

STRETCHING « Soulagement des cervicales »

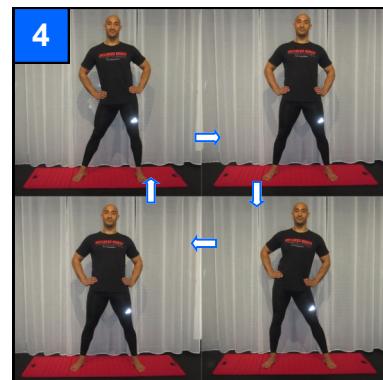
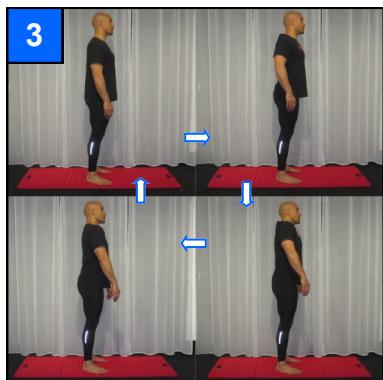
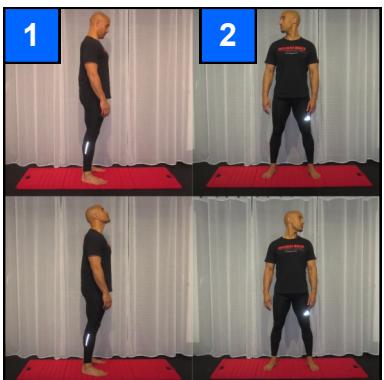
ÉCHAUFFEMENT

OUI

NON

CERCLE ÉPAULES

HULA HOOP

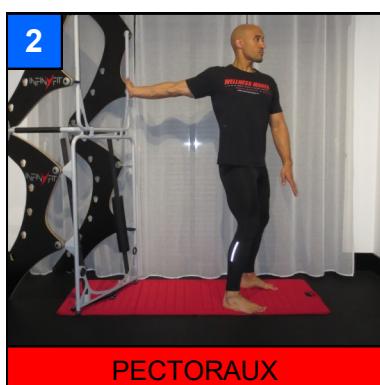


Enchaîner les 4 exercices
20 à 30 secondes par exercice
2 tours

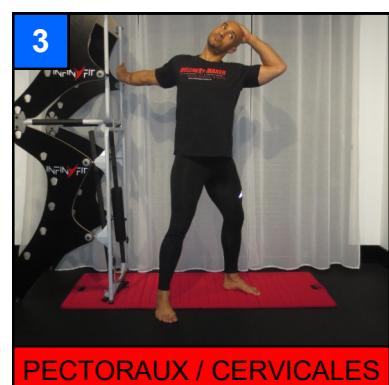
CORPS DE SÉANCE



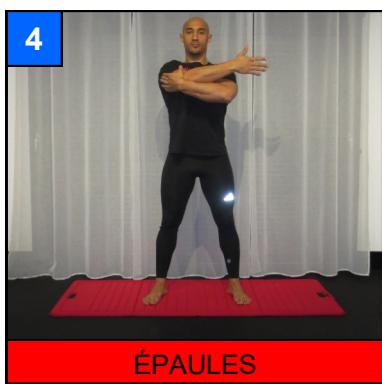
INCINAISON TÊTE



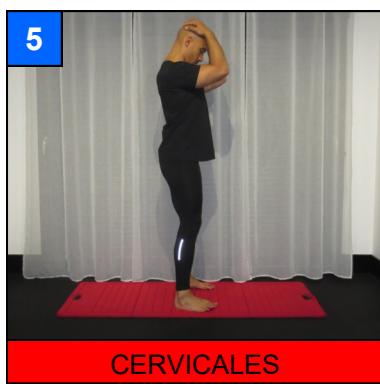
PECTORAUX



PECTORAUX / CERVICALES



ÉPAULES



CERVICALES



OBLIQUES ET LOMBAIRES

Choisir une option **BLEU** ou **ORANGE**
Enchaîner les 6 positions de chaque côté
Les maintenir 30 à 60 secondes
2 à 4 tours