

Vue d'ensemble – Swissball

Premiers pas/Echauffement

Renforcement et stabilisation

1

Balancier pelvien



Musculature abdominale

Balancier



Musculature latérale

Side crunch



Musculature dorsale

Périscope



2

Equilibriste



Crunch



Extension latérale



Plongeon



3

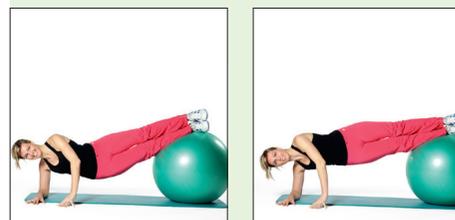
Rouleau



Diagonal crunch



Appui latéral



Scie



4

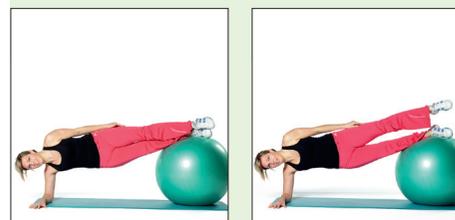
Canif



Balance crunch



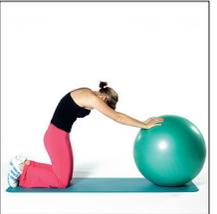
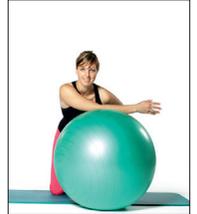
Abducteurs



Appui dorsal



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|---|---|---|---|--|---|---|---|---|
| 1 | Jambes | | Epaules et bras | | Exercices complexes et rotations | | Retour au calme/Stretching | |
| | Kick | | Omoplates | | Twist scapulaire | | Etirement des abdominaux | |
| |  |  |  |  |  |  |  |  |
| | Squat | | Appui facial | | Twist pelvien | | Etirement du dos | |
|  |  |  |  |  |  |  |  | |
| 2 | Squat sur une jambe | | Appui facial bis | | Fente avant | | Etirement des ischio-jambiers | |
| |  |  |  |  |  |  |  | |
| 3 | Otarie | | Dips | | Cocon | | Etirement du grand pectoral | |
| |  |  |  |  |  |  |  | |
| 4 | | | | | | | Etirement des épaules | |
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