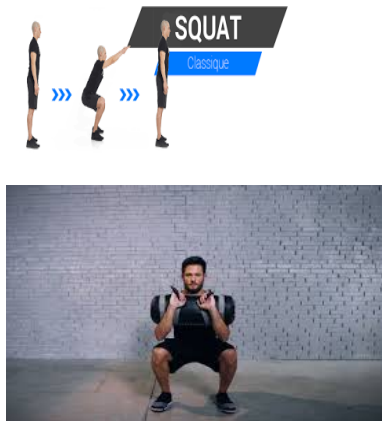

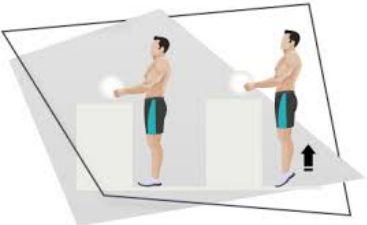
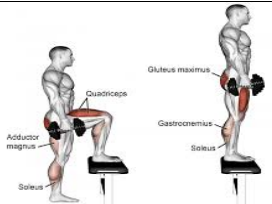
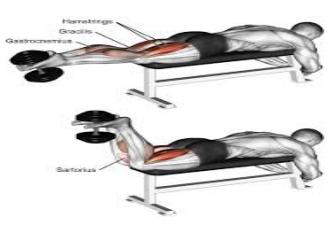


## \*Entrainement Bas du corps :

1 heure

EXERCICE	MATERIEL	IMAGE	SERIES	REPETITIONS	RECUPERATION	CONSIGNES
<b>Squat Jump</b>	1 pack d'eau au niveau des clavicules (option +) Option – au PDC.	 <p>The image shows a diagram of a classic squat with a person's silhouette and a blue box labeled 'SQUAT Classique'. Below it is a photograph of a person in athletic wear performing a squat jump, with a black barbell on their back.</p>	4	10-12	2'	Travail d'explosivité sur la repousser du sol.
<b>Hip-thrust Unilatéral</b>	Bouteilles (option +)	 <p>Two side-by-side photographs of a person lying on their back on a purple mat, performing unilateral hip thrusts. They are using their feet to push up against a surface, with one leg raised vertically.</p>	4	10 10	1'30	Poid positionner au niveau du bassin (option+), repousser le sol avec le talon.
<b>Extesion Mollets Debout</b>	1 sac lester	 <p>A diagram showing a person standing on a platform, performing a calf extension. The person is holding a weight on their back. An arrow points upwards from the heel, indicating the direction of movement.</p>	5	20	30s	
<b>Step-up (Travail Unilatéral)</b>	1 chaise 1 sac lester	 <p>Two anatomical diagrams of a person performing a step-up. The first diagram shows the person stepping up with the right foot, highlighting the Adductor magnus, Soleus, and Quadriceps muscles. The second diagram shows the person standing on the step with the right foot, highlighting the Gluteus maximus, Gastrocnemius, and Soleus muscles.</p>	4	12 12	1'15	
<b>Leg curl Allongé Elastique</b>	1 élastique Ou variante avec haltère si pas d'élastique	 <p>Two anatomical diagrams of a person lying on their back on a bench, performing a leg curl. The first diagram shows the person with their feet on a roller, highlighting the Hamstrings, Gracilis, and Gastrocnemius muscles. The second diagram shows the person with their feet on a roller, highlighting the Biceps femoris muscle.</p>	4	15	1'	Varier la difficulté de l'élastique en fonction de votre niveau.

2 à min de récup entre chaque exercice.