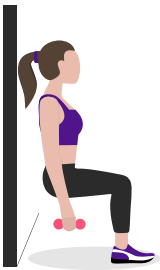
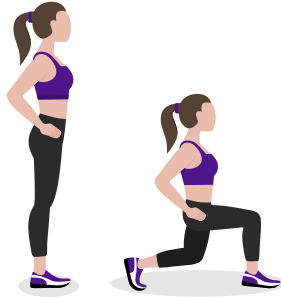


PRÉPARATION PHYSIQUE SKI

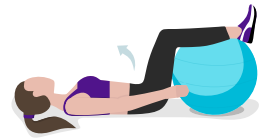
1H D'EXERCICES POUR ASSURER AU SKI



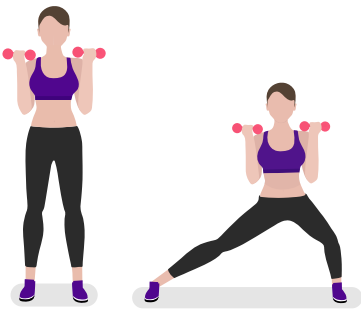
Exercice de la chaise
4 x 1 minute



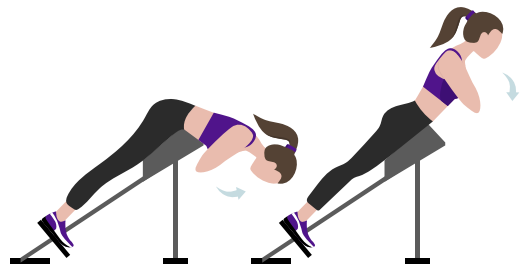
Exercice de la fente alternée
4 x 20 fentes



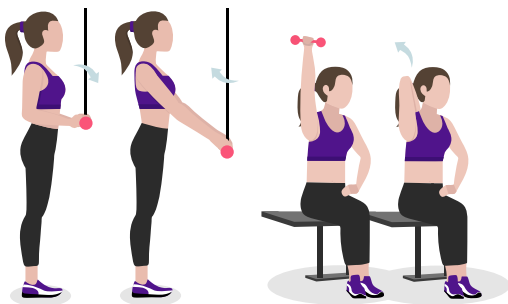
Exercice ischio
4 x 10



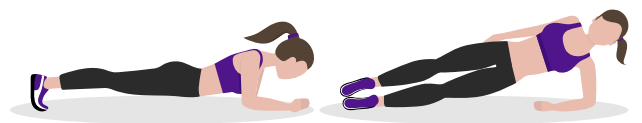
Exercice de fente latérale
4 x 20



Exercice lombaire
(2 exercices au choix) 4 x 15 relevés de buste



Triceps
(2 exercices au choix) 4 x 15



Gainage
4x 45 secondes de chaque côté
(devant, droit, gauche)



Et pour finir n'oubliez pas le travail cardiovasculaire.
Minimum 30 minutes sur la machine de votre choix.



AQUATONIC