



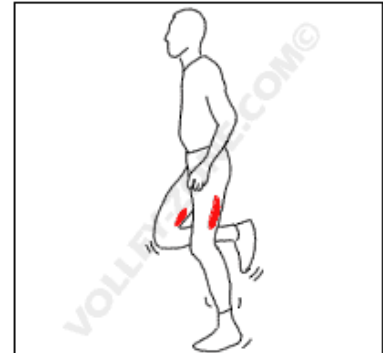
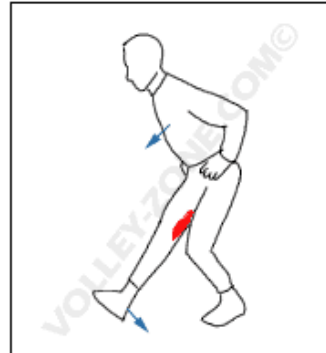
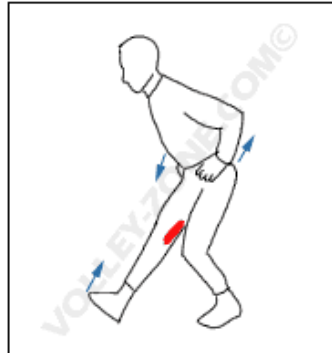
## Echauffement : étirement activo-dynamique

**ALLONGEMENT**  
(6 à 8 seconde)

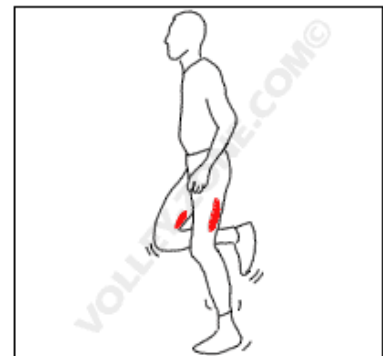
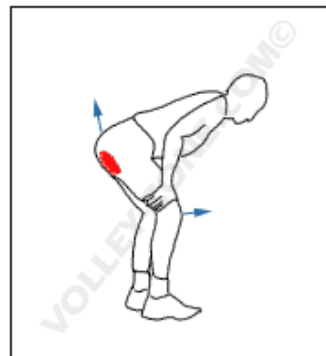
**CONTRACTION**  
(6 à 8 seconde)

**ACTIVATION**  
(8 à 10 secondes)

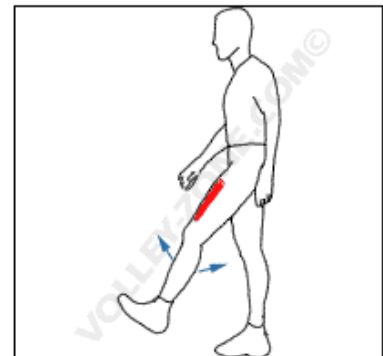
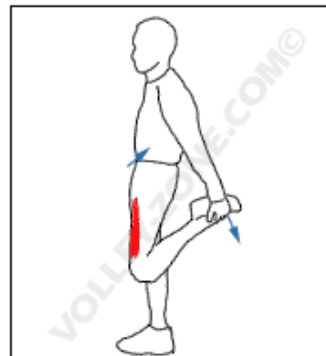
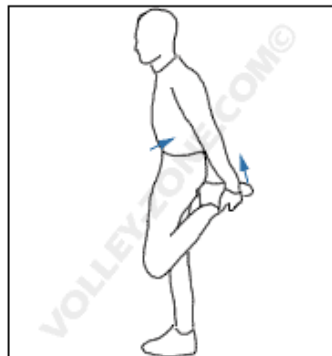
Ischio-Jambiers 1



Ischio-Jambiers 2

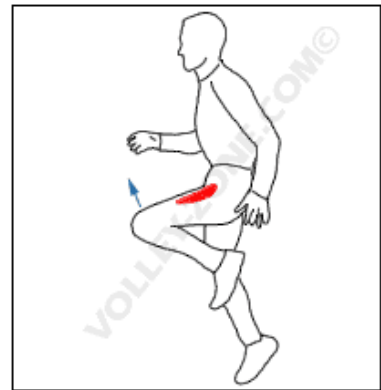


Quadiceps 1

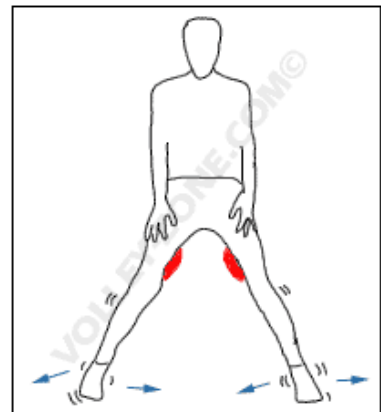
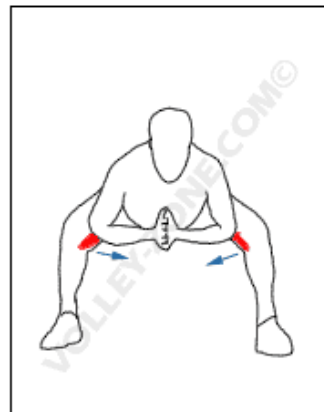
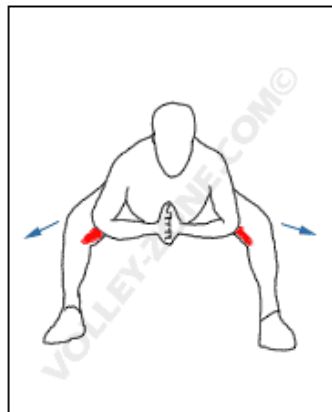




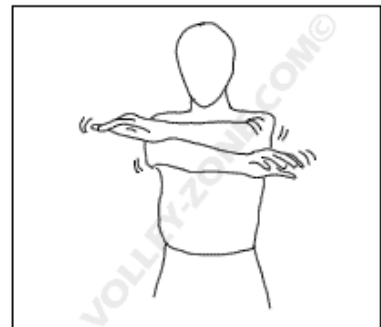
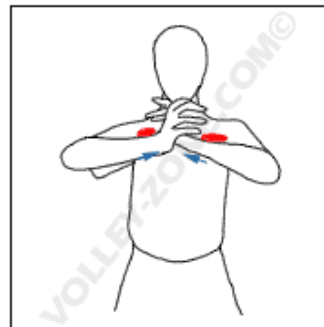
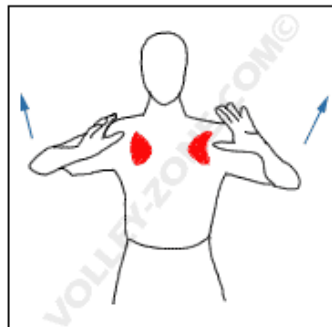
**Quadriceps 2**



**Adducteurs**



**Pectoraux**



**Epaule**

