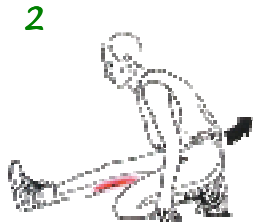


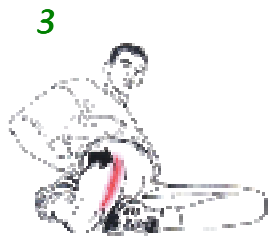
POLE FRANCE NATATION INSEP

Étirements activo-dynamiques

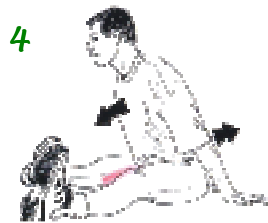
Source : Le guide des étirements du sportif
Institut National de Christophe GEOFFROY



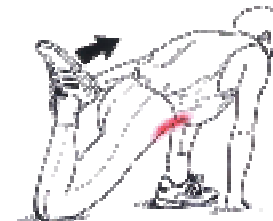
2
Ischio-jambiers



3
Quadriceps



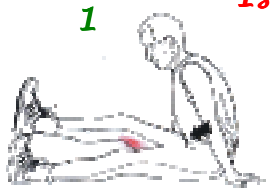
4
Adducteurs



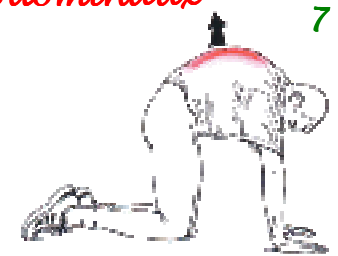
5
Psoas iliaque



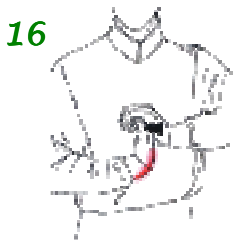
6
Abdominaux



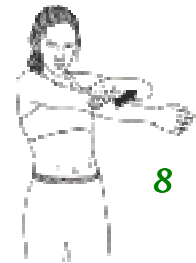
1
Triceps sural



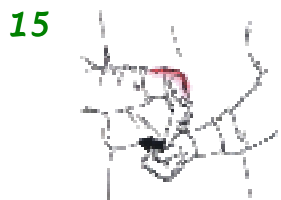
7
Bas du dos



16
Postérieurs main



8
Haut du dos



15
Antérieurs main



14
Epicondyléens



13
Epitrichléens



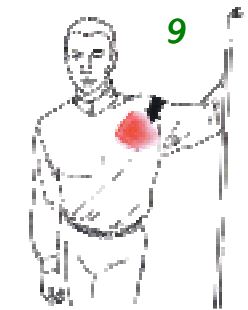
12
Triceps brachial



11
Biceps brachial



10
Epaule



9
Pectoraux