

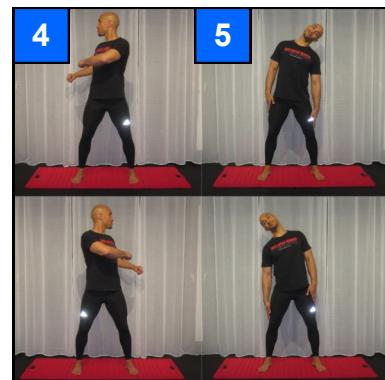
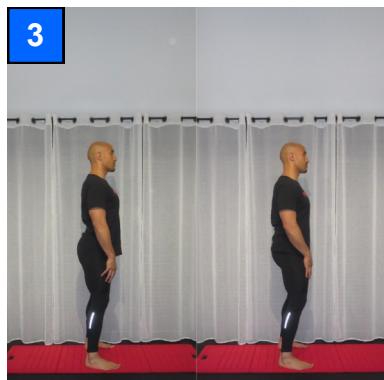
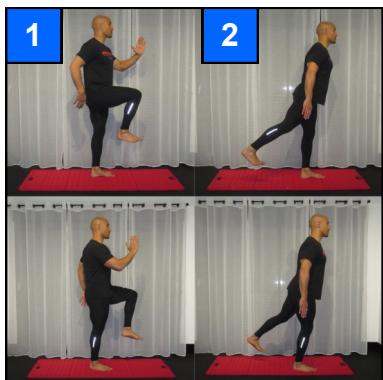
STRETCHING « Relâchement du bassin »

ÉCHAUFFEMENT

MONTÉE GENOUX / ÉLÉV. ARRIÈRE

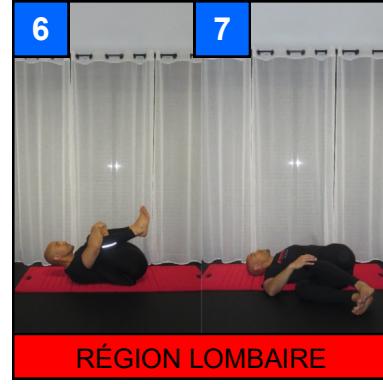
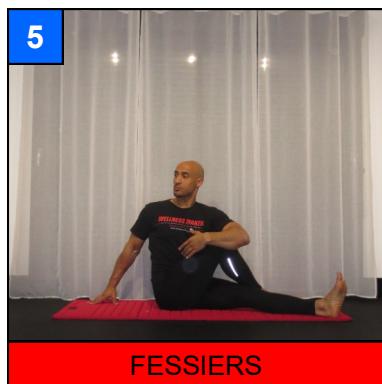
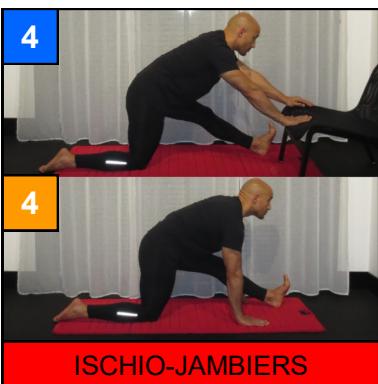
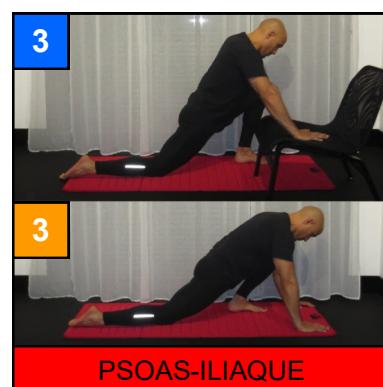
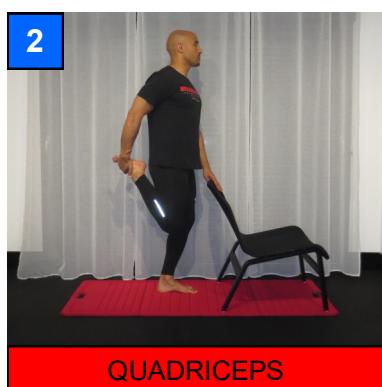
MOBILISATION DU BASSIN

ROTATION / INCLINAISON BUSTE



Enchaîner les 5 exercices
20 à 30 secondes par exercice
2 tours

CORPS DE SÉANCE



Choisir une option **BLEU** ou **ORANGE**
Enchaîner les 7 positions de chaque côté
Les maintenir 30 à 60 secondes
2 à 4 tours