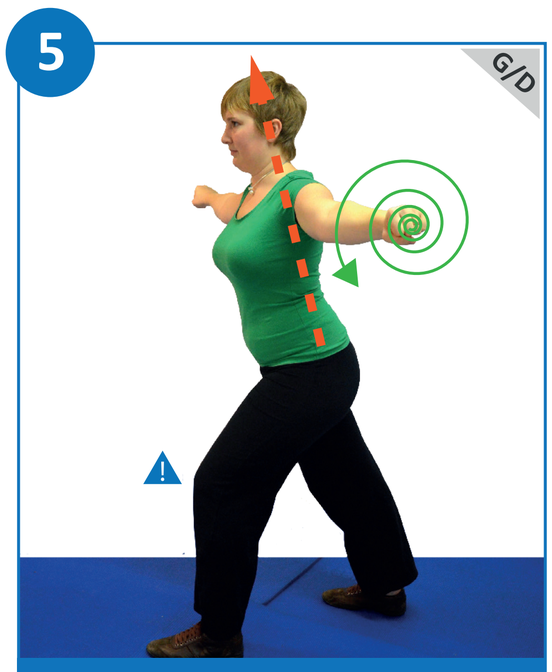
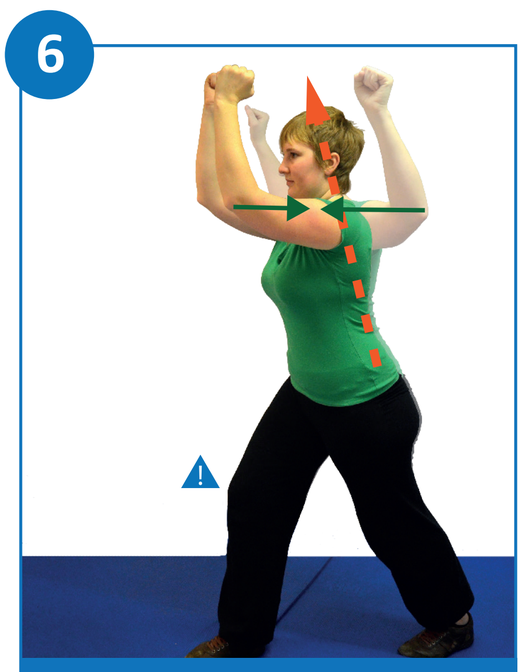


