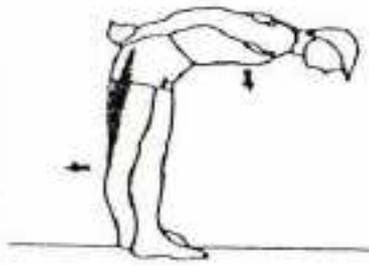


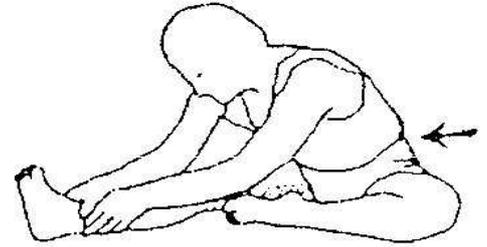
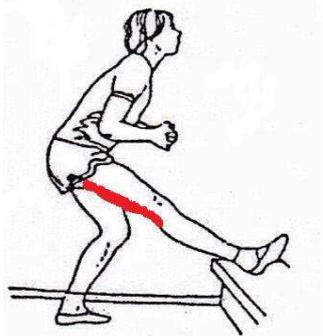
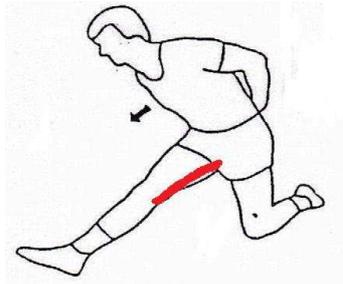
# ETIREMENTS DES MEMBRES INFERIEURS ET DU DOS

## 1- Ischio-jambiers :



← Tendre les genoux

↓ Pencher le tronc en avant



## 2- Quadriceps :



↑ Ramener le pied contre les fesses

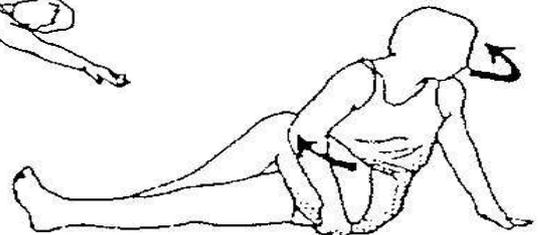
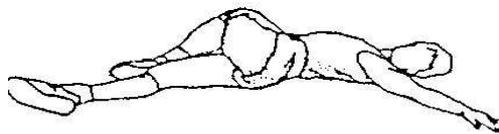
→ Pousser le bassin en avant



## 3- Fessiers :



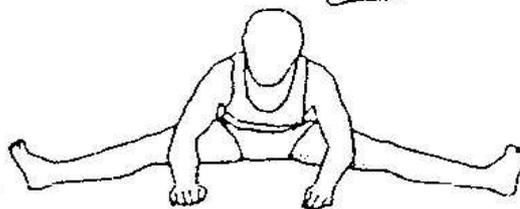
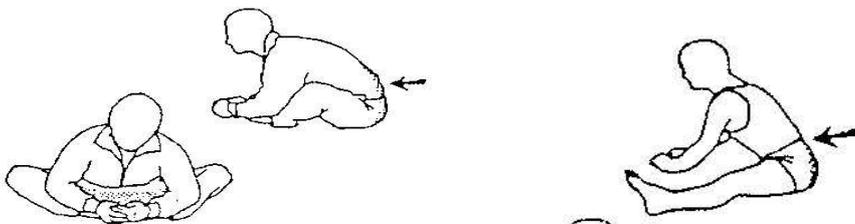
↙ Pencher le tronc en avant



#### 4- Adducteurs :

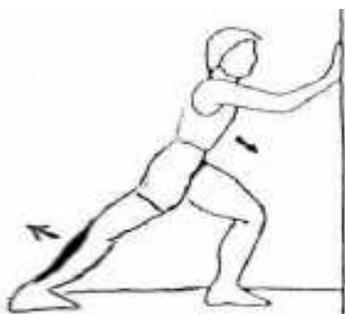


➤ Passer vers le bas la cuisse



+ ischio-jambiers

#### 5- Mollets :

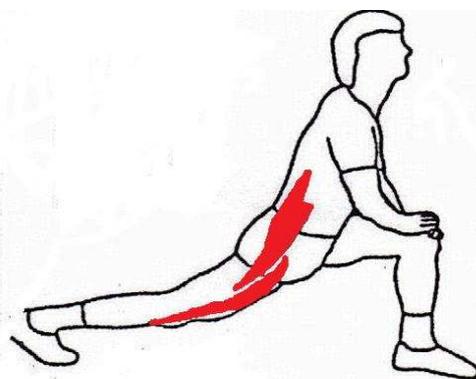


← Tirer le talon vers l'arrière  
➤ Pousser progressivement vers l'avant

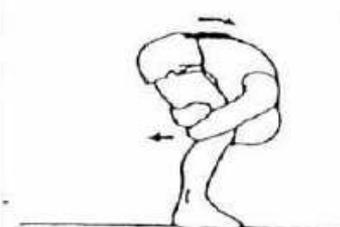
#### 6- Psoas-Iliaque :



➤ Appuyer la hanche vers le bas et vers l'avant

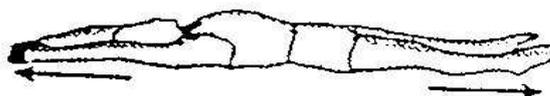
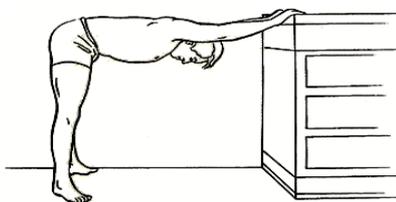
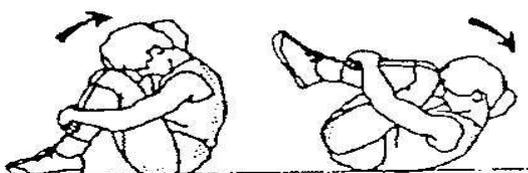


#### 7- Rachis postérieur :



← Genoux tendus

➤ Dos rond



#### 8- Tenseur du Fascia-Lata :

