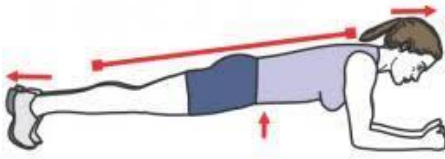

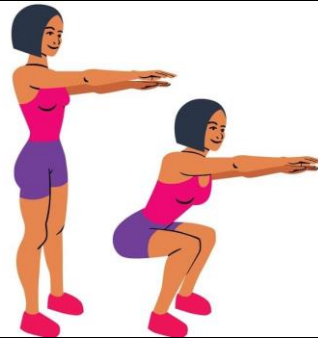





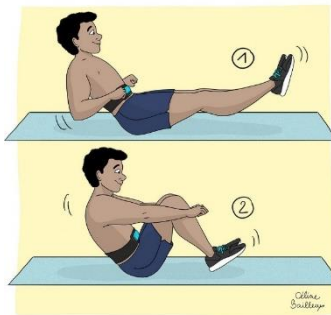
# CASTRES SPORTS NAUTIQUES

## TUTORIEL DES EXERCICES DE P.P.G.



<p><b><u>GAINAGE VENTRAL</u></b></p> <p><a href="https://www.youtube.com/watch?v=aal0oMY-uQQ">https://www.youtube.com/watch?v=aal0oMY-uQQ</a></p>	
<p><b><u>GAINAGE LATERAL</u></b></p> <p><a href="https://www.youtube.com/watch?v=aal0oMY-uQQ">https://www.youtube.com/watch?v=aal0oMY-uQQ</a></p>	
<p><b><u>FLEXIONS</u></b></p> <p><a href="https://www.youtube.com/watch?v=yS4M8-y6Jr4">https://www.youtube.com/watch?v=yS4M8-y6Jr4</a></p>	
<p><b><u>CRUNCH</u></b></p> <p><a href="https://www.youtube.com/watch?v=CONQqI9YeyQ">https://www.youtube.com/watch?v=CONQqI9YeyQ</a></p>	
<p><b><u>CRUNCH RAMEUR</u></b></p> <p><a href="https://www.youtube.com/watch?v=BUrsi7wSQxM">https://www.youtube.com/watch?v=BUrsi7wSQxM</a></p>	
<p><b><u>JUMPING JACK</u></b></p> <p><a href="https://www.youtube.com/watch?v=LgzqmOWNQ_s">https://www.youtube.com/watch?v=LgzqmOWNQ_s</a></p> <p><a href="https://www.youtube.com/watch?v=BkzTOA4t8ME">https://www.youtube.com/watch?v=BkzTOA4t8ME</a></p>	

## ABDOS RAMEUR



## TRICEPS (DIPS)



## GAINAGE LATERAL DYNAMIQUE



## BURPEES



## GAINAGE VENTRAL DYNAMIQUE



## MOUNTAIN CLIMBER

### MOUNTAIN CLIMBER

Muscles travaillés

Fléchisseurs des hanches

Fessiers

Mollets

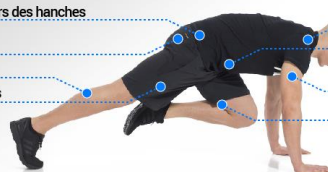
Quadriceps

Deltoïdes

Abdominaux

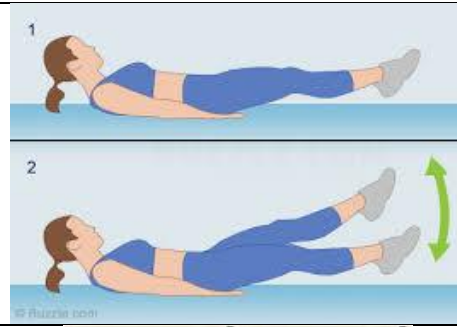
Triceps

Ischio-jambiers



**FIZZUP**  
COACH SPORTIF EN LIGNE

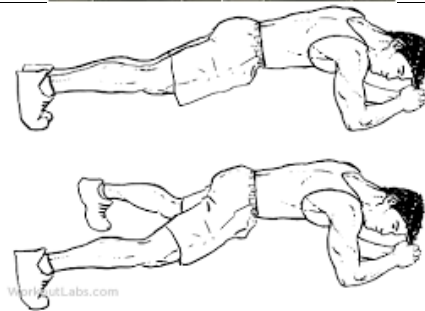
**ABDOS BATTEMENTS**



**GAINAGE POMPES**



**PLANK JACK**



**ABDO FESSIER ARRIERE**

