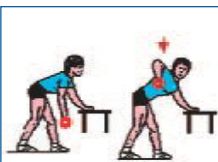
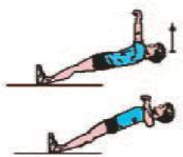
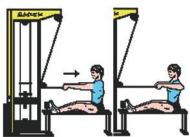




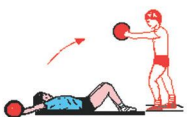
Source : Rhéa 2000 Miller C, Miller C, Quièvre J - INSEP

Les Héra "clés" du succès

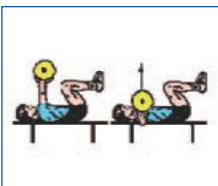
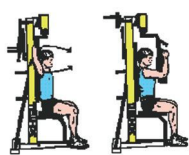
M. Supérieurs Tirage



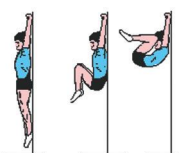
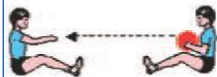
M. Supérieurs Retropulsion



M. Supérieurs Développer



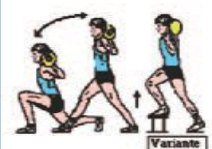
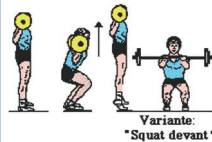
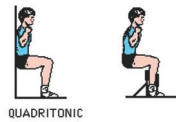
Tronc Flexion



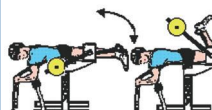
Tronc Extension



Membres Inférieurs



Fléchisseur du genou



Renforcement Dos-Epaule

