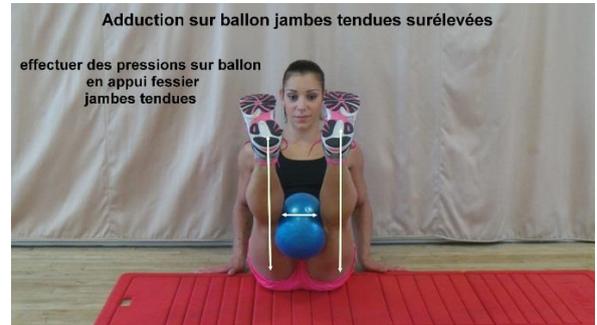
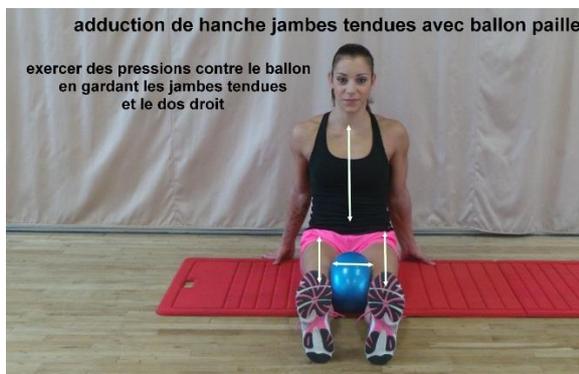
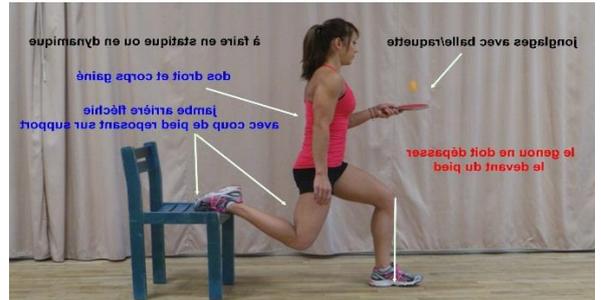
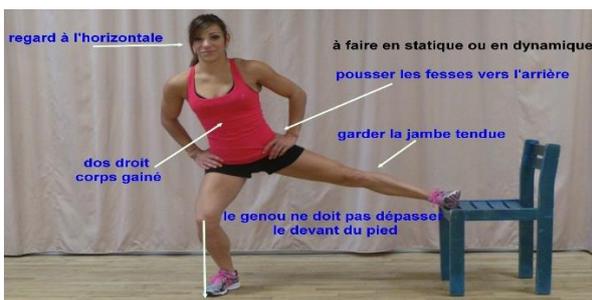
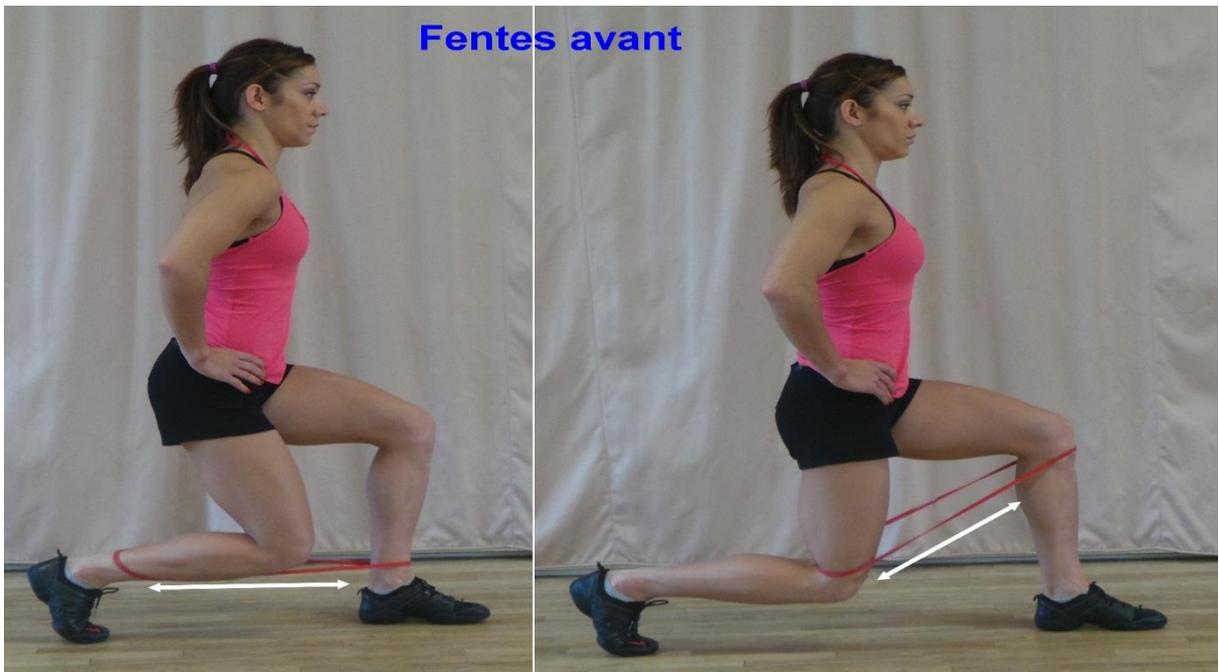


