




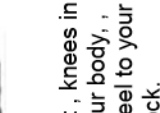
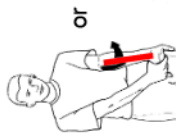




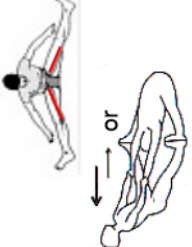
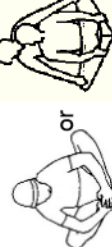








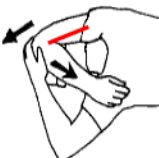






THE STRETCHING

| The Gastrocnemius | The Hamstrings (back of the thigh) | The Quadriceps (front of the thigh) | The upper body muscles | The back | The adductor (inner thighs) | The gluteus / the psoas |
|--|---|---|---|--|---|---|
|  <p>Push on the wall. Press your heel on the ground.</p>  <p>Catch your toes and extend your leg</p> |  <p>Back leg at 90°, front leg stretched : bend forwards.</p>  <p>The hurdler : Back leg at 90°: bend forwards while keeping your front leg stretched .</p> |  <p>Bust straight , knees in line with your body , bring your heel to your buttock.</p>  <p>To suspend a bar.</p> | <p>Forearm</p>  <p>Stretch your hand downwards and extend your arm.</p> <p>Shoulder girdle</p>  |  <p>Grow up, keeping straight bust.</p>  <p>Touch the ground with your feet, legs extended.</p>  <p>The prayer : 4 feet, pull your arms forwards.</p> |  <p>Bend your hips forwards, while keeping straight your bust.</p>  <p>Push your knees to the ground.</p> | <p>The Gluteus</p>  <p>Bring back your knee to your opposite shoulder.</p>  <p>Bring your knee to your chest.</p> |
|  <p>Push your heel downwards.</p>  <p>Heels and hands on the ground, extend your back leg.</p> |  <p>Catch your toes or your ankles.</p>  <p>Bend on your leg.</p> |  <p>Push your hips upwards and forwards.</p>  <p>Go down slowly</p> | <p>Triceps</p>  <p>Pull your right ankle to the left and upwards. Conversely for left arm.</p> <p>Shoulders / pectorals</p>  <p>Push your shoulder forwards</p> |  <p>Bend your bust to the right and upwards, then to the left and upwards.</p> |  <p>Bend a knee and down the waist</p> | <p>The Psoas</p>  <p>Go down in a large step</p> |
| <p>The golden rules</p> <p>1/ Never stretch a cold muscle. 2/ The stretching must be uncomfortable to be efficient. 3/ The pain is an important reference : it means I achieved my current limit. It's fundamental not to exceed this alarm signal. 4/ I maintain the position for 10'. 5/ I breathe out while stretching. 6/ I repeat the exercise 3 times.</p> | | | | | | |