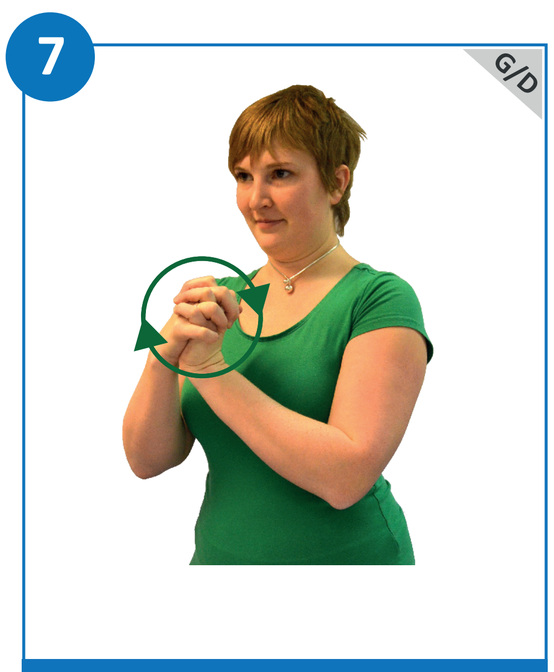
Muscles du cou

5


Muscles des épaules

6


Muscles de la poitrine

7


Muscles des poignets

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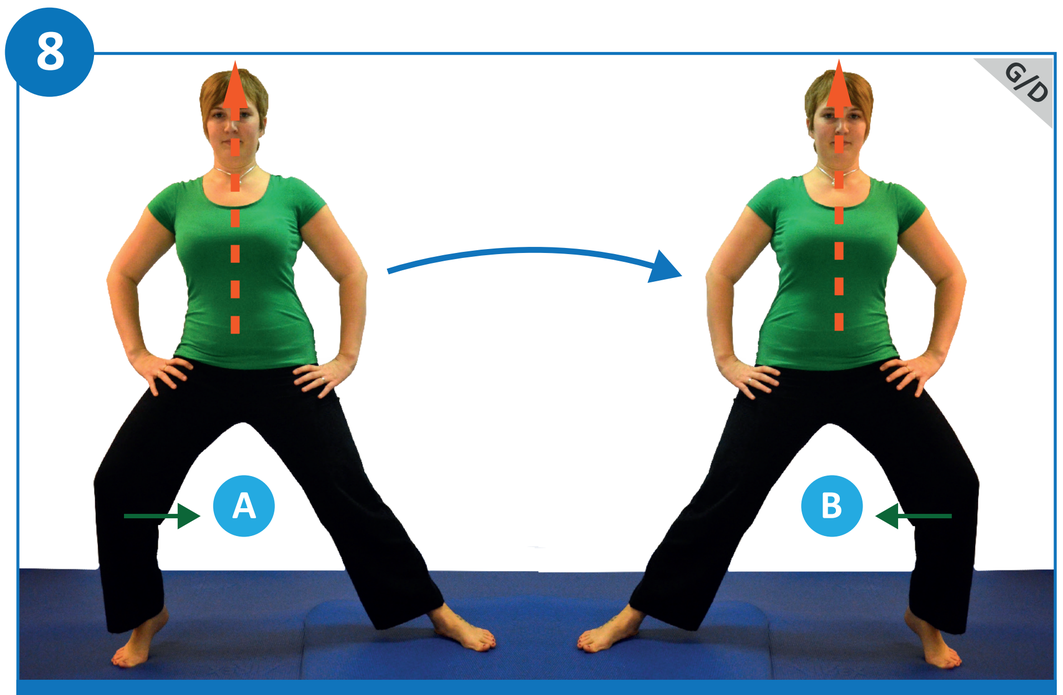
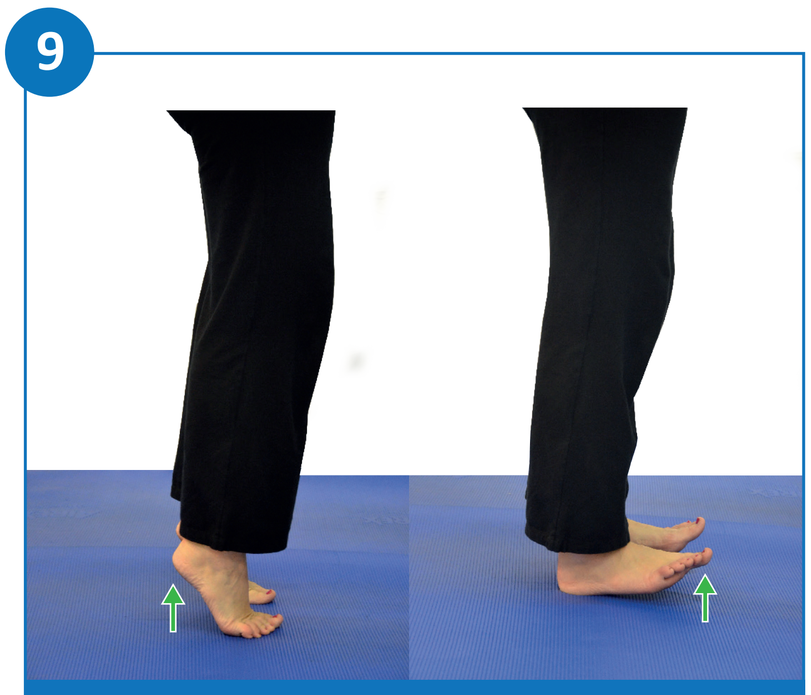


Muscles des cuisses + les «mollets»

9


«Mollets»

Répétez chaque exercice 10x
«Ne forcez pas !»

Légende

- Axes d'auto-agrandissement
- Directions d'actions
- G/D — Gauche/droite ou changement de direction
- Déplacement