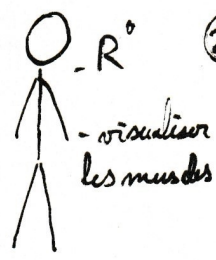

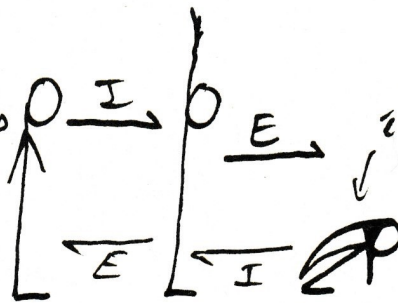
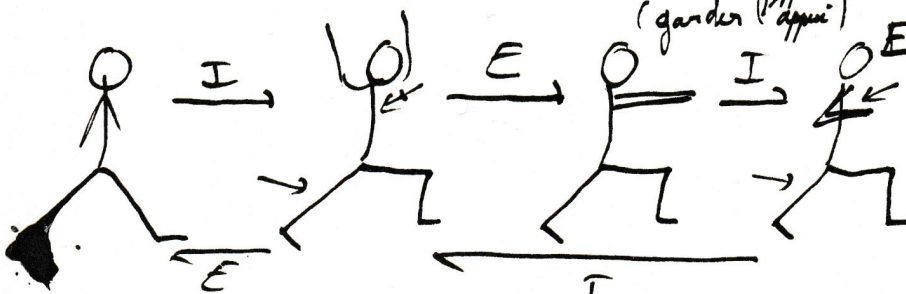


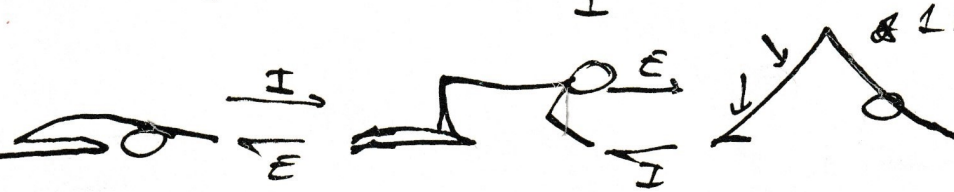
①  - visualiser les muscles

②  x 6  
← l'avant des omolt.

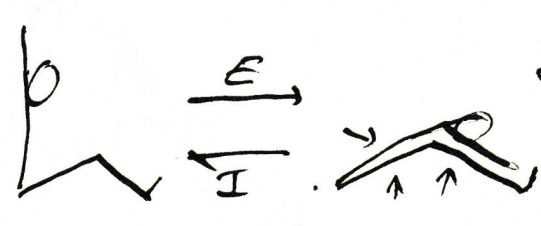
Étirer les muscles (notamment à l'arrière)

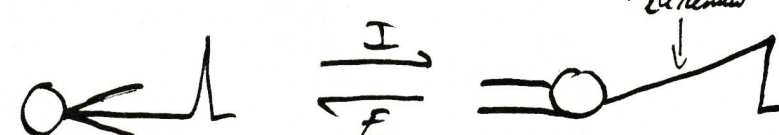
③  x 6  
Échauffer les chevilles  
étirer l'arrière du dos


④  x 4 CC  
mettre un support (garder l'appui)  
étirer arrière des


⑤  x 6  
R


⑥  x 6  
étirement ouverture à l'avant

⑦  stat 0,0,0,0  
prog. 1,2,3,4,R°  
5,6

⑧  x 6  
étirement

⑨  x 4

⑩  3'

⑪  I  
E en 2-3 paliers