



# LA MUSCULATION

## SOMMAIRE

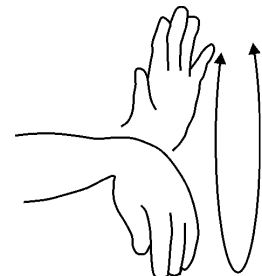
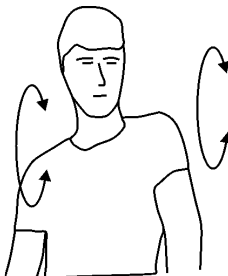
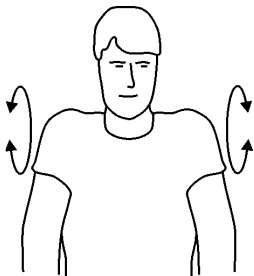
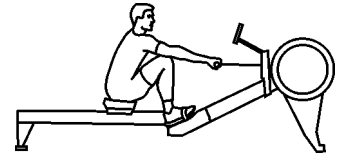
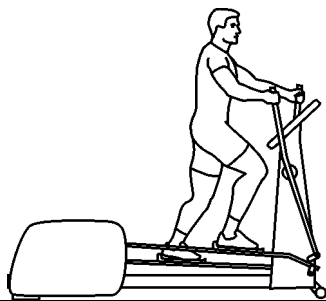
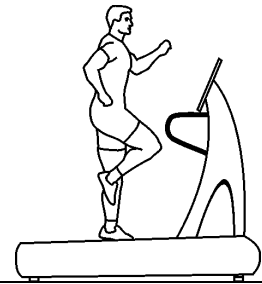
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Ce volet se veut un outil pour vous permettre de connaître les différents exercices reliés à la musculation. Il vous suggère des illustrations et des tableaux pour vous aider à modifier votre programme d'entraînement actuel pour qu'il soit plus visuel. Plusieurs formules de tableaux vous sont présentées avec ou sans illustrations. Il n'en tient qu'à vous de rendre vos programmes d'entraînement plus complémentaires, compréhensifs et efficaces dans le suivi de votre progression musculaire.

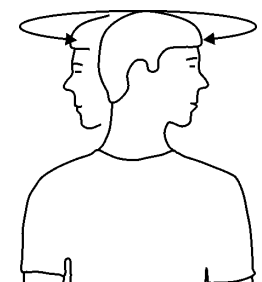
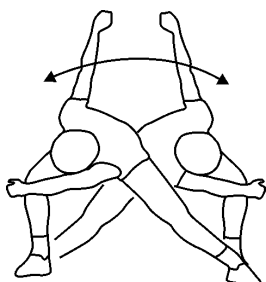
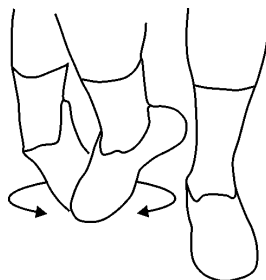
Il est primordial d'établir un bon programme bien partagé entre la musculation et le cardiovasculaire. Il est toujours conseillé d'écrire ses données : prendre en note les poids utilisés afin de continuellement s'assurer qu'on augmente l'intensité à chaque semaine sinon, la machine humaine très intelligente s'adapte malheureusement très vite et les progrès cessent.

# 1. EXERCICES D'ÉCHAUFFEMENT ET DE CARDIOVASCULAIRE

## EXERCICES D'ÉCHAUFFEMENT ET DE CARDIOVASCULAIRE



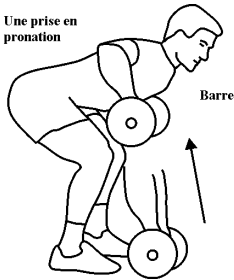
Courez sur place



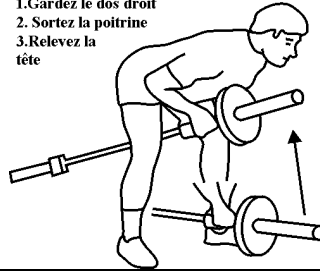
## 2. LES EXERCICES POUR LE DOS

### EXERCICES POUR LE DOS

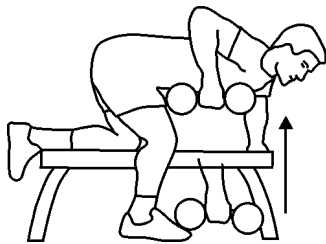
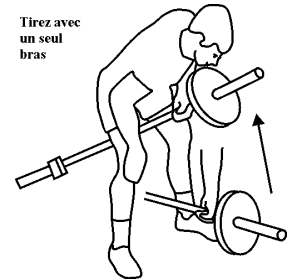
Une prise en pronation



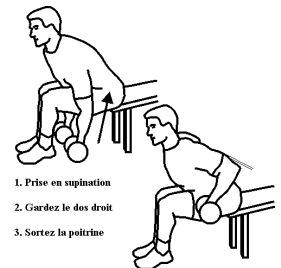
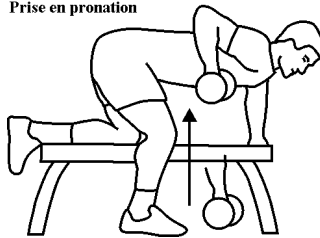
1. Gardez le dos droit  
2. Sortez la poitrine  
3. Relevez la tête



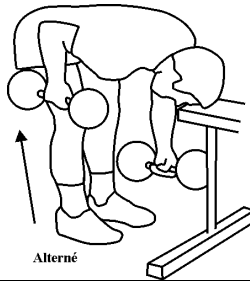
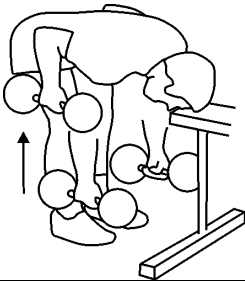
Tirez avec un seul bras



Prise en pronation

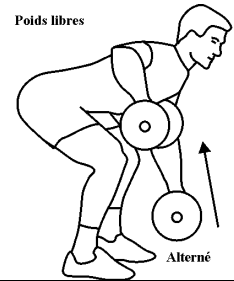


1. Prise en supination  
2. Gardez le dos droit  
3. Sortez la poitrine

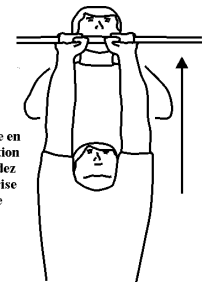
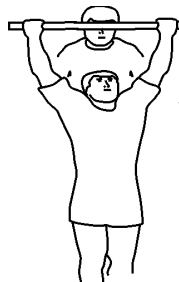
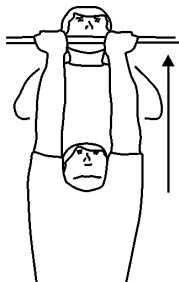


Alterné

Poids libres



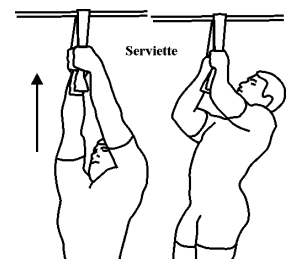
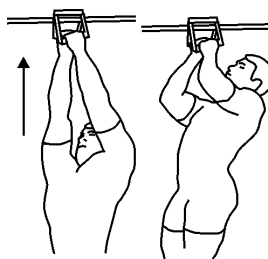
Alterné



1. Prise en pronation  
2. Gardez une prise fermée



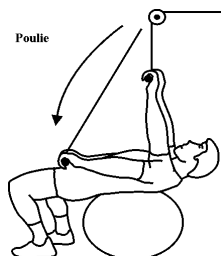
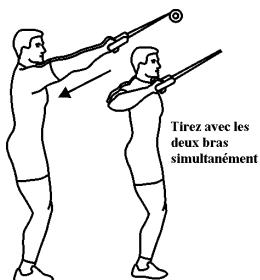
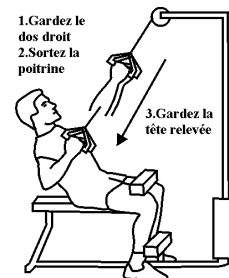
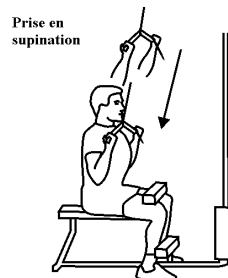
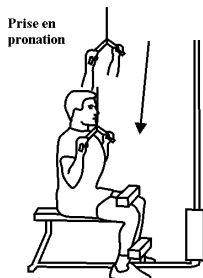
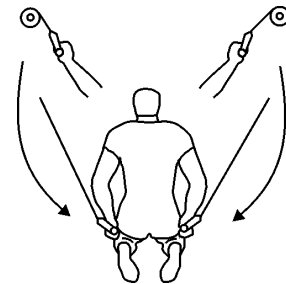
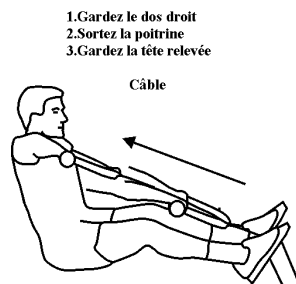
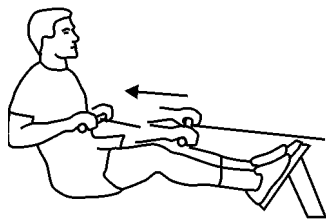
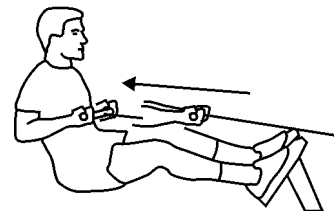
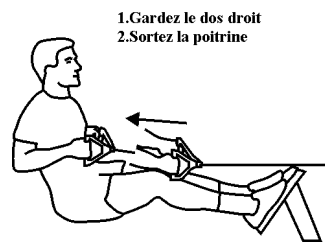
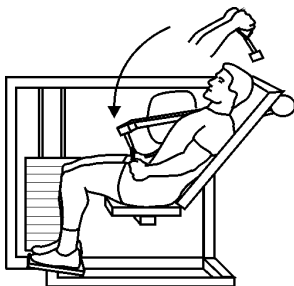
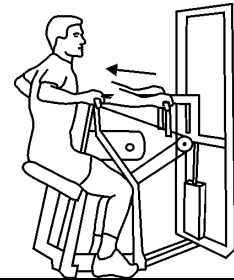
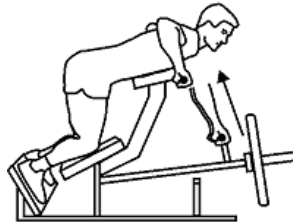
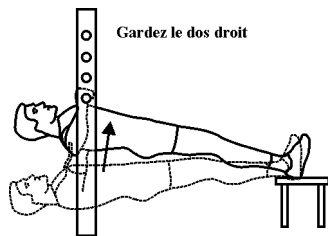
1. Prise en pronation  
2. Gardez une prise large



Serviette

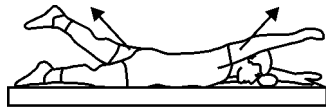
# LES EXERCICES POUR LE DOS (SUITE)

