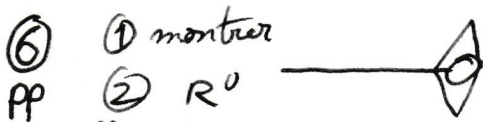
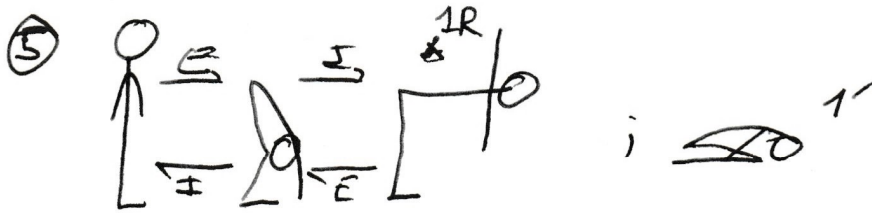
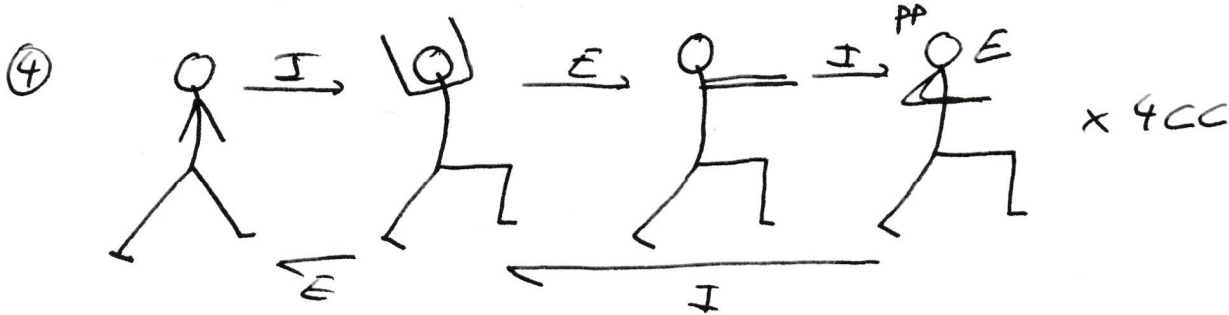
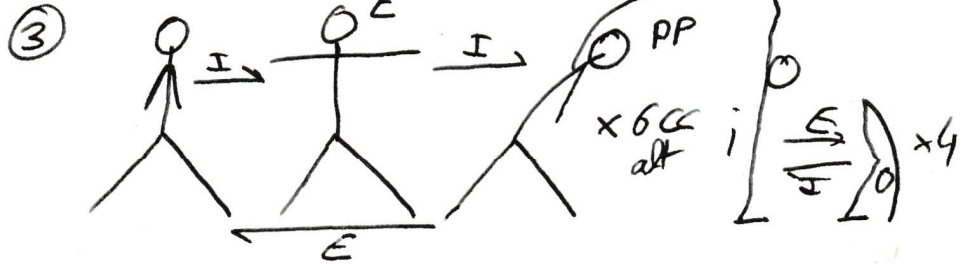
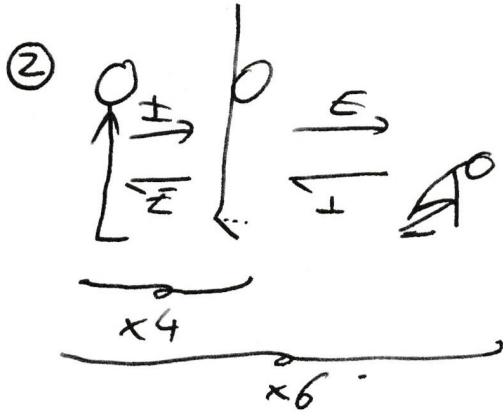
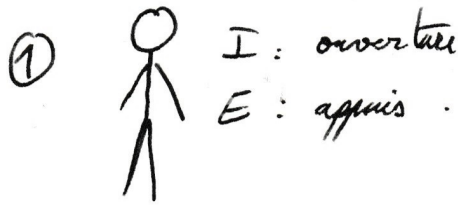
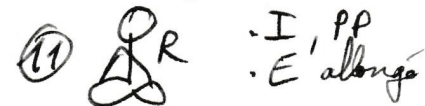
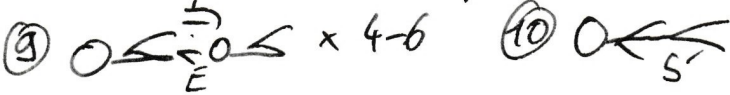
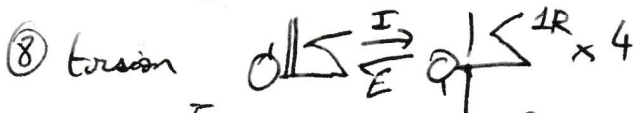
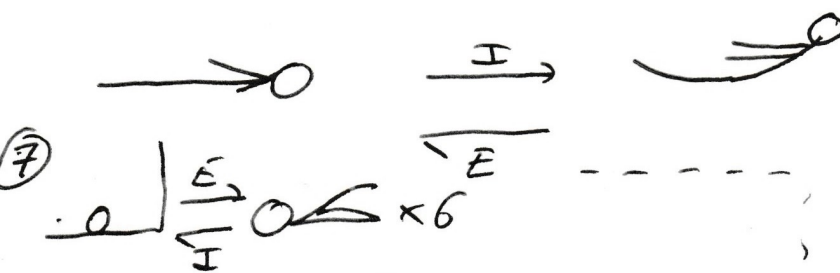


28 novembre 2020

"vers la sauterelle : ouverture de l'avant du corps et renforcement des muscles arrières"



Sauterelle



- plusieurs étapes
- soulever la tête
 - rapprocher les omoplates
 - relever la haut de la poitrine
 - lever les bras à l'arrière
 - lever plus le thorax
 - lever les jambes et serrer les fessiers
- x3 } x4-5
la posture entière (écartement 1R)