

# PROGRAMME DE RENFORCEMENT MUSCULAIRE

A. EMRICH : SPIELEND HANDBALL LERNEN



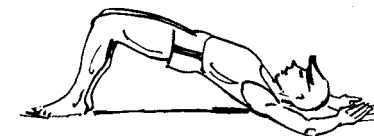
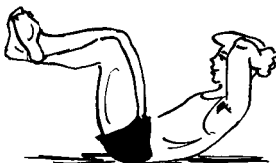
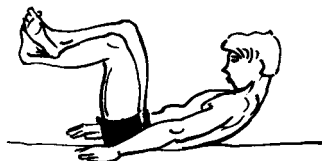
FACILE

MOYEN

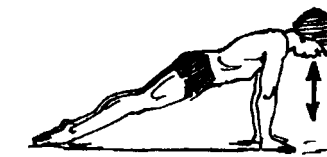
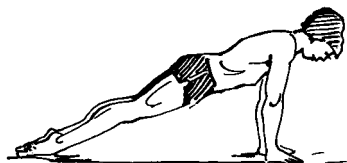
DIFFICILE

ETIREMENT

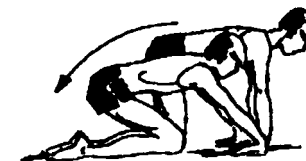
ABDOMINAUX



CEINTURE SCAPULAIRE



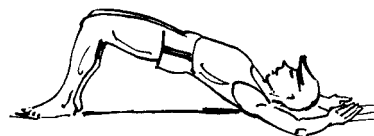
SAUTS EN POS. D'APPUI FACIAL



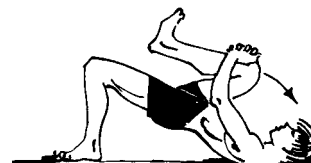
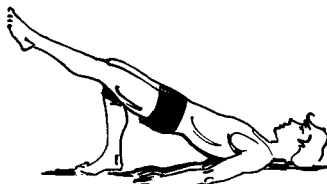
DOS



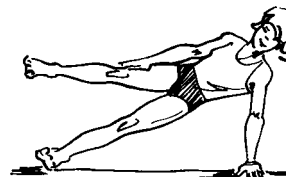
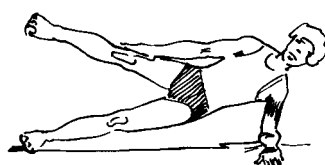
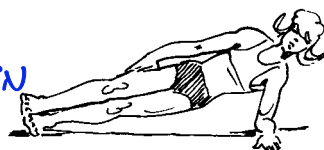
CEINTURE SCAPULAIRE  
STABILISATION DU DOS  
ET DU BASSIN



FESSIERS



STABILISATION DU BASSIN



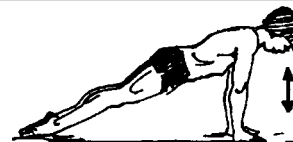
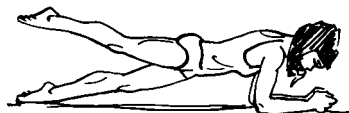
**FACILE**

**MOYEN**

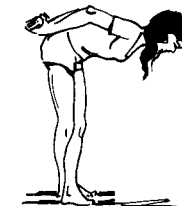
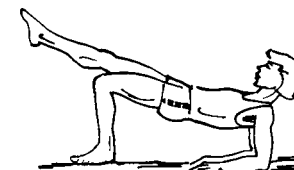
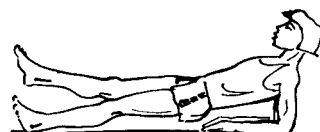
**DIFFICILE**

**ETIREMENT**

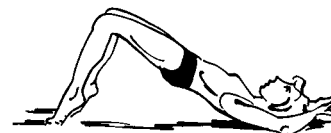
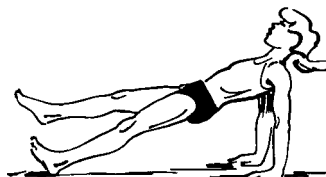
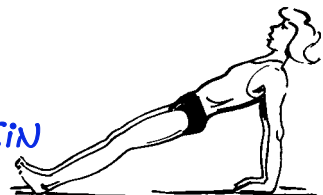
**CEINTURE SCAPULAIRE**



**FESSIERS**



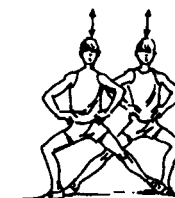
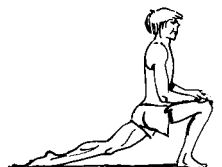
**STABILISATION DU BASSIN**



**JAMBE**



**VARIATIONS POUR LES JAMBES**



**MUSCULATION POUR LE SAUT**