## EXERCICES POUR LE DOS

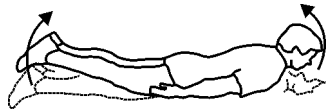


# LES EXERCICES POUR LE DOS (SUITE)

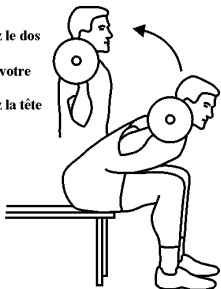
## EXERCICES POUR LE DOS



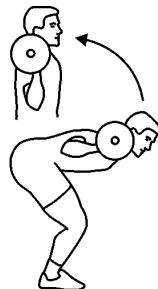
Bras droit et jambe gauche



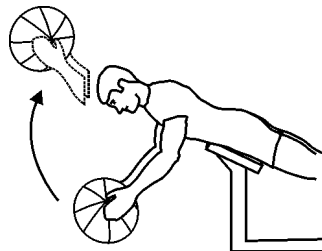
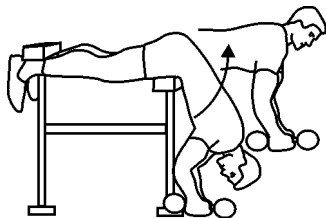
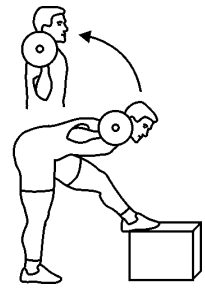
1. Gardez le dos droit
2. Sortez votre poitrine
3. Gardez la tête droite



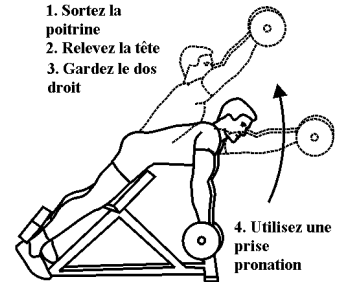
1. Gardez le dos droit
2. Sortez la poitrine
3. Gardez la tête droite



1. Gardez le dos droit
2. Sortez la poitrine
3. Gardez la tête droite



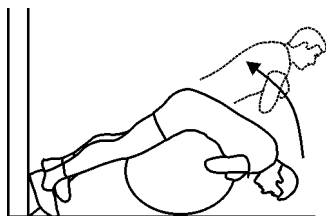
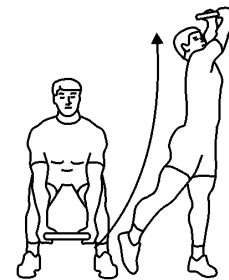
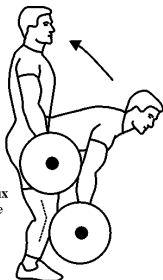
1. Sortez la poitrine
2. Relevez la tête
3. Gardez le dos droit



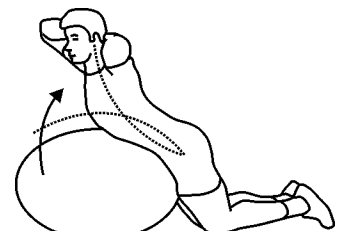
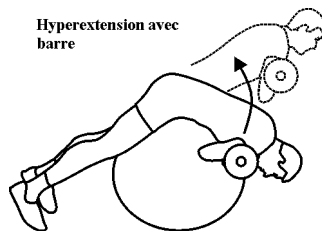
4. Utilisez une prise pronation

1. Gardez le dos droit
2. Sortez la poitrine
3. Gardez la tête droite

4. Pliez les genoux dans un angle de 20°

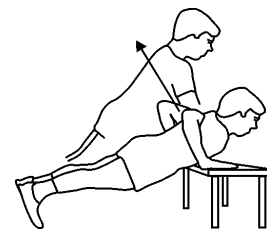
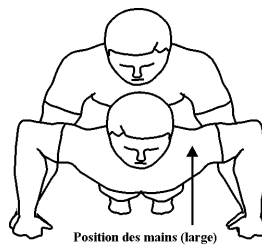
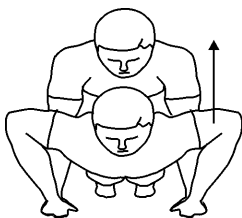
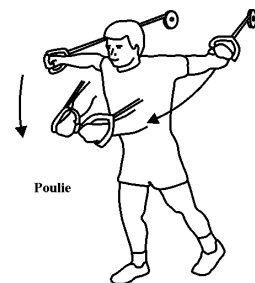
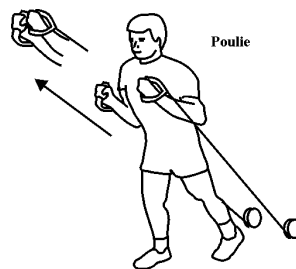
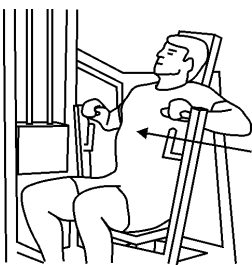
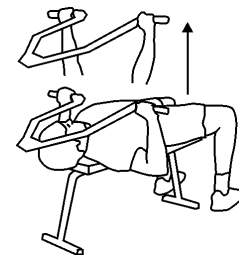
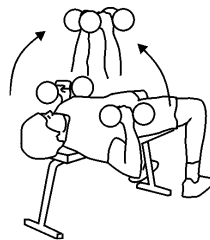
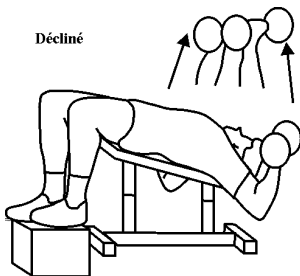
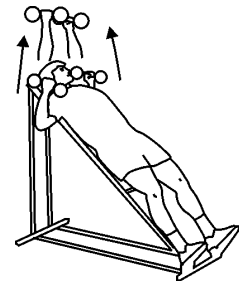
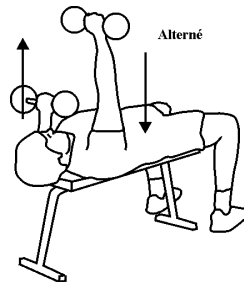
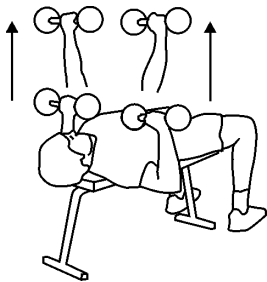
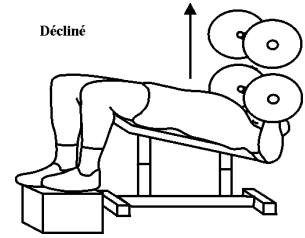
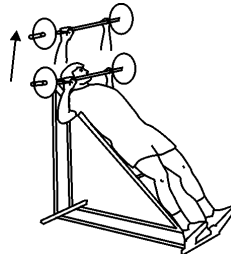
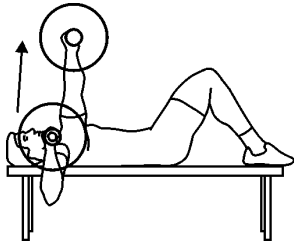


Hyperextension avec barre



### 3. LES EXERCICES POUR LA POITRINE

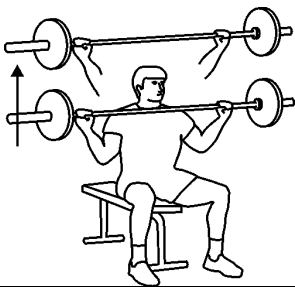
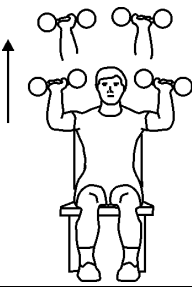
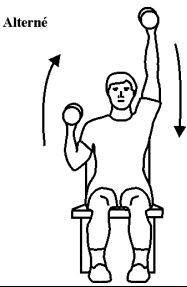
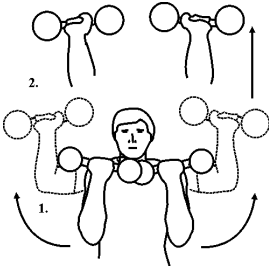
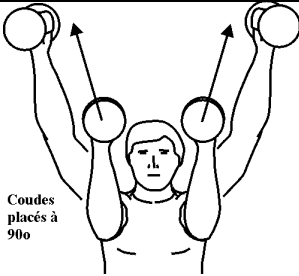
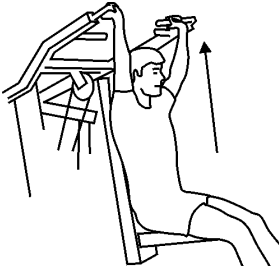
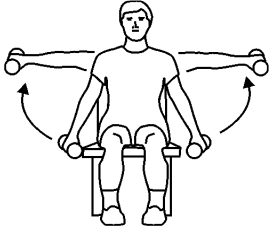
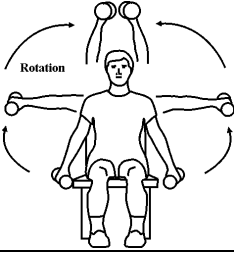
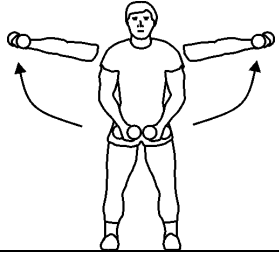
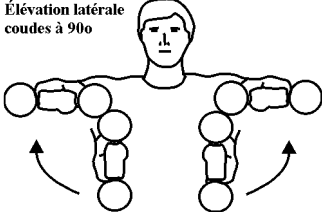
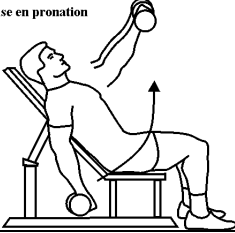
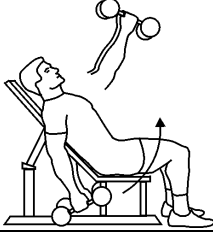
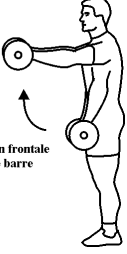
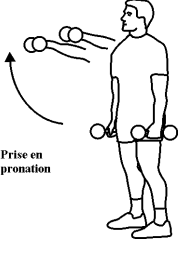
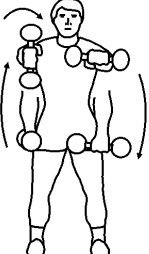
#### EXERCICES POUR LA POITRINE



# LES EXERCICES POUR LA POITRINE (SUITE)

EXERCICES POUR LA POITRINE		

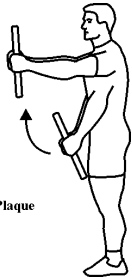
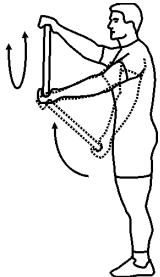
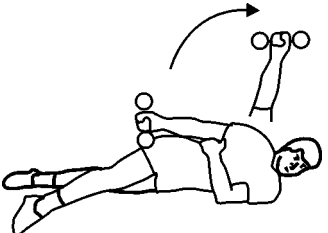
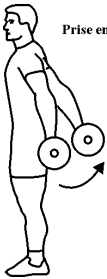
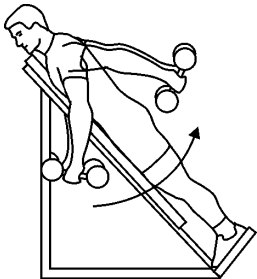
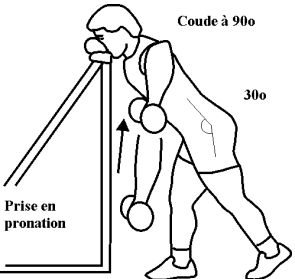
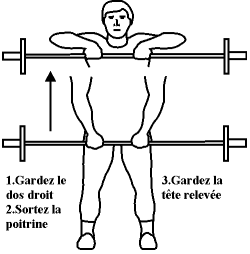
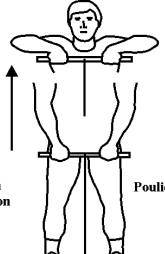
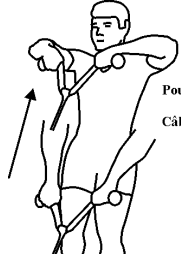
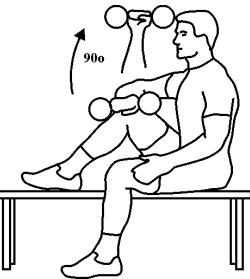
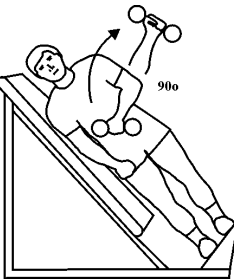
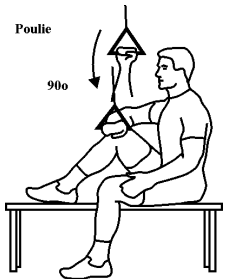
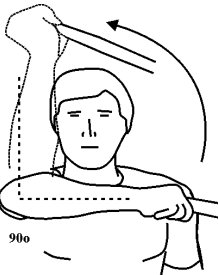
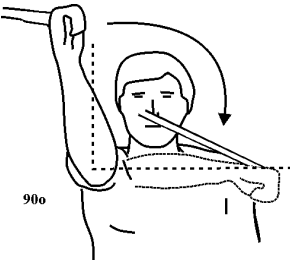
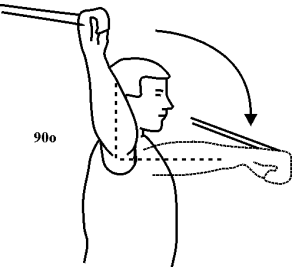
## 4. LES EXERCICES POUR LES ÉPAULES