Renforcement musculaire du bas du corps









Squats Sumo



Exercice pour les adducteurs de hanche avec powerband



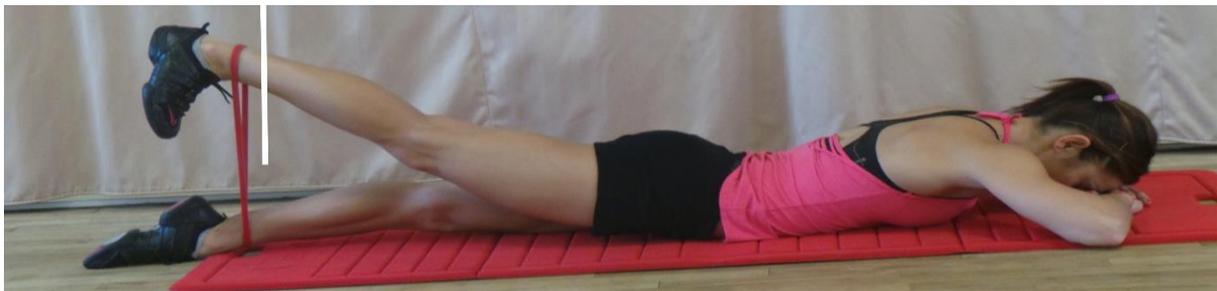
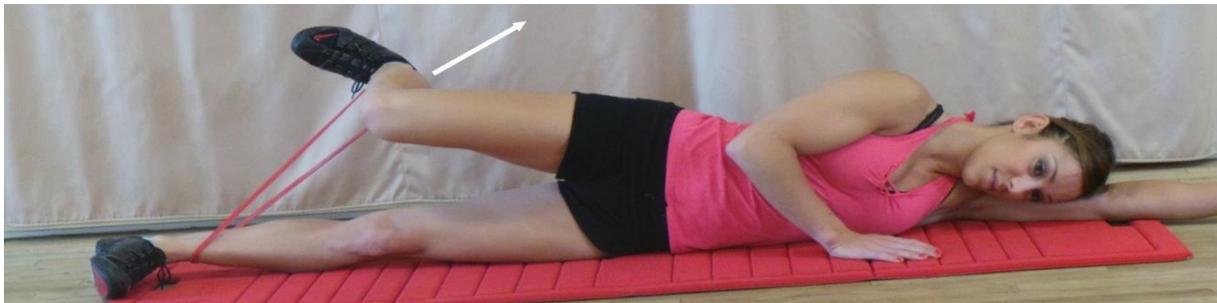
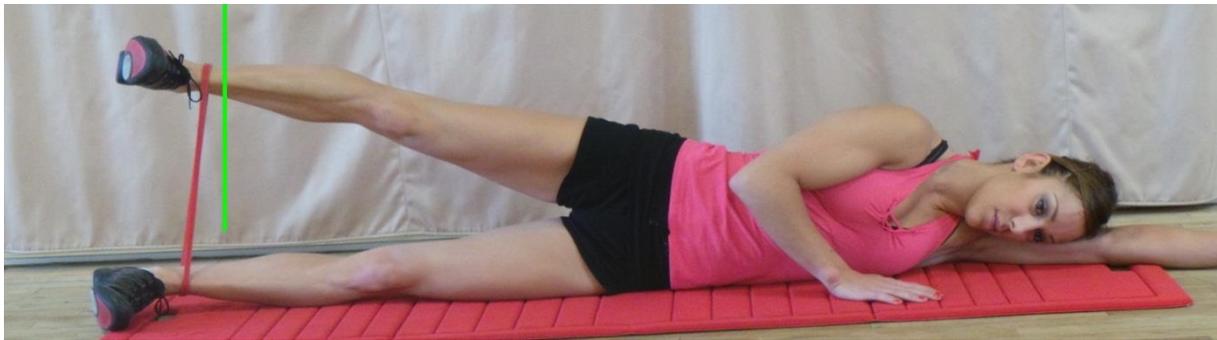
Exercices pour les muscles des cuisses

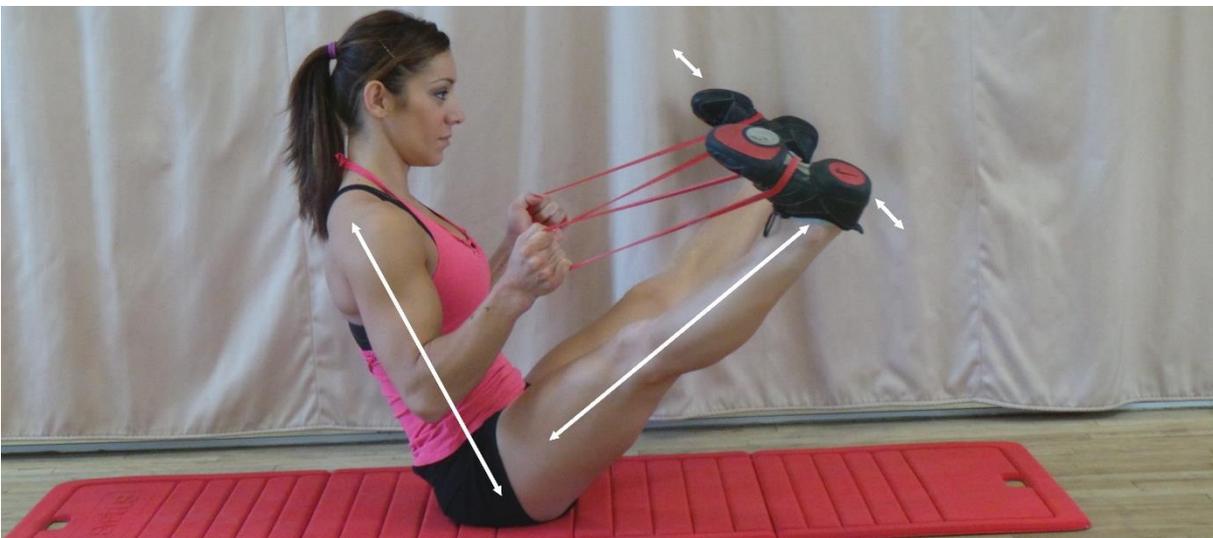
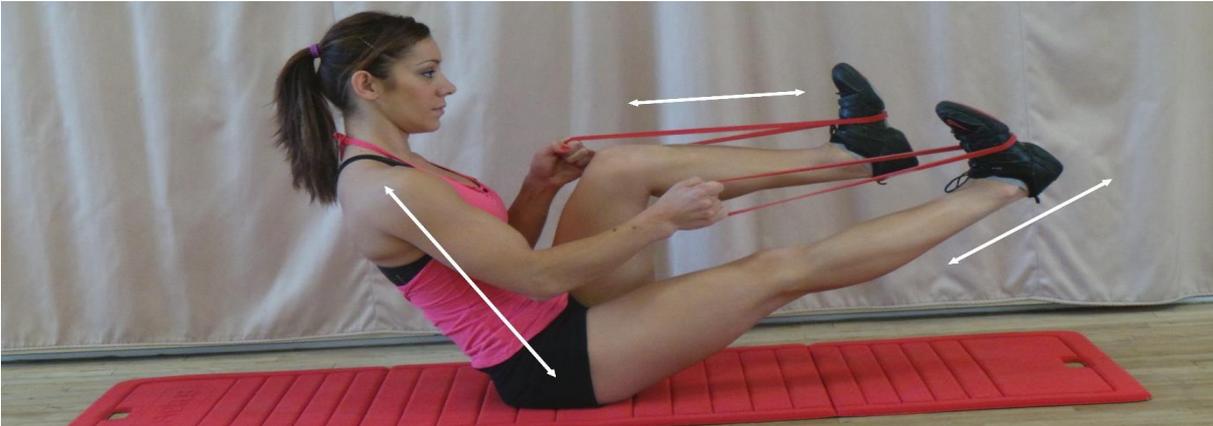
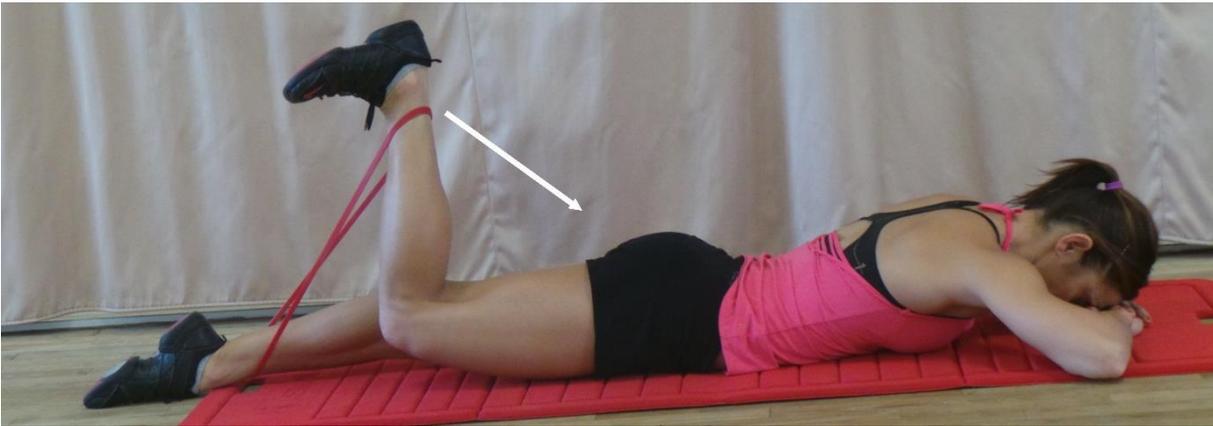


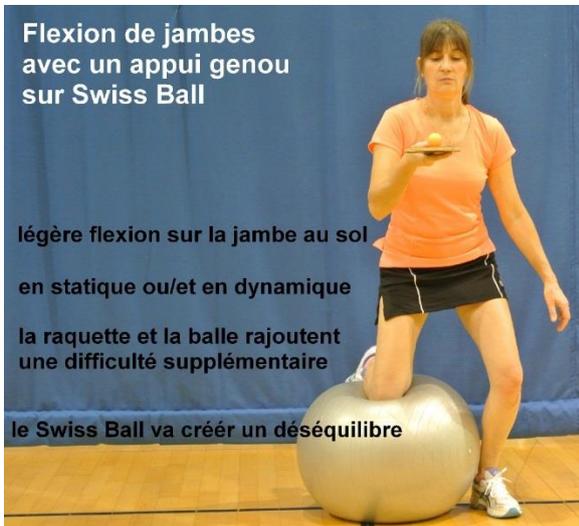
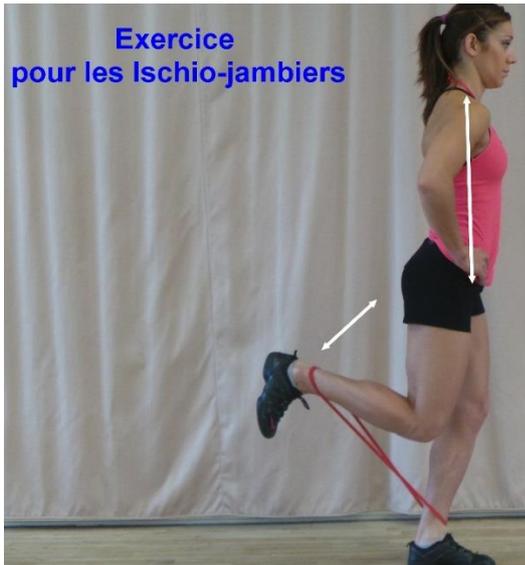
Exercice pour les fessiers avec powerband

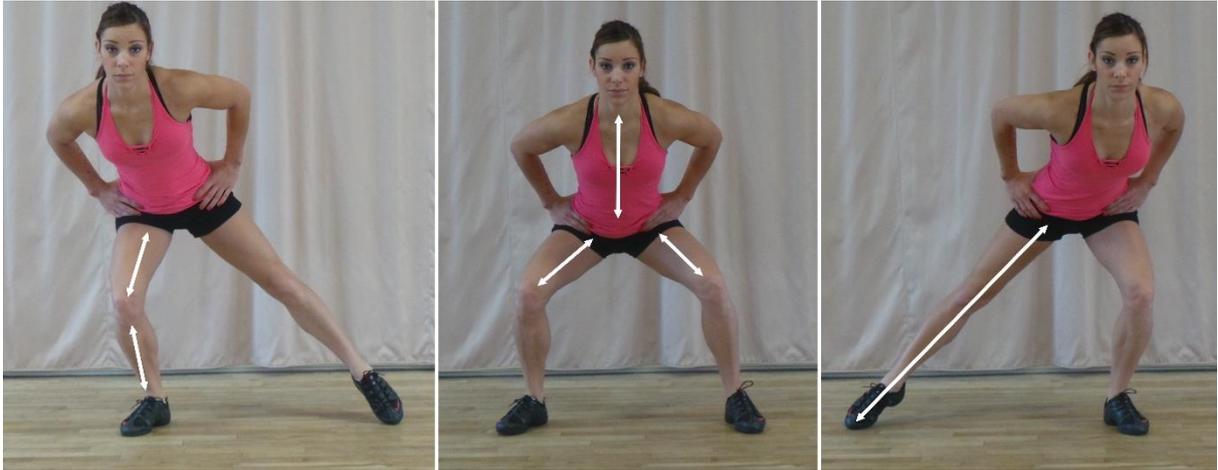


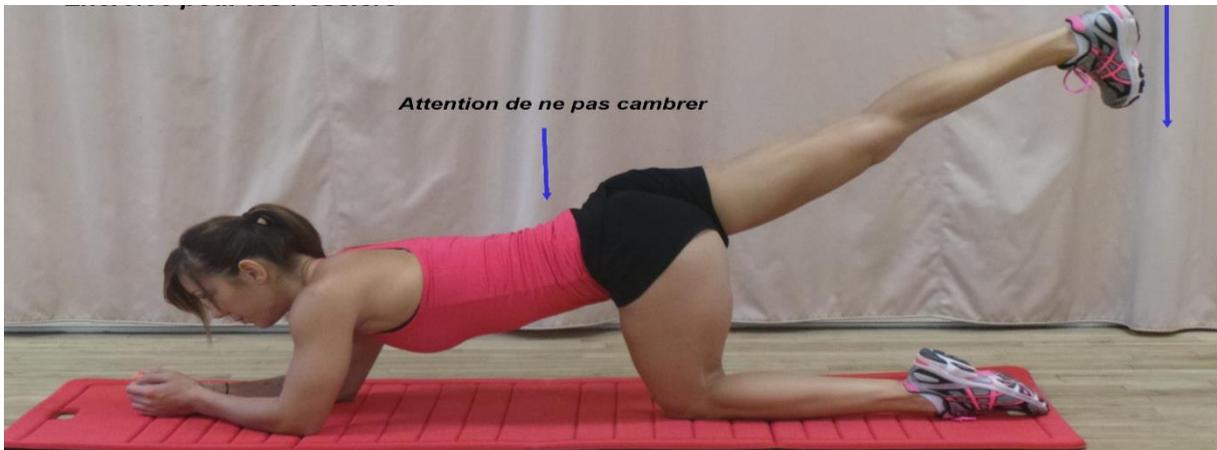
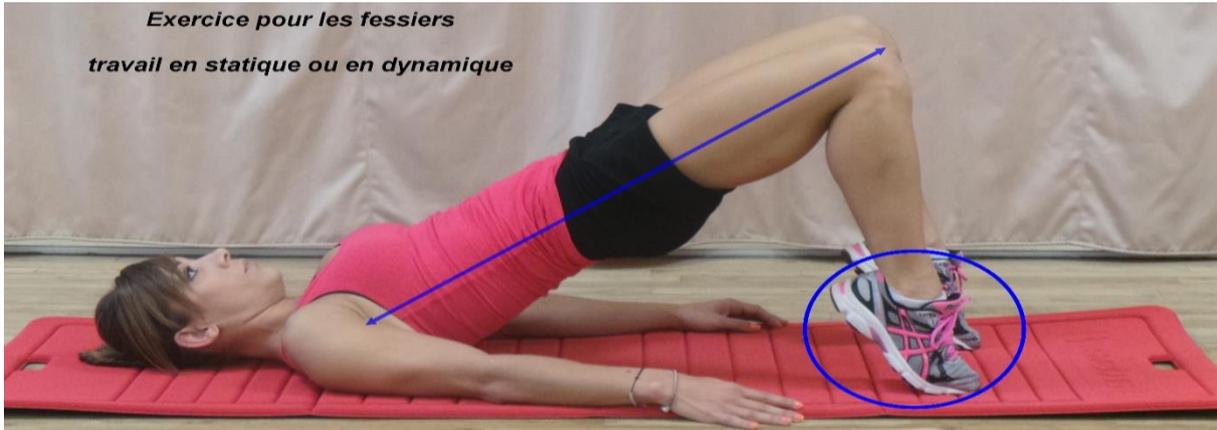
Exercice pour les fessiers avec powerband



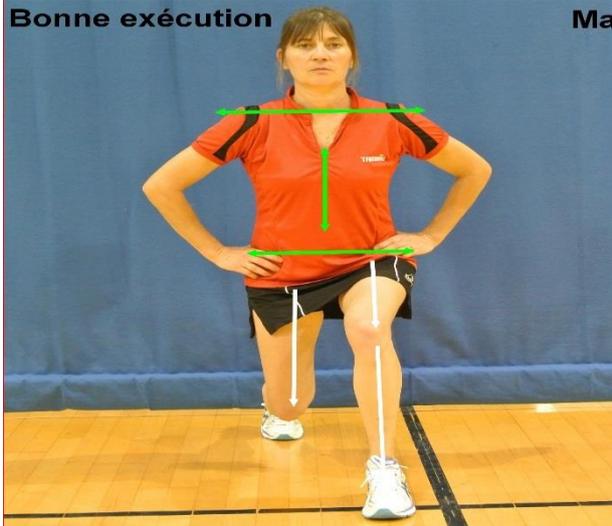






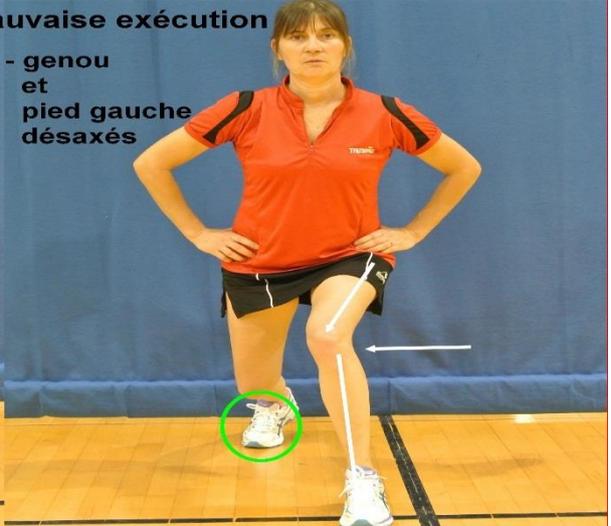


Bonne exécution



Mauvaise exécution

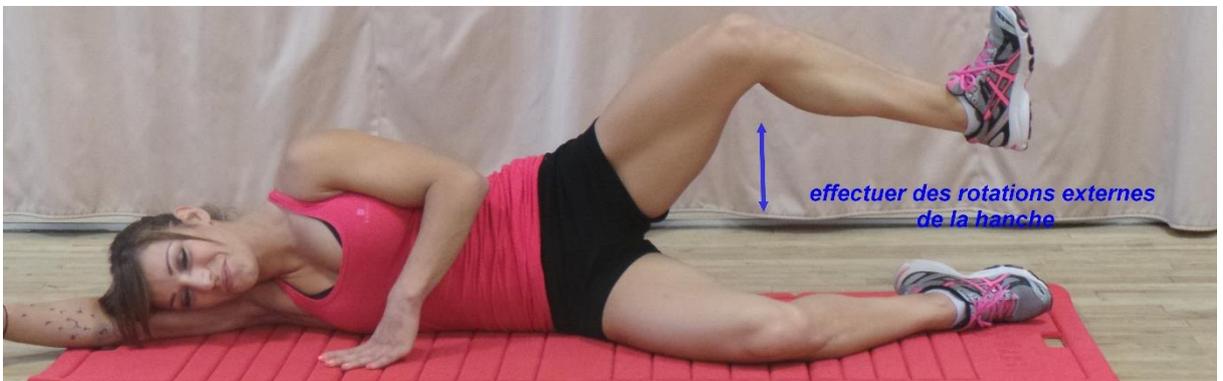
- genou
et
pied gauche
désaxés



ne pas cambrer
serrer vos abdominaux



effectuer des rotations externes
de la hanche



monter et descendre la jambe
sans toucher le sol

chercher à se grandir

