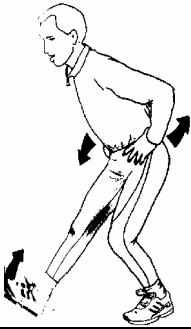


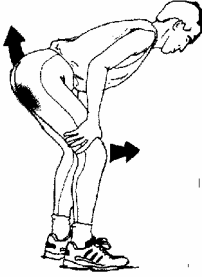

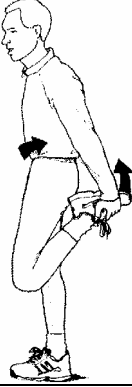
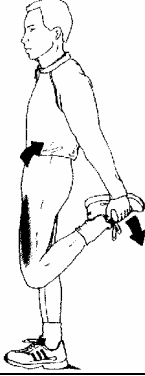
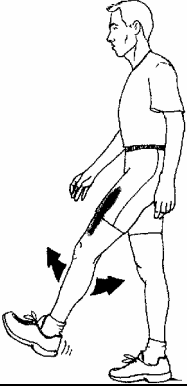

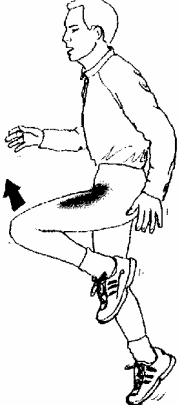
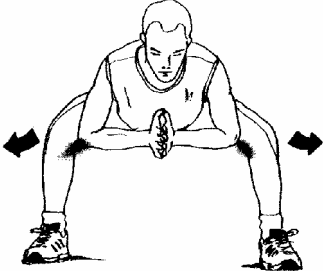
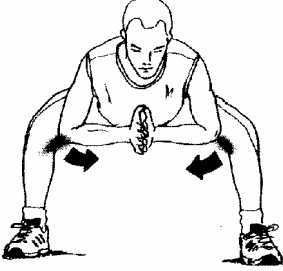
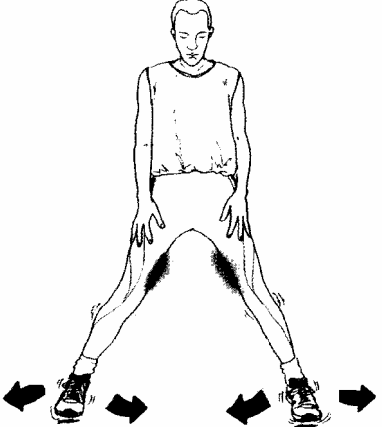
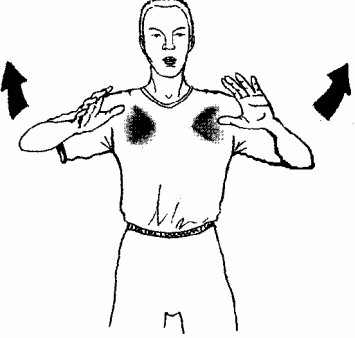
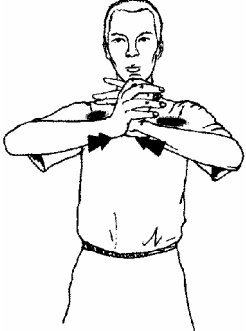



Echauffement : Etirement Activo-Dynamique

	ALLONGEMENT (6 à 8 seconde)	CONTRACTION (6 à 8 seconde)	ACTIVATION (8 à 10 secondes)
Ischio-Jambiers 1			
Ischio-Jambiers 2			
Quadriceps 1			
Quadriceps 2			

Adducteurs			
Pectoraux			
Epaule	