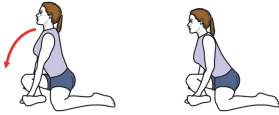


Mobilité **BASICS** FOOT- récupération

1 - Le pretzel / mobilité de la hanche



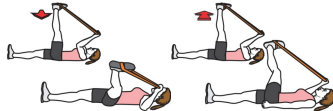
2 - Squat to Hips up mobility



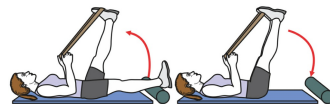
3 - Supine Unilateral Hip Mobilization



4 - Mobilisation hanche avec ruban



5 - Levée de jambe assistée sur rouleau



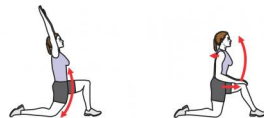
6 - Tuck Back to Up 3



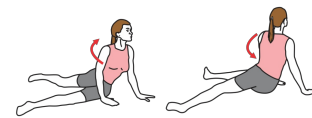
7 - Plank to Downward Dog



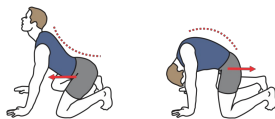
8 - Cobra un genou au sol



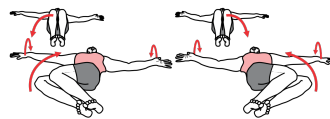
9 - Retournement assis



10 - Rocking Animal Flow



11 - Hook Lying Trunk Rotation



12 - Mobilisation genou sur le dos



13 - 4 pattes rotation extension tronc



14 - Rotation thoracique avec rotation épaule



15 - Rotation thoracique prisonnier mur



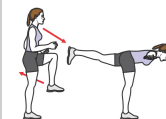
16 - Scorpion au sol / Extension rotation tronc



17 - Quadrupède flexion genoux hanches



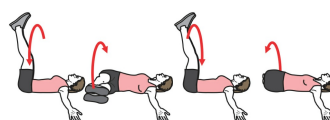
18 - Genou levé à arabesque



