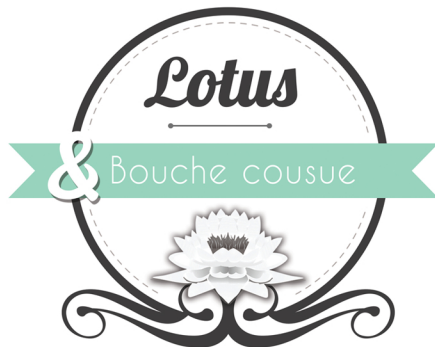




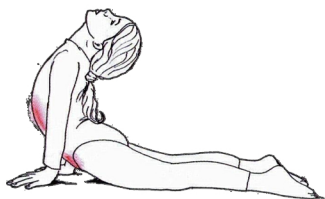
www.lotus-bouche-cousue.fr

Challenge abdos «six pack» : étirements

Séance de stretching post-entraînement
- Effectuer de longues expirations sur chaque mouvement -

Stretching abdominaux - 3 minutes minimum

**Sangle
abdominale**



2 x / minimum
30 secondes

**Soulager les
lombaires**



minimum
30 secondes

**Sangle
abdominale**



minimum
30 secondes