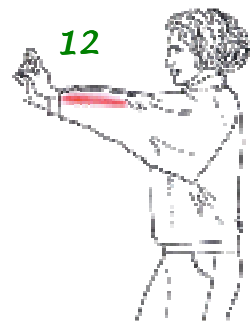
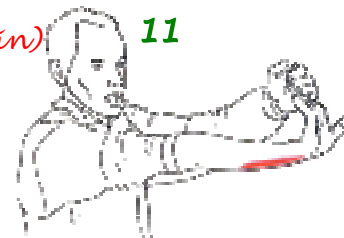


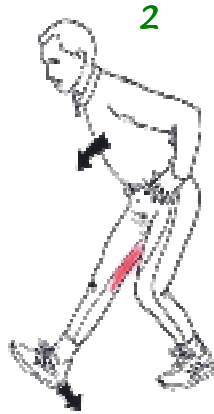
Triceps sural
(Sauts pieds joints)



Extenseurs main
(Flexion - extension main)



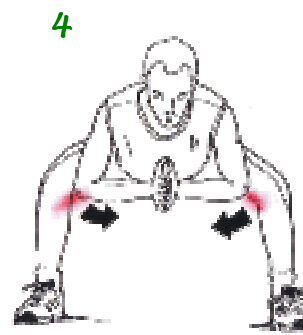
Fléchisseurs main
(Flexion - extension main)



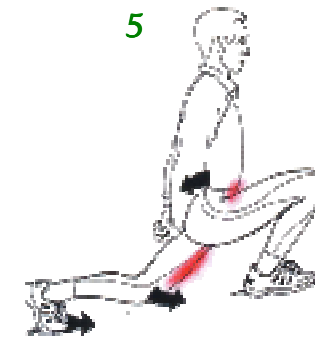
Ischio-jambiers
(Talons - fesses)



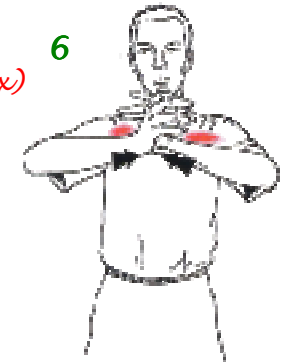
Quadriceps
(Flexion - extension genou)



Adducteurs
(Ecarter - serrer les pieds)



Psoas iliaque
(Montées de genoux)



Pectoraux
(Ecarter - croiser les bras)



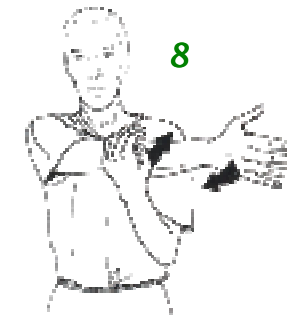
Epaule
(Rotations des bras)



Biceps brachial
(Flexion - extension coude)



Triceps brachial
(Flexion - extension coude)



Dos
(Ecarter - croiser les bras)

POLE FRANCE NATATION INSEP

Etirements activo-dynamiques

Source : Le guide des étirements du sportif

Institut National de Christophe GEOFFROY