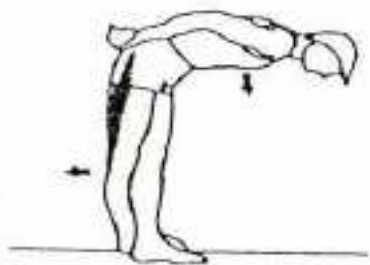


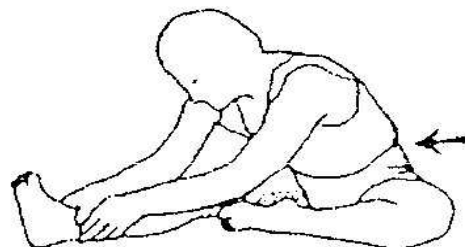
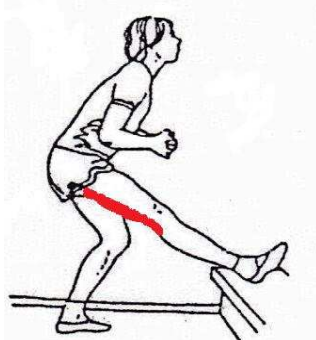
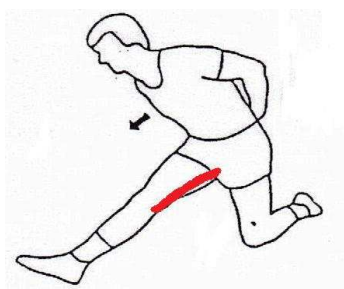
ETIREMENTS DES MEMBRES INFERIEURS ET DU DOS

1- Ischio-jambiers :



← Tendre les genoux

↓ Pencher le tronc en avant



2- Quadriceps :



↑ Ramener le pied contre les fesses

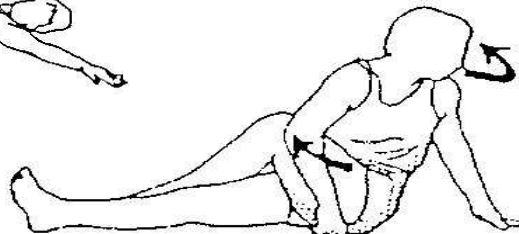
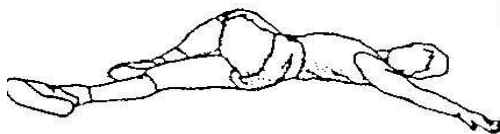
→ Pousser le bassin en avant



3- Fessiers :



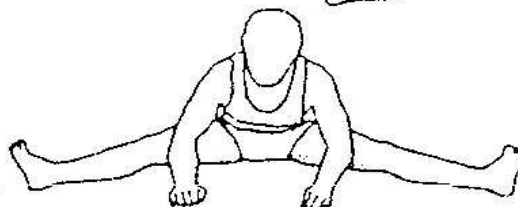
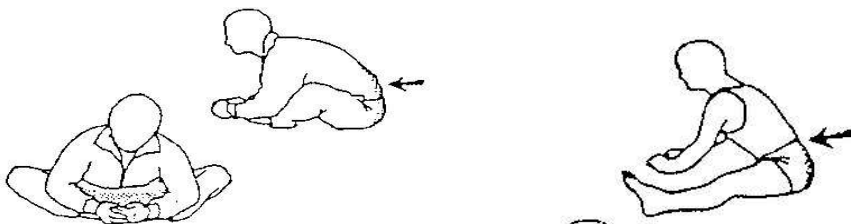
↙ Pencher le tronc en avant



4- Adducteurs :



➤ Passer vers le bas la cuisse



+ ischio-jambiers

5- Mollets :

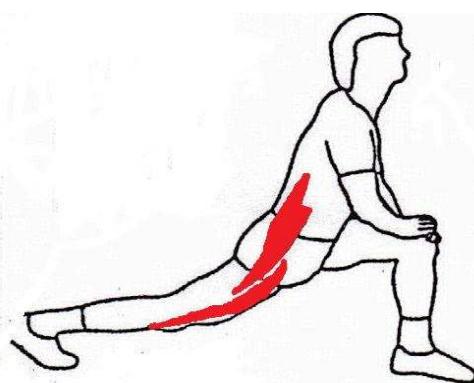


← Tirer le talon vers l'arrière
➤ Pousser progressivement vers l'avant

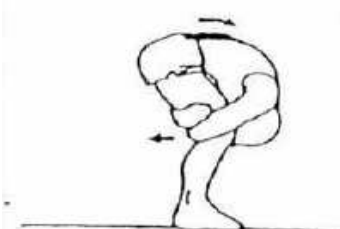
6- Psoas-Iliaque :



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

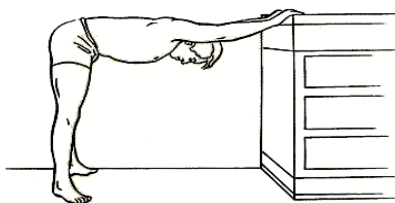
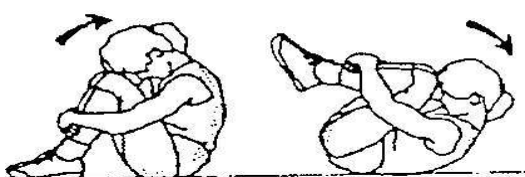


7- Rachis postérieur :



← Genoux tendus

➤ Dos rond



8- Tenseur du Fascia-Lata :

