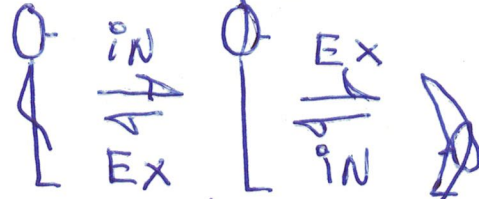
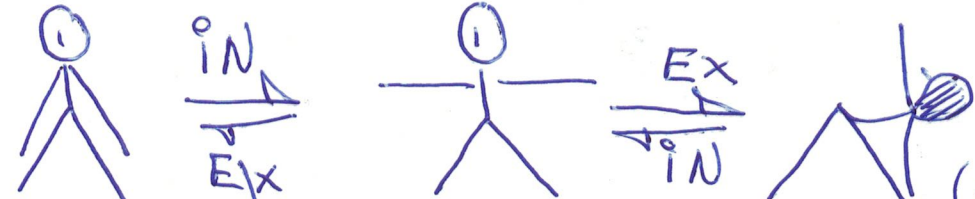


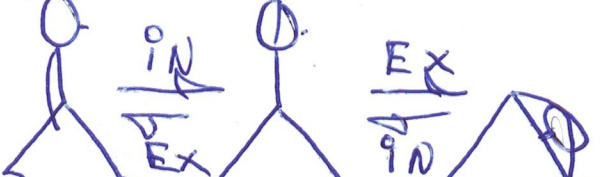
MENTAL P# 2
CORPS - Scuffe


- CAPACITÉ
- ASYMMÉTRIQUE LUNDI 19
- DYNAMIQUE / STATIQUE


1.  5x (A) Central
(B) G-Droite
(C) G-D-C


2.  5x (faire 2 séries)

3. Rotation  ALTERN 4x/côté (2 séries)

4. LATÉRAL  4x ch. côté (faire 2 séries)

cp. 5.  5x (contre posture)

6. RESPIRATIONS  3x ALT. G/D
5 Resg. Gauch
acquies

cp 7.  Ensuite 5 Resg. Ocoeur

8.  Reges 5min