EXERCICES POUR LES ÉPAULES		
		 Alterné
 1. 2.	 Coudes placés à 90°	
	 Rotation	
 Élévation latérale coudes à 90°	 Prise en pronation	
 Élévation frontale avec une barre	 Prise en pronation	



# LES EXERCICES POUR LES ÉPAULES (SUITE)

## EXERCICES POUR LES ÉPAULES

 <p>Plaque</p>		
 <p>Prise en pronation</p>		 <p>Coude à 90o 30o Prise en pronation</p>
 <p>1. Gardez le dos droit 2. Sortez la poitrine 3. Gardez la tête relevée</p>	 <p>Prise en pronation Poulie</p>	 <p>Poulie Câble</p>
 <p>90o</p>	 <p>90o</p>	 <p>Poulie 90o</p>
 <p>90o</p>	 <p>90o</p>	 <p>90o</p>

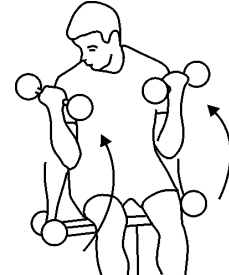

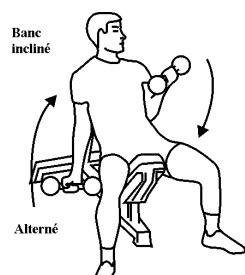
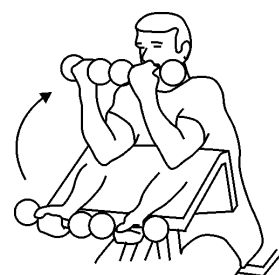

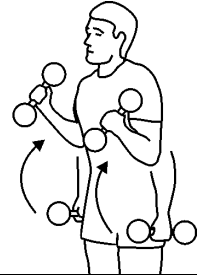
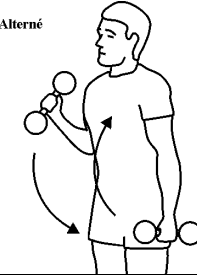

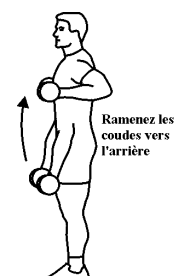
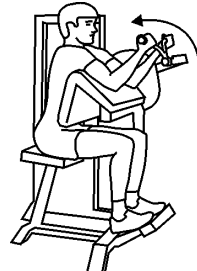
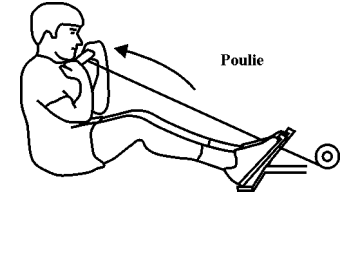
# 5. LES EXERCICES POUR LES TRICEPS

EXERCICES POUR LES TRICEPS		
 <p>Prise fermée</p>	 <p>Prise fermée</p>	
 <p>Prise en pronation Barre en W</p>	 <p>Prise en pronation</p>	
 <p>Prise en pronation avec un poids libre</p>		 <p>Alterné</p>
	 <p>Rotation: fin en pronation</p> <p>1. Départ en prise neutre</p>	 <p>Un bras en extension en croisé vers l'épaule opposée</p>
		

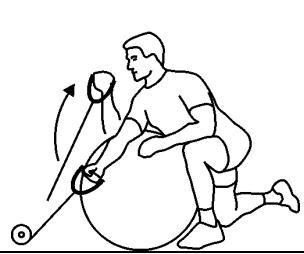
# LES EXERCICES POUR LES TRICEPS (SUITE)

EXERCICES POUR LES TRICEPS		
 <p>Pouce à l'intérieur</p>	 <p>Prise renversée</p>	
		 <p>Poulie</p>
 <p>Prise en supination Poulie</p>	 <p>Prise en semi pronation</p>	 <p>Prise en semi pronation</p>
		 <p>Prise fermée</p>
		

## 6. LES EXERCICES POUR LES BICEPS

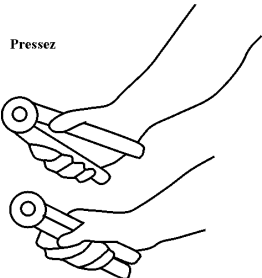

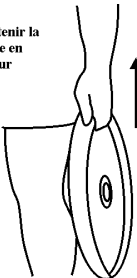
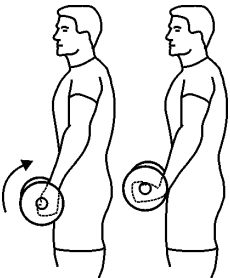
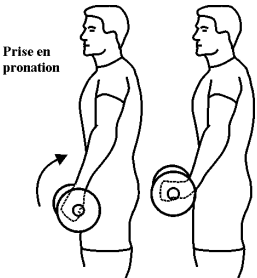
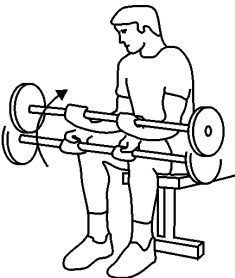
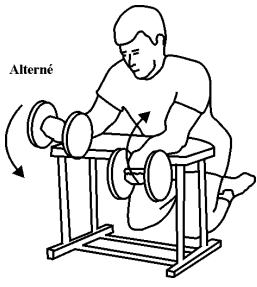
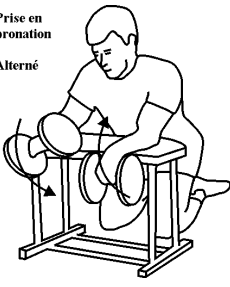
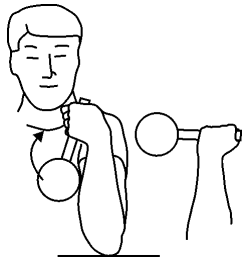
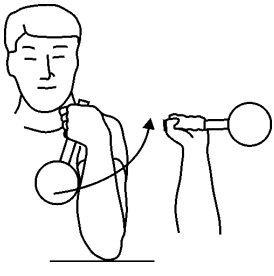
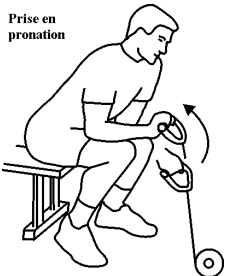
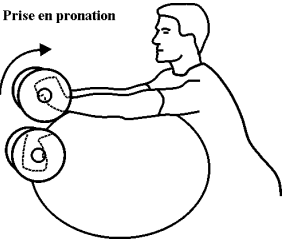
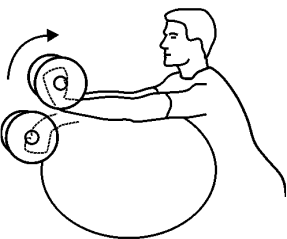

EXERCICES POUR LES BICEPS		
 <p>barre en W</p>		
	 <p>Banc incliné</p> <p>Alterné</p>	
		 <p>Alterné</p>
 <p>Alterné</p>	 <p>Exécutez le mouvement vers l'épaule opposée</p> <p>Prise en pronation</p>	 <p>Ramenez les coudes vers l'arrière</p>
		 <p>Poulie</p>

# LES EXERCICES POUR LES BICEPS

EXERCICES POUR LES BICEPS		
 <p>Poulie</p>		 <p>Poulie</p>
 <p>Poulie</p>	 <p>Poulie</p>	
		
		
 <p>1</p> <p>2</p>	 <p>En appui sur un mur</p> <p>Petit ballon</p>	 <p>En appui sur un mur</p>

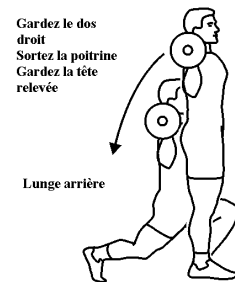
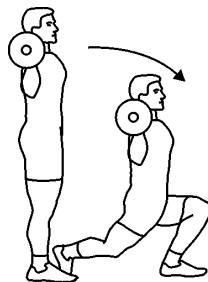
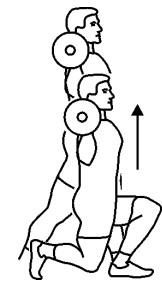
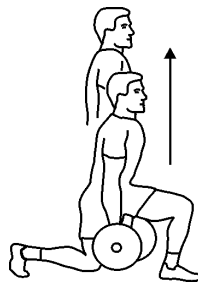
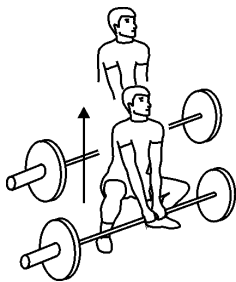
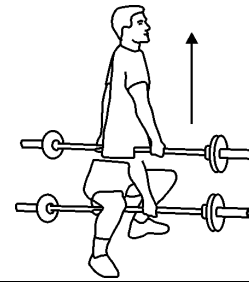
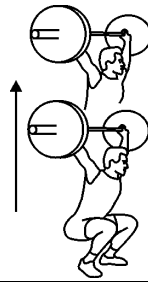
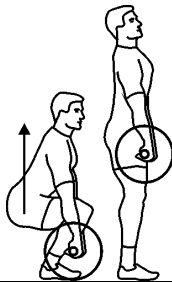
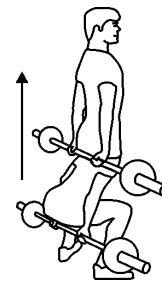
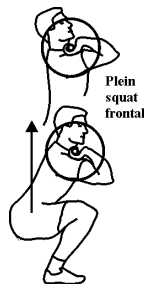
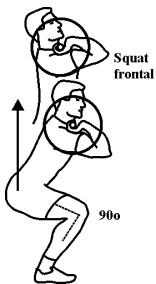
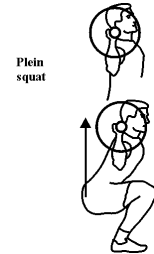
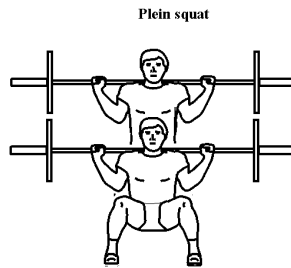
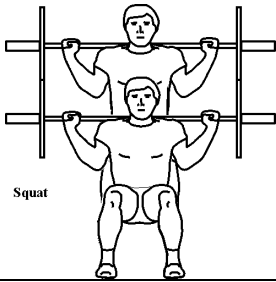
# 7. LES EXERCICES POUR LES AVANT-BRAS

## EXERCICES POUR LES AVANT-BRAS

<p>Pressez</p> 	<p>Petite balle ou plastiline</p> 	<p>Maintenir la plaque en hauteur</p> 
	<p>Prise en pronation</p> 	
	<p>Alterné</p> 	<p>Prise en pronation Alterné</p> 
		<p>Prise en pronation</p> 
<p>Prise en pronation</p> 		

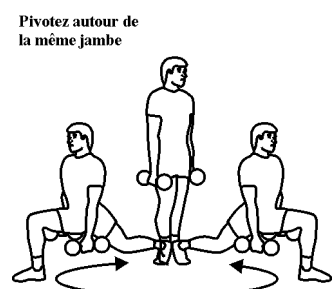
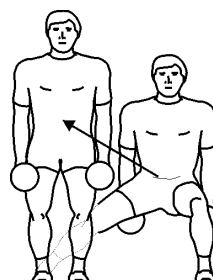
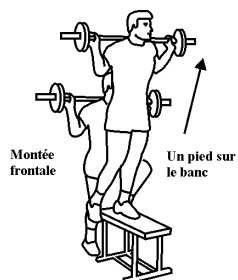
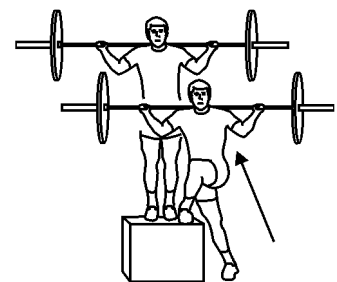
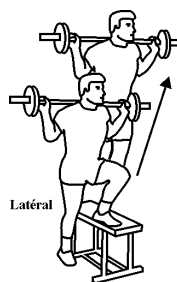
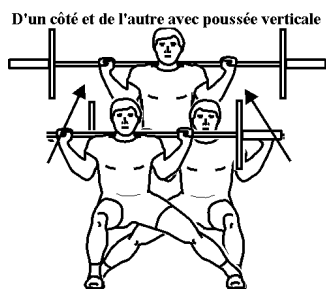
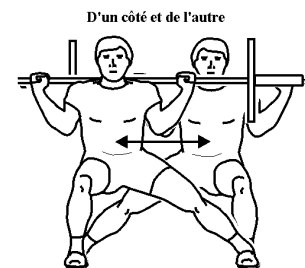
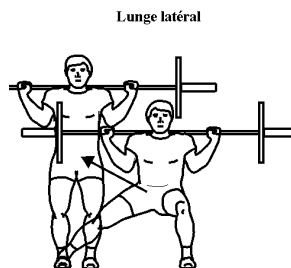
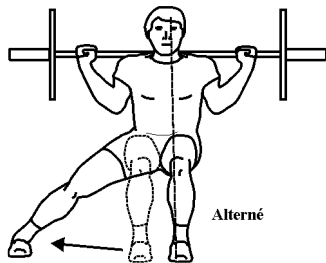
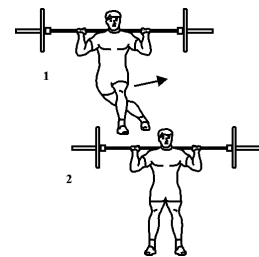
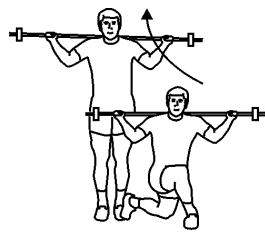
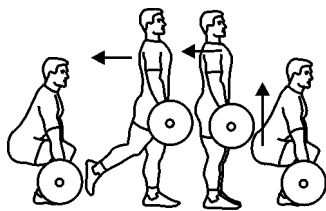
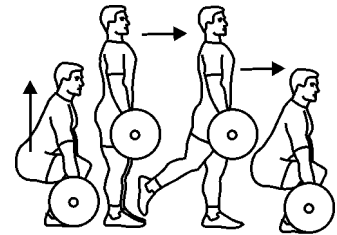
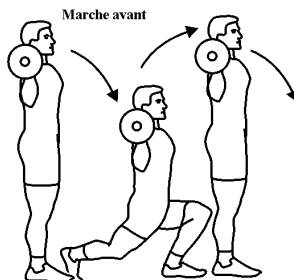
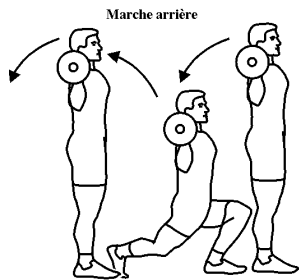
# 8. LES EXERCICES POUR LES JAMBES

## EXERCICES POUR LES JAMBES



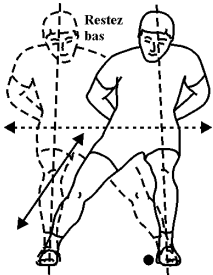

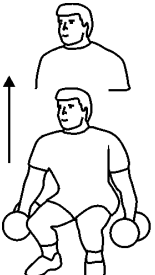
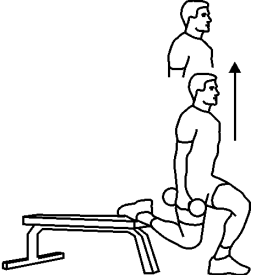
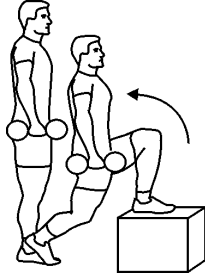
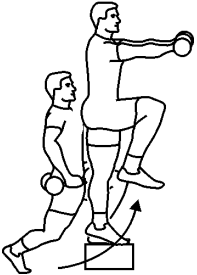


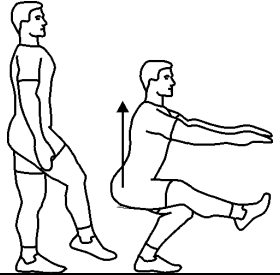
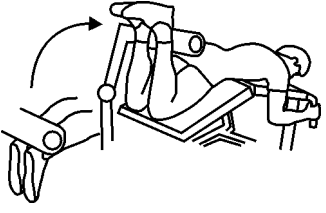
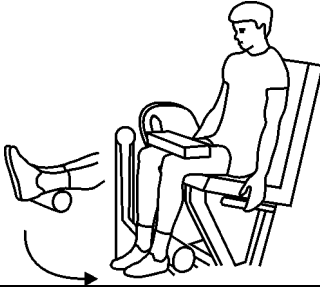
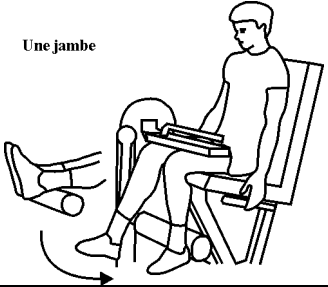
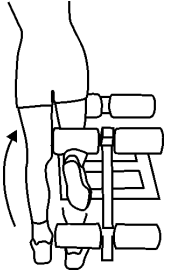
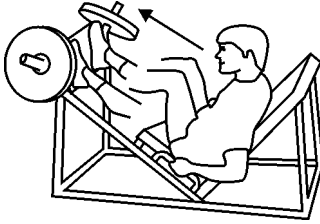
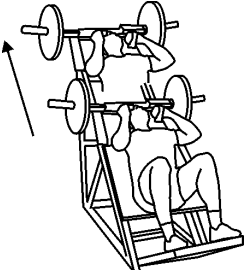
# LES EXERCICES POUR LES JAMBES (SUITE)

## EXERCICES POUR LES JAMBES





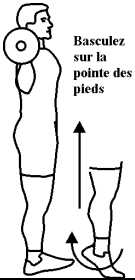
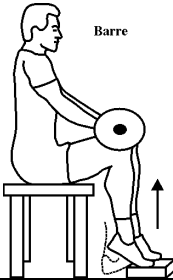
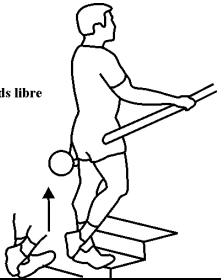

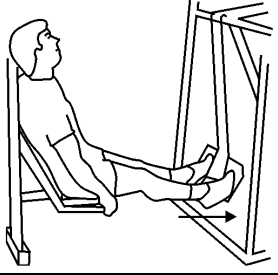
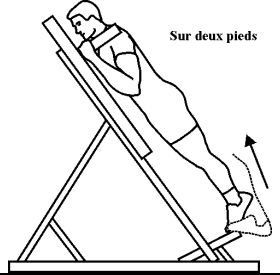
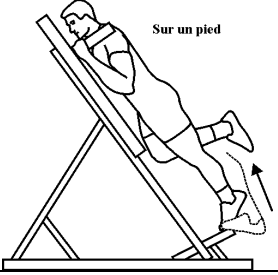
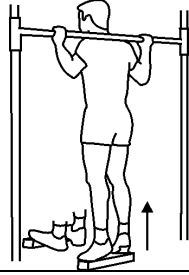
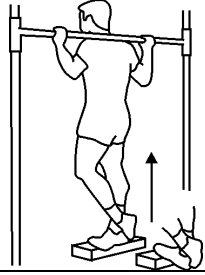
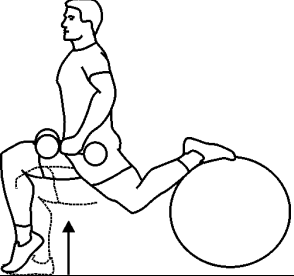
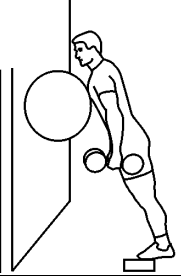
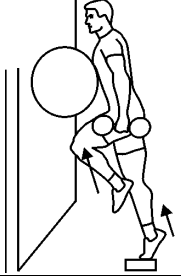
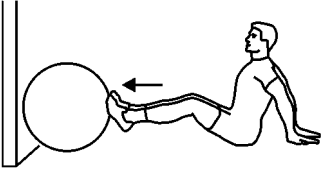
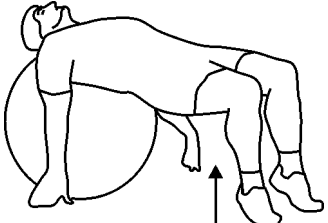
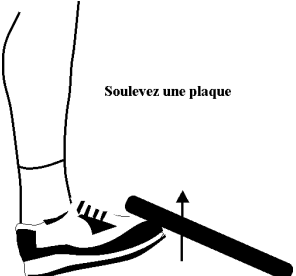
# LES EXERCICES POUR LES JAMBES (SUITE)

EXERCICES POUR LES JAMBES		
		
		
		
		<p>Une jambe</p> 
		

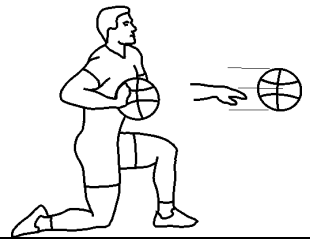

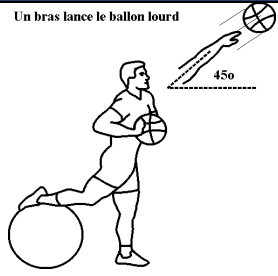
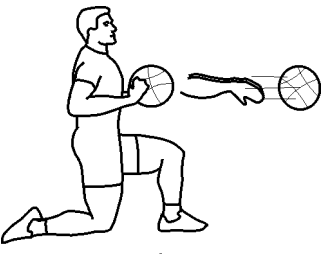
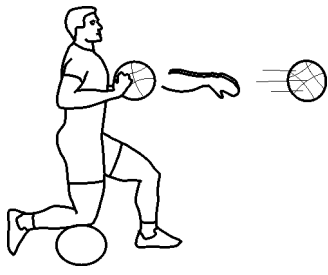
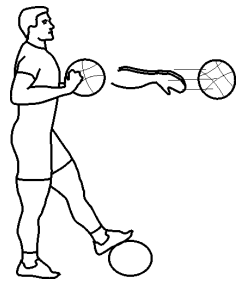
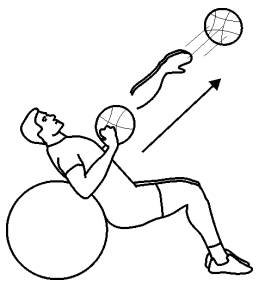
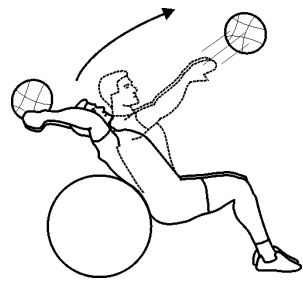
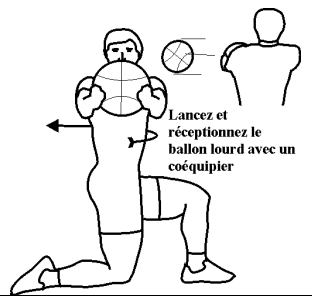

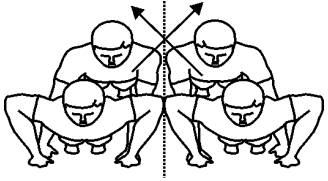
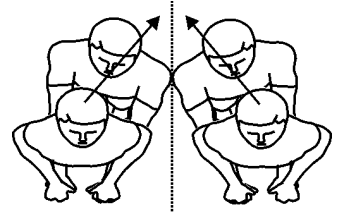
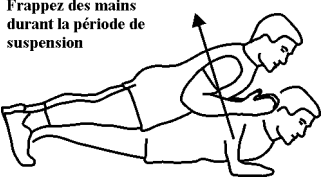
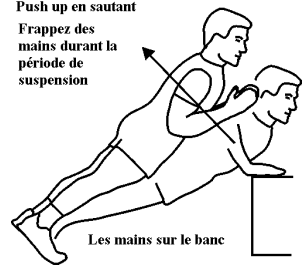
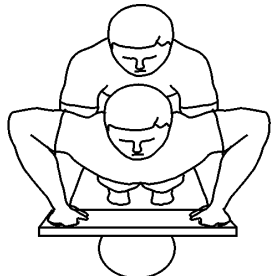
# LES EXERCICES POUR LES JAMBES (SUITE)

EXERCICES POUR LES JAMBES		

# LES EXERCICES POUR LES JAMBES (SUITE)

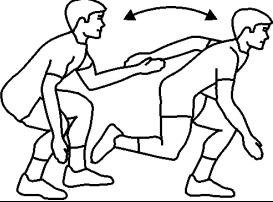
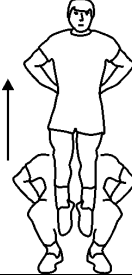

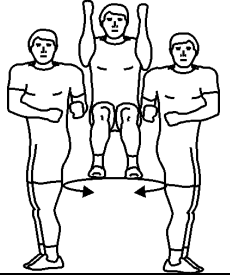
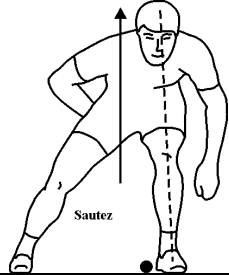
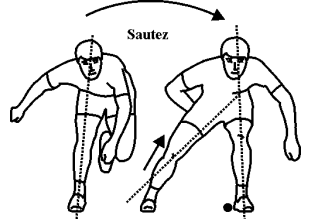
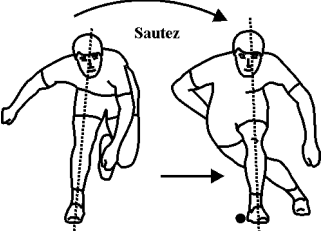
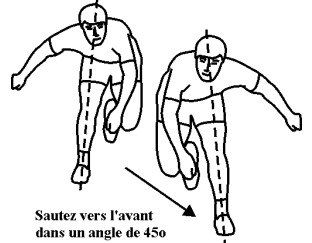
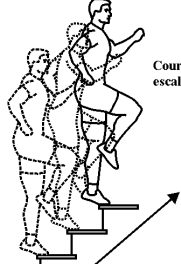
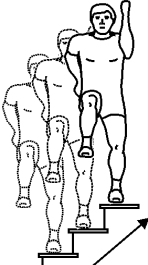

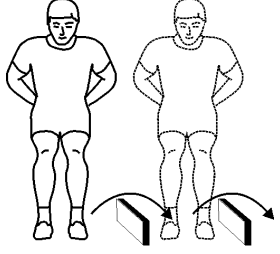
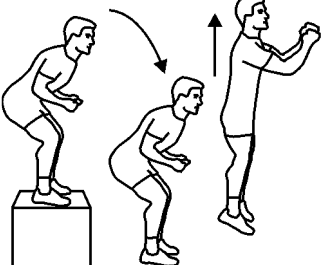

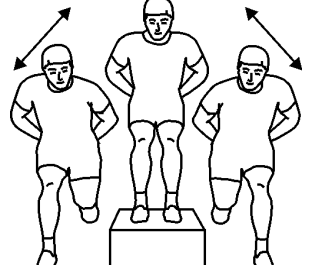
EXERCICES POUR LES JAMBES		
 <p>Basculez sur la pointe des pieds</p>	 <p>Barre</p>	 <p>Poids libre</p>
		 <p>Sur deux pieds</p>
 <p>Sur un pied</p>		
		
		 <p>Soulevez une plaque</p>

# 9. LES EXERCICES DE PLYOMÉTRIE POUR LE HAUT DU CORPS

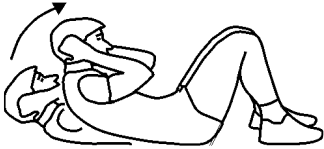

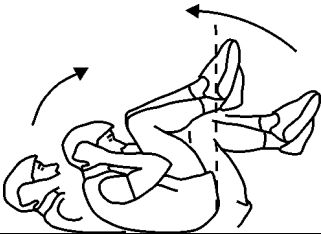
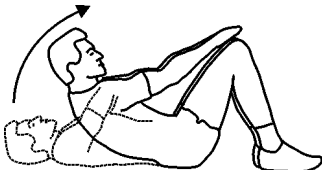
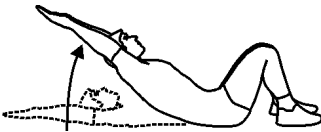

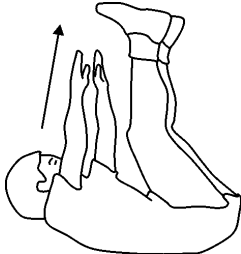
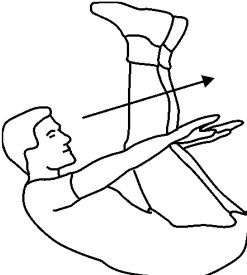
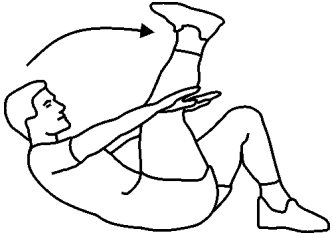


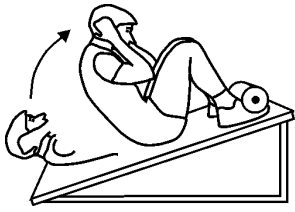
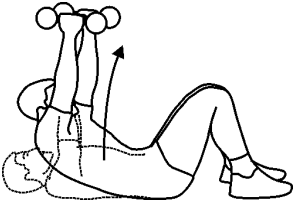
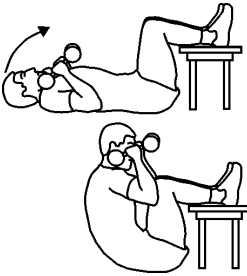
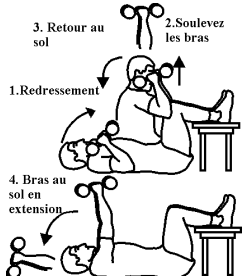
EXERCICES DE PLYOMÉTRIE POUR LE HAUT DU CORPS		
<p>Un bras lance le ballon lourd</p> 	<p>Un bras lance le ballon lourd</p> 	<p>Un bras lance le ballon lourd</p> 
 <p>Lancez et réceptionnez le ballon lourd avec un coéquipier</p>		
		 <p>Lancez et réceptionnez le ballon lourd avec un coéquipier</p>
<p>Push up en sautant</p> <p>Altermnez dans un mouvement continu la position fermée et la position large</p> 	 <p>Push up en sautant</p> <p>D'un côté et de l'autre</p>	 <p>Push up en sautant</p> <p>D'un côté et de l'autre en position fermée</p>
<p>Push up en sautant</p> <p>Frappez des mains durant la période de suspension</p> 	<p>Push up en sautant</p> <p>Frappez des mains durant la période de suspension</p> <p>Les mains sur le banc</p> 	

# 10. LES EXERCICES DE PLYOMÉTRIE POUR LE BAS DU CORPS

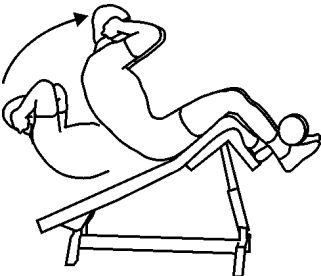
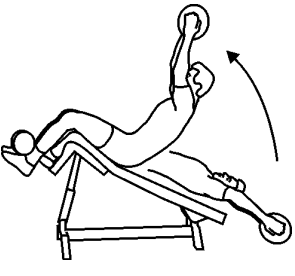
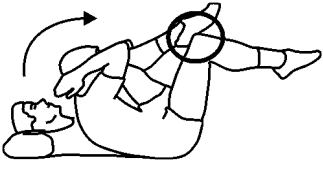
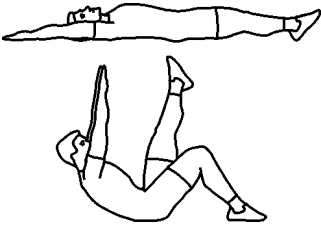
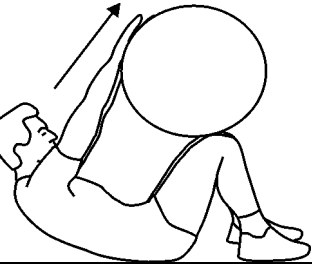
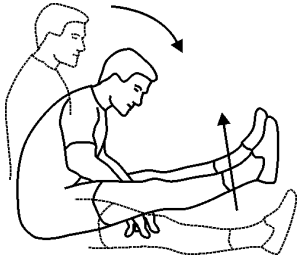
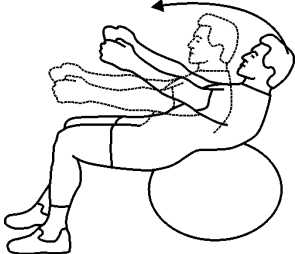
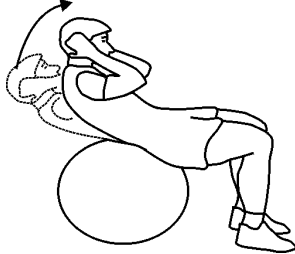
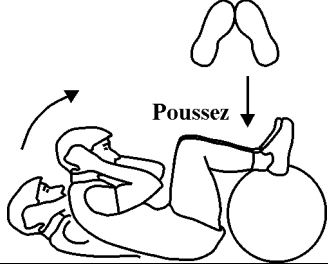
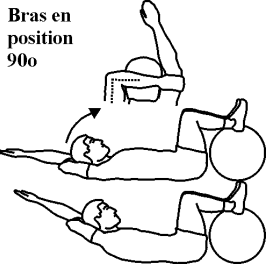
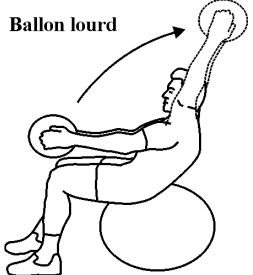
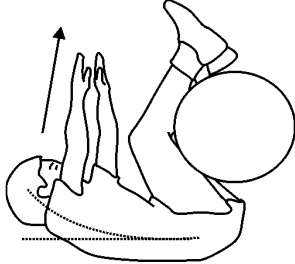
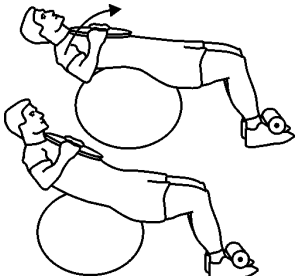
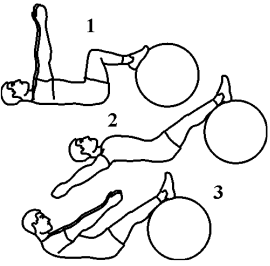
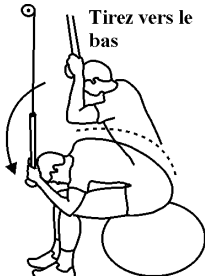
## EXERCICES DE PLYOMÉTRIE POUR LE BAS DU CORPS

<p>Sautez vers l'avant et vers l'arrière (d'une jambe à l'autre)</p> 		<p>Sautez et relevez les genoux</p> 
	<p>Sautez</p> 	<p>Sautez</p> 
<p>Sautez</p> 	<p>Sautez vers l'avant dans un angle de 45o</p> 	<p>Courez dans les escaliers</p> 
<p>Sautez dans les marches d'escalier dans une position latérale</p> 	<p>Sautez par dessus les bancs et réceptionnez avec les deux pieds</p> 	
	<p>Sautez vers l'avant et vers l'arrière</p> 	

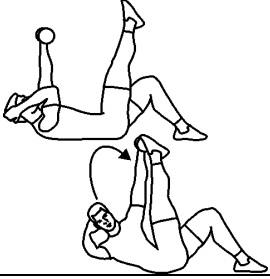
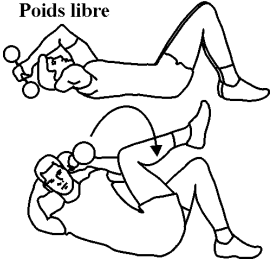
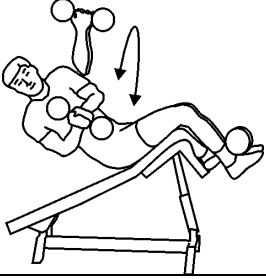
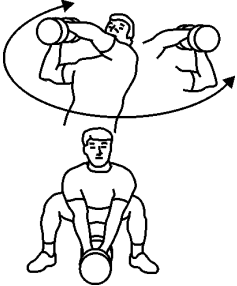
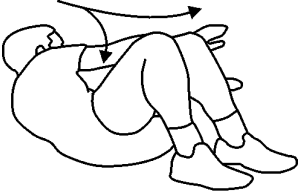
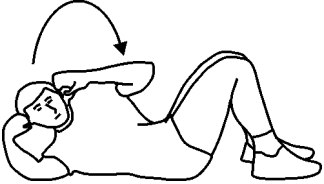
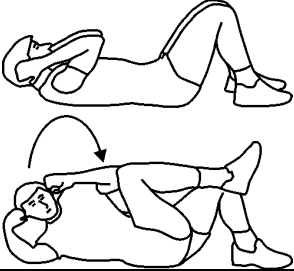
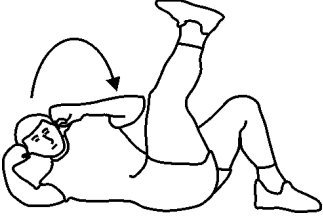
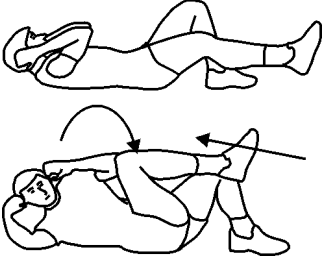
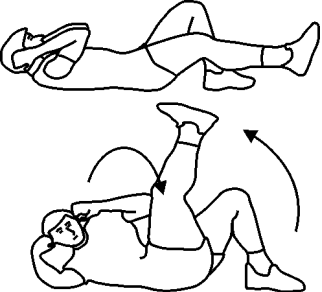
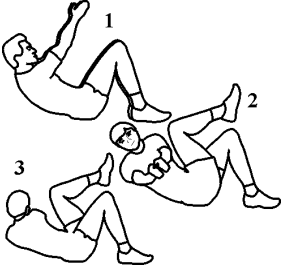
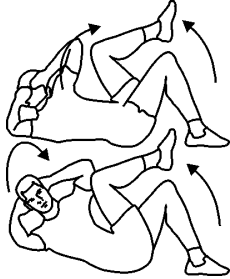
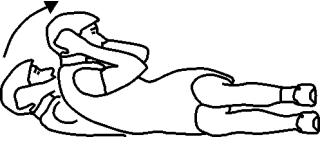
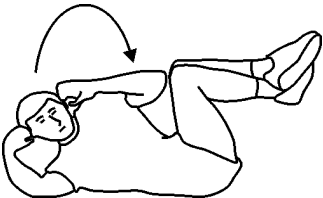
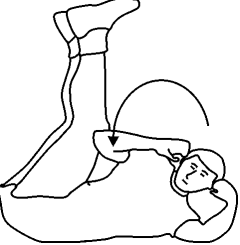
# 11. LES ABDOMINAUX (HAUT)

ABDOMINAUX (HAUT)		
		
		<p>Positionnez le bras à 90°</p> 
		
		
		<p>3. Retour au sol</p> <p>2. Soulevez les bras</p> <p>1. Redressement</p> <p>4. Bras au sol en extension</p> 

# LES ABDOMINAUX (HAUT) (SUITE)

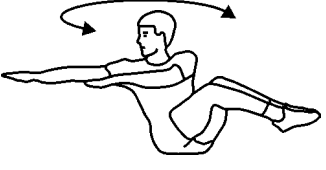
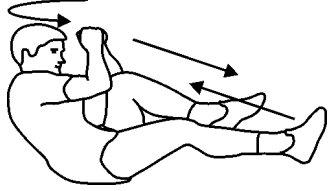
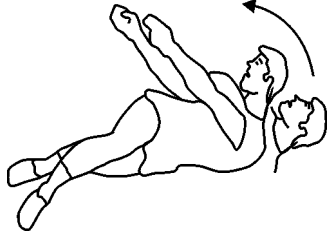
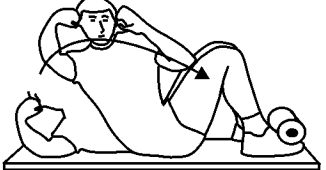
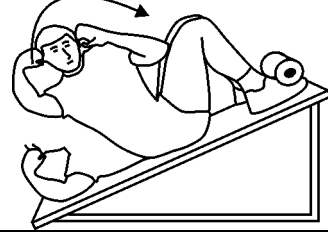
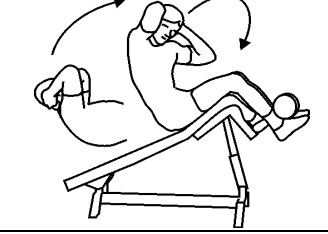
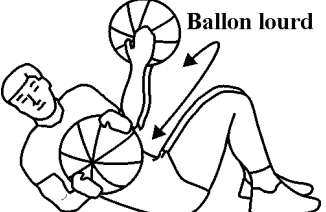
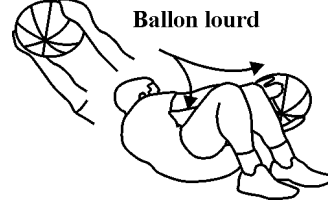
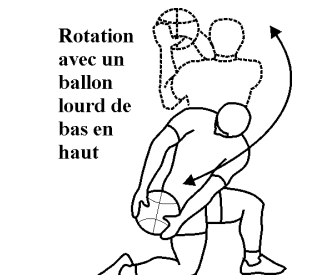
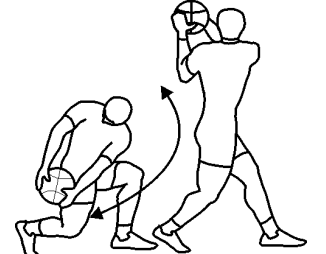
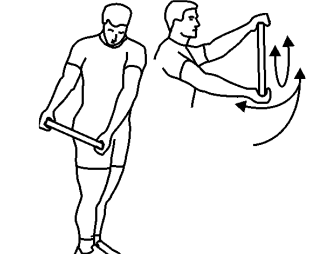
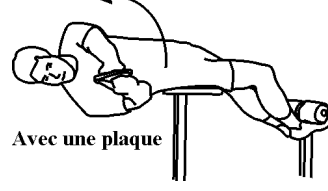
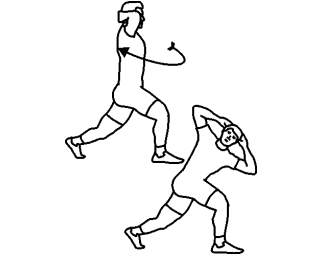
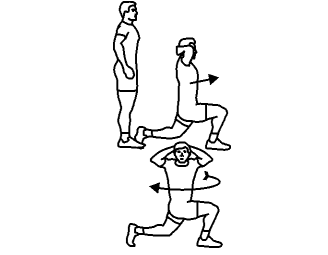
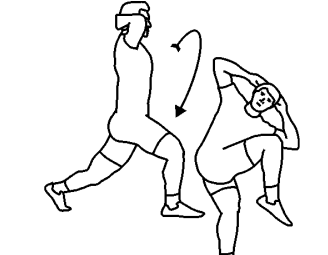
ABDOMINAUX HAUT		
		
		
		
		
		

## 12. LES ABDOMINAUX (CROISÉS-OBLIQUES)

ABDOMINAUX (CROISÉS-OBLIQUES)		
	<p>Poids libre</p> 	
		
		
		
		

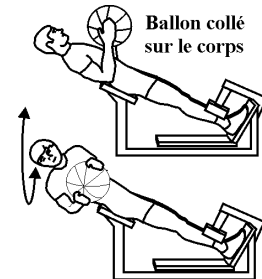
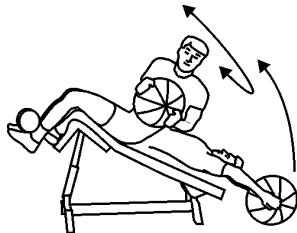


# LES ABDOMINAUX (CROISÉS-OBLIQUES) (SUITE)

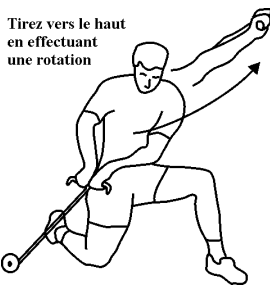
ABDOMINAUX (CROISÉS-OBLIQUES)		
		
		
 <p>Ballon lourd</p>	 <p>Ballon lourd</p>	 <p>Rotation avec un ballon lourd de bas en haut</p>
		 <p>Avec une plaque</p>
		

# LES ABDOMINAUX (CROISÉS-OBLIQUES) (SUITE)

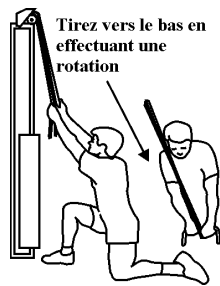
## ABDOMINAUX (CROISÉS-OBLIQUES)



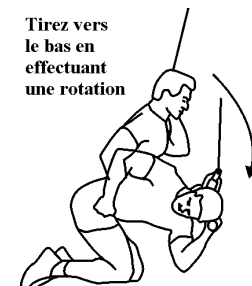
Ballon collé sur le corps



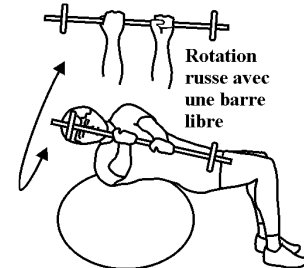
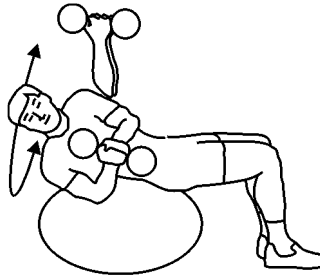
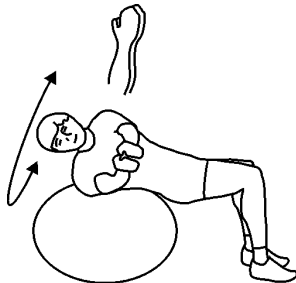
Tirez vers le haut en effectuant une rotation



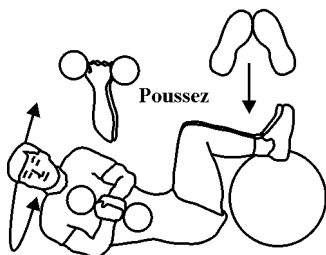
Tirez vers le bas en effectuant une rotation



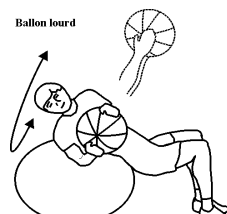
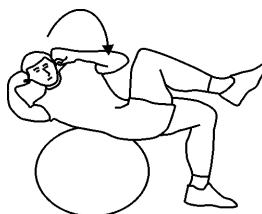
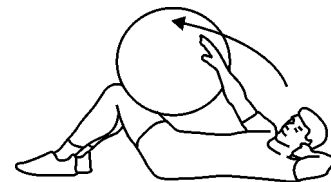
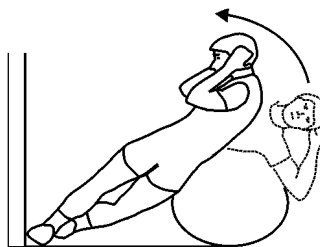
Tirez vers le bas en effectuant une rotation



Rotation russe avec une barre libre

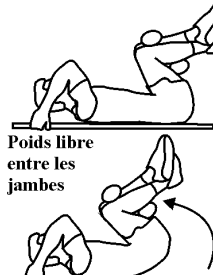
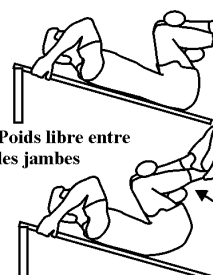
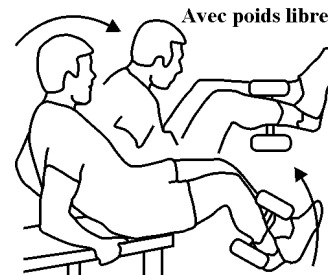
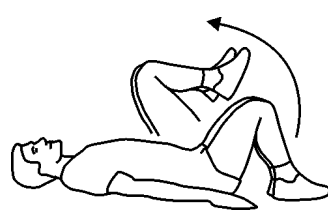
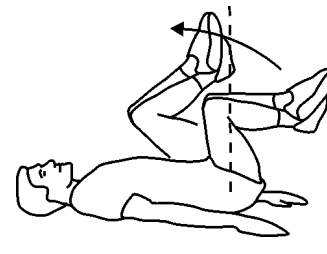
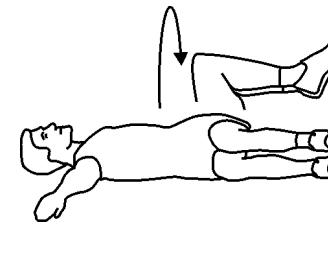
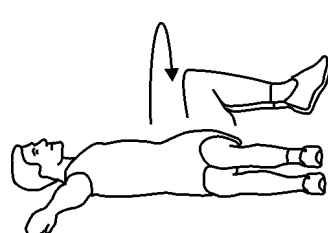
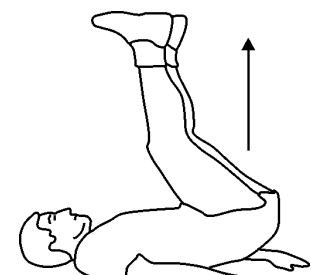
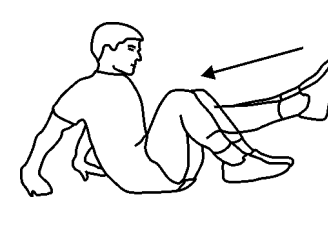
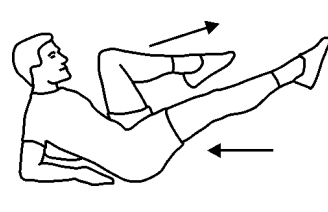
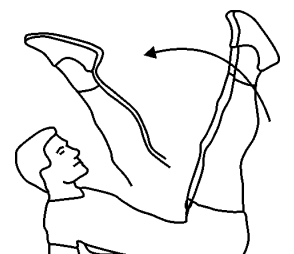
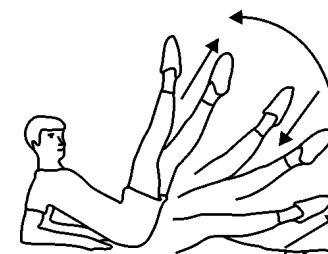
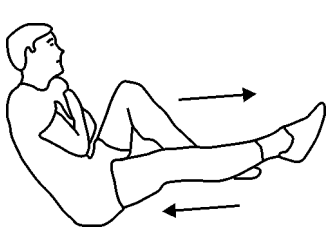
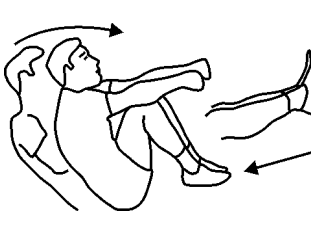
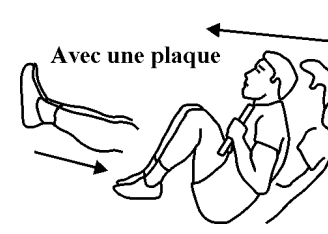


Poussez



Ballon lourd

# 13. LES ABDOMINAUX (BAS-CROISÉS-ROTATION)

ABDOMINAUX (BAS-CROISÉS-ROTATION)		
 <p>Poids libre entre les jambes</p>	 <p>Poids libre entre les jambes</p>	 <p>Avec poids libre</p>
		
		
		
		 <p>Avec une plaque</p>

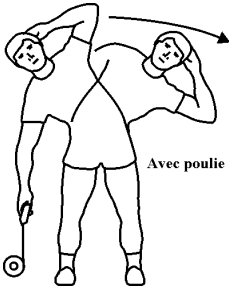
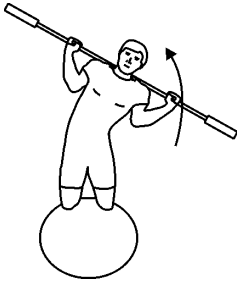
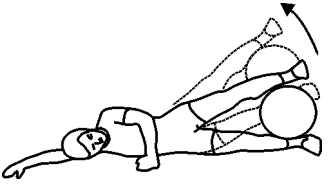
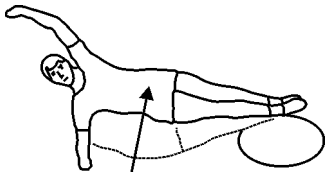
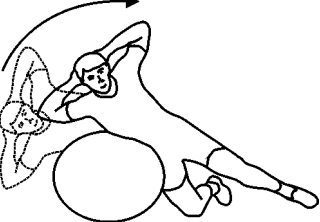
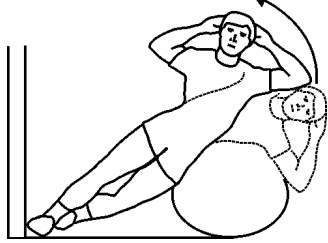
# LES ABDOMINAUX (BAS-CROISÉS-ROTATION) (SUITE)

ABDOMINAUX (BAS-CROISÉS-ROTATION)		
<p>Ballon lourd</p>	<p>Ballon lourd</p>	
		<p>Utilisez un ballon de soccer ou une pastille</p>
	<p>Ballon lourd</p>	

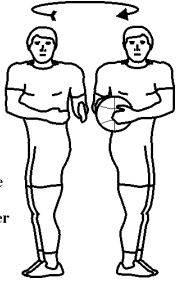
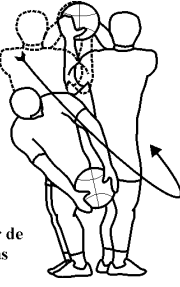
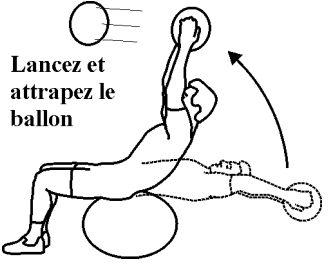
# 14. LES ABDOMINAUX (TRANSVERSES)

ABDOMINAUX (TRANSVERSES)		
		<p>Avec la barre olympique</p>
<p>Barre</p>	<p>Poids libre</p>	<p>Poids libre</p>

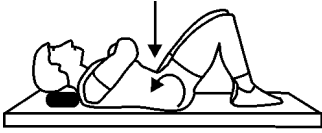
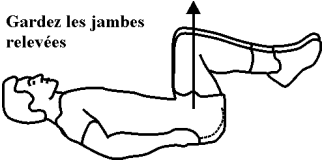
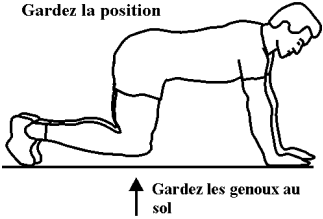
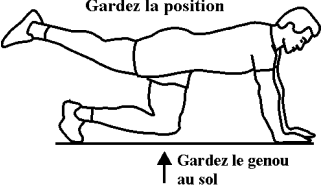
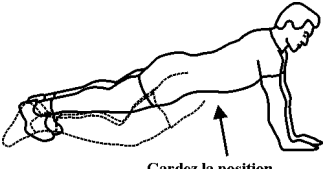
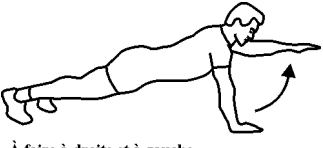

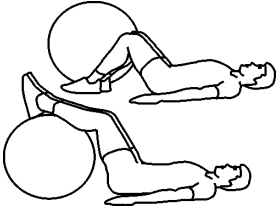

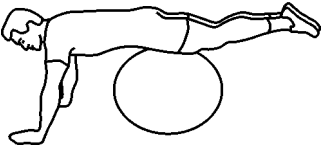
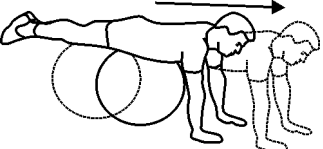
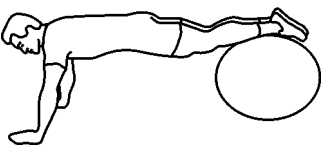
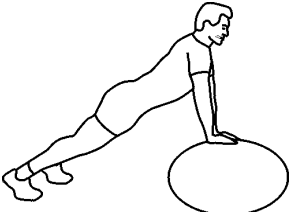
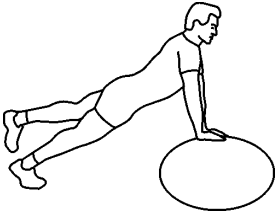
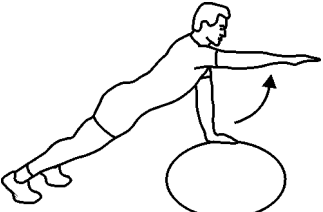
## LES ABDOMINAUX (TRANSVERSES) (SUITE)

ABDOMINAUX (TRANSVERSES)		
 <p>Avec poulie</p>		
		

## 15. LES ABDOMINAUX EN ÉQUIPE DE DEUX

ABDOMINAUX (TRANSVERSES)		
 <p>Passez le ballon autour de votre coéquipier</p>	 <p>Passez le ballon à votre coéquipier de haut en bas</p>	 <p>Lancez et attrapez le ballon</p>

# 16. LES EXERCICES DE RENFORCEMENT ET DE STABILISATION


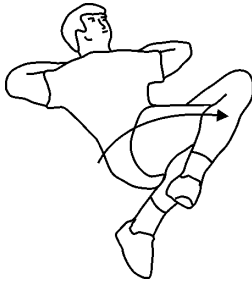
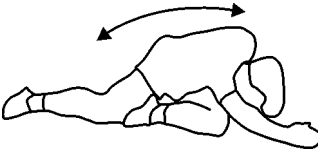

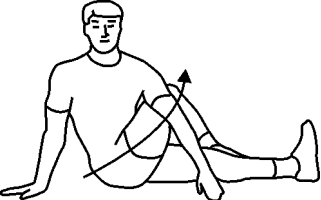

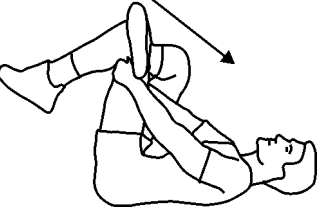
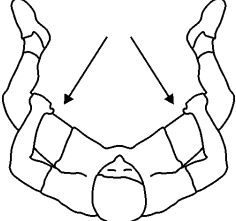
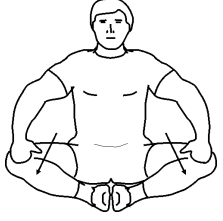
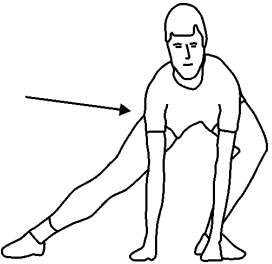
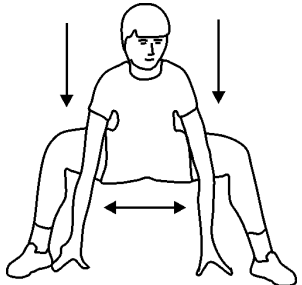
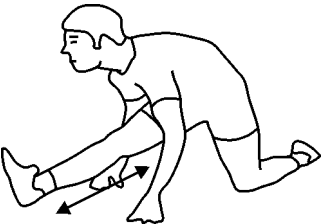
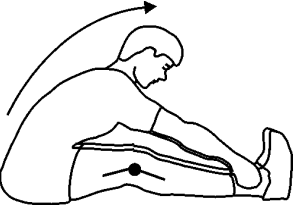

EXERCICES DE RENFORCEMENT ET DE STABILISATION		
 <p>Le dos à plat</p>	 <p>Gardez les jambes relevées</p>	 <p>Gardez la position</p> <p>↑ Gardez les genoux au sol</p>
 <p>Gardez la position</p> <p>↑ Gardez le genou au sol</p>	 <p>Gardez la position</p>	 <p>À faire à droite et à gauche</p>
		
		
		

# 17. LES EXERCICES D'ÉTIREMENT ET DE FLEXIBILITÉ

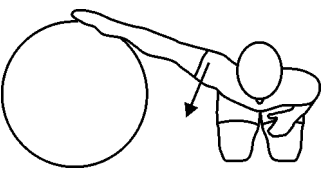
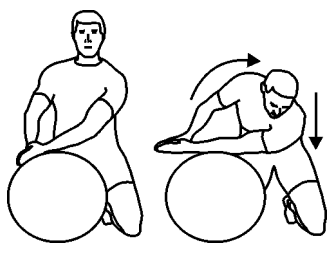
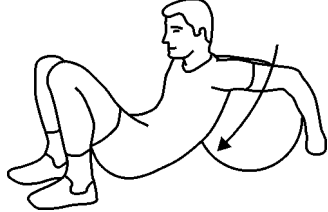
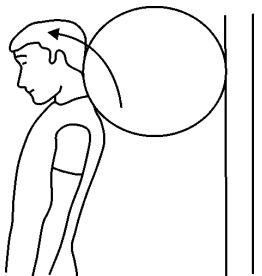
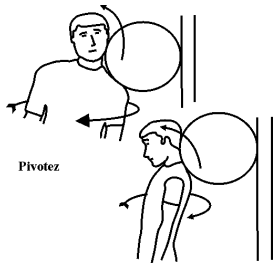
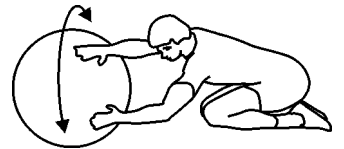
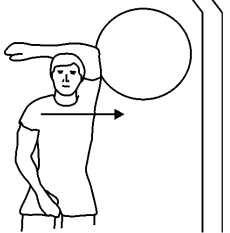
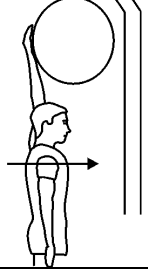
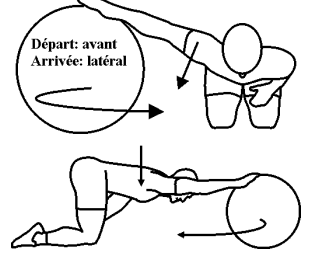
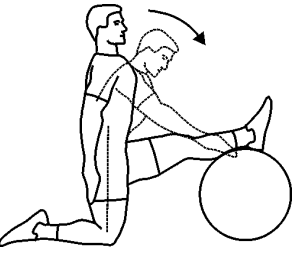
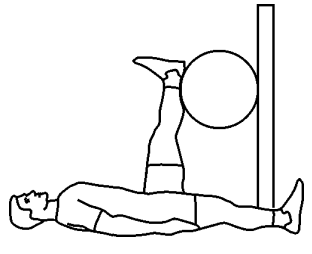
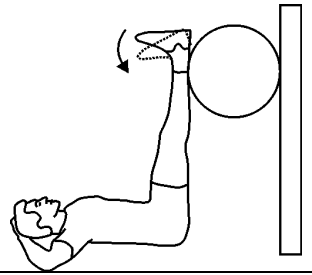
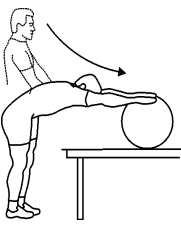
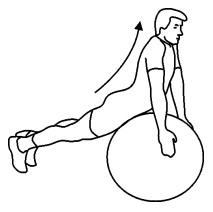
## EXERCICES DE RENFORCEMENT ET DE STABILISATION




# LES EXERCICES D'ÉTIREMENT ET DE FLEXIBILITÉ (SUITE)

EXERCICES D'ÉTIREMENT ET DE FLEXIBILITÉ		
 <p>A person stands with feet shoulder-width apart, leaning to the right with the right arm raised and bent at the elbow, reaching the hand towards the left ear. An arrow indicates the direction of the stretch.</p>	 <p>A person sits on the floor with legs bent in a figure-four position. The right foot is placed on top of the left knee. An arrow indicates the direction of the stretch.</p>	 <p>A person lies on their back with knees bent and feet flat on the floor. An arrow indicates the direction of the stretch.</p>
 <p>A person sits on the floor with legs bent, leaning to the right. An arrow indicates the direction of the stretch.</p>	 <p>A person sits on the floor with legs bent in a figure-four position. An arrow indicates the direction of the stretch.</p>	 <p>A person sits on the floor with feet together and knees spread apart. An arrow indicates the direction of the stretch.</p>
 <p>A person lies on their back with feet together and knees spread apart. An arrow indicates the direction of the stretch.</p>	 <p>A person lies on their back with feet together and knees spread apart. An arrow indicates the direction of the stretch.</p>	 <p>A person sits on the floor with feet together and knees spread apart. An arrow indicates the direction of the stretch.</p>
 <p>A person sits on the floor with legs bent, leaning to the right. An arrow indicates the direction of the stretch.</p>	 <p>A person sits on the floor with feet together and knees spread apart. Two vertical arrows point down towards the knees, and a horizontal arrow points outwards from the center.</p>	 <p>A person lies on their side with one leg bent and the other extended. An arrow indicates the direction of the stretch.</p>
 <p>A person sits on the floor with legs bent, leaning to the right. An arrow indicates the direction of the stretch.</p>	 <p>A person sits on the floor with legs bent, leaning to the right. An arrow indicates the direction of the stretch. Text: "Gardez le dos droit" (Keep the back straight).</p>	 <p>A person lies on their back with one leg bent and the other extended. An arrow indicates the direction of the stretch.</p>

# LES EXERCICES D'ÉTIREMENT ET DE FLEXIBILITÉ (SUITE)

EXERCICES D'ÉTIREMENT ET DE FLEXIBILITÉ		
		
	 Pivotez	
		 Départ: avant Arrivée: latéral
		
		

## LES FORMES DE PROGRAMMES D'ENTRAÎNEMENT

Dans cette prochaine section, des ébauches de programmes d'entraînement sont mises à votre disposition pour vous permettre de mieux visualiser les exercices que vous devez effectuer et d'obtenir un meilleur suivi de votre progression en salle de musculation.

Lorsque vous obtenez votre programme d'entraînement, qu'il soit élaboré par votre entraîneur de judo ou encore par votre préparateur physique, vous pouvez récupérer les illustrations présentées précédemment et construire votre propre programme d'entraînement de musculation de manière plus visuelle.

Étant donné que ce volet présente des illustrations de manière suggestive, vous ne trouverez pas tous les exercices possibles à exécuter en salle de musculation. Pour compléter cette liste, lors de l'élaboration de votre programme personnalisé, vous pouvez dessiner les illustrations manquantes ou encore, vous procurer un programme informatique qui procure la plupart des exercices souhaités dans la pratique du judo.

Les ébauches de programmes, présentées ici, sont élaborées pour des programmes étalés sur plusieurs journées ou encore pour des programmes en circuits. Les tableaux peuvent être reliés entre eux pour effectuer des exercices en super répétitions (deux ou trois exercices sans temps de repos entre leur exécution) (voir les Annexes 1-2-3-4).

## CONCLUSION

Toutes les formes d'entraînement sont importantes car elles seront, entre autres, le reflet de votre résultat en compétition de judo. Un athlète qui est bien structuré et bien organisé augmente ses chances de progression car son suivi a été pensé et mis en pratique.

En étant bien planifié, avec l'aide de son entraîneur de judo ou de son préparateur physique, un athlète est plus conscient des résultats finaux attendus par une telle préparation et il peut faire un meilleur parallèle avec son entraînement spécifique c'est-à-dire en judo.



# ANNEXES