

# Band Training:

Gilles Saudan 2015

## Epaules:

- antépulsions

- rétropulsions

- rot. int.

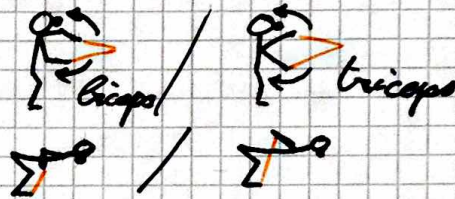
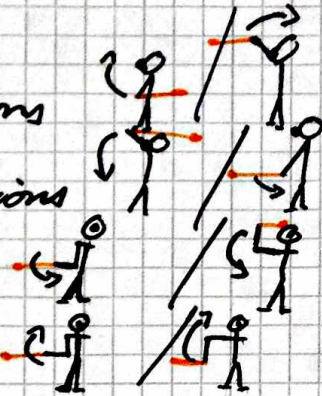
- rot. ext.

- fixateurs omoplates

- Shoulder press

- Pull-up

- Push-up



## Hanches:

- Dead lift

- Squat

- Abductions

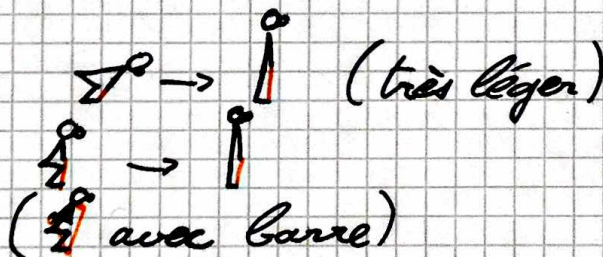
- Adductions

- Extension

- Flexion

- Rot. ext.

- Lunge



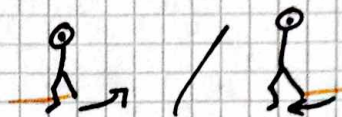
## Genoux :

Gilles Sautan 2015

- Quadriceps 

- Ischios 

- Stabilité abd / add



+ mollets ou tapis  $\Rightarrow$   $\Delta$  posture

## Chevilles :

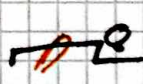
- flexion / inversion / éversion

 (+ métatarses et orteils)

## Core :

- Squat unilatéral

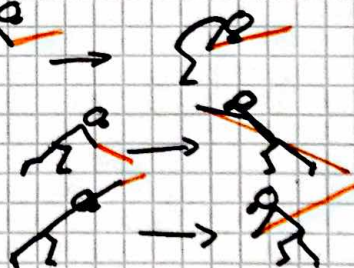
- Bench press unilatéral

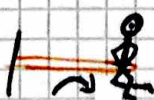
- Gainage avec tension latérale 

- Rotation buste  ( $\Delta$  Hanches)

- Grounds ou obliques 

- Rotation chaîne complète



- Sauts latéraux 

- Coordination avec SB ou mollets !