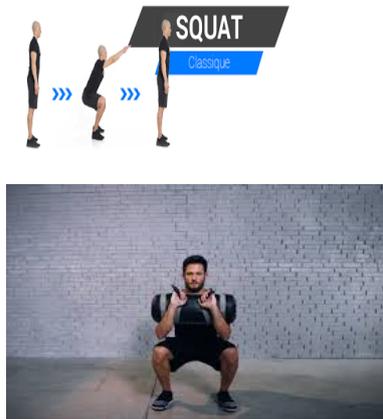
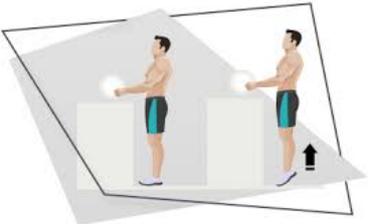
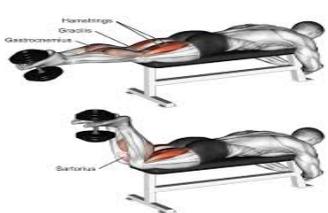


*Entrainement Bas du corps :

1 heure

EXERCICE	MATERIEL	IMAGE	SERIES	REPETITIONS	RECUPERATION	CONSIGNES
Squat Jump	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 in three stages of movement. Below it is a photograph of a person performing a squat jump, holding a water bottle at chest level.</p>	4	10-12	2'	Travail d'explosivité sur la repousser du sol.
Hip-thrust Unilatéral	Bouteilles (option +)	 <p>Two photographs showing a person lying on their back with one leg raised and supported by a bottle, performing a unilateral hip thrust.</p>	4	10 10	1'30	Poid positionner au niveau du bassin (option+), repousser le sol avec le talon.
Extesion Mollets Debout	1 sac lester	 <p>A diagram showing a person standing on a block, performing a calf extension with a weighted ball.</p>	5	20	30s	
Step-up (Travail Unilatéral)	1 chaise 1 sac lester	 <p>Two anatomical diagrams of a person performing a step-up. The first diagram shows the muscles: Adductor magnus, Quadriceps, and Soleus. The second diagram shows: Gluteus maximus, Gastrocnemius, and Soleus.</p>	4	12 12	1'15	
Leg curl Allongé Elastique	1 élastique Ou variante avec haltère si pas d'élastique	 <p>Two anatomical diagrams of a person lying on their back performing a leg curl. The first diagram shows: Hamstrings, Gracilis, and Gastrocnemius. The second diagram shows: Biceps femoris.</p>	4	15	1'	Varier la difficulté de l'élastique en fonction de votre niveau.

2 à min de récup entre chaque exercice.