

PROGRAMME DE RENFORCEMENT MUSCULAIRE

A. EMRICH : SPIELEND HANDBALL LERNEN



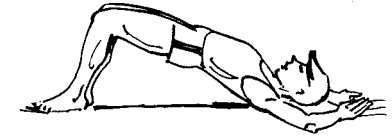
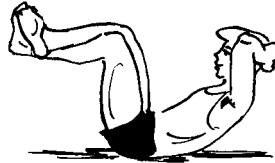
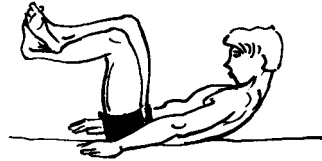
FACILE

MOYEN

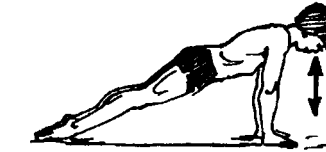
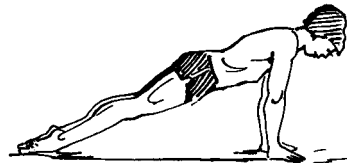
DIFFICILE

ETIREMENT

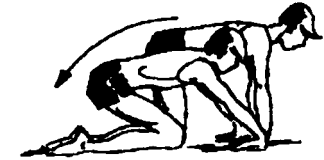
ABDOMINAUX



CEINTURE SCAPULAIRE



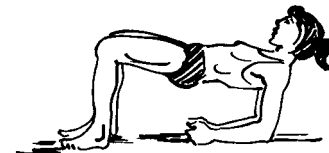
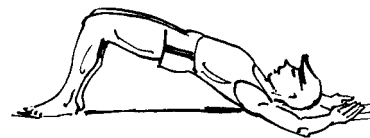
SAUTS EN POS. D'APPUI FACIAL



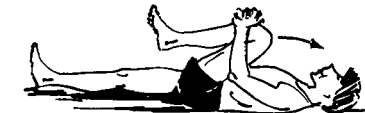
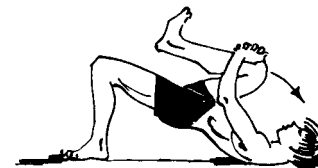
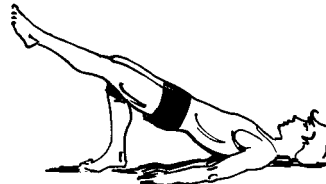
DOS



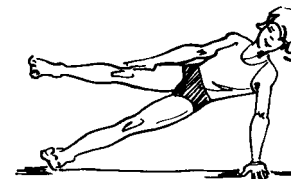
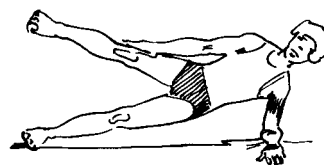
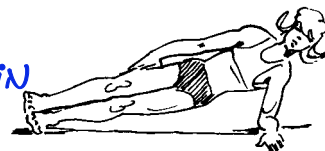
CEINTURE SCAPULAIRE
STABILISATION DU DOS
ET DU BASSIN



FESSIERS



STABILISATION DU BASSIN



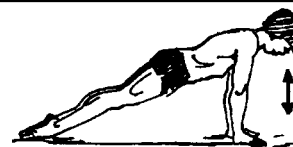
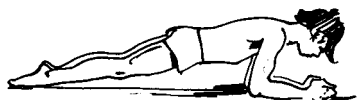
FACILE

MOYEN

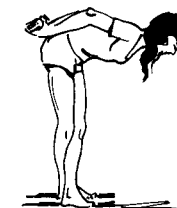
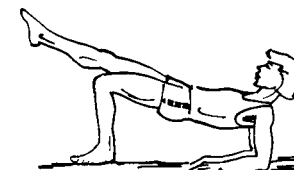
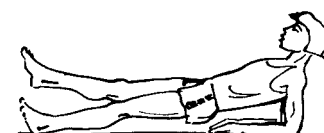
DIFFICILE

ETIREMENT

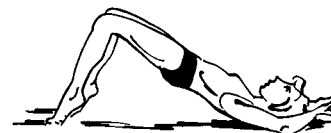
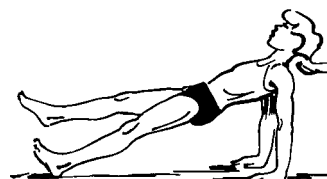
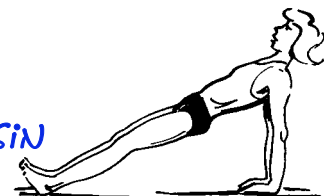
CEINTURE SCAPULAIRE



FESSIERS



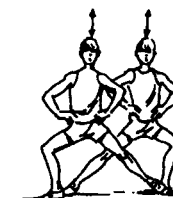
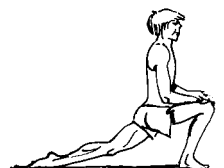
STABILISATION DU BASSIN



JAMBE



VARIATIONS POUR LES JAMBES



MUSCULATION POUR LE SAUT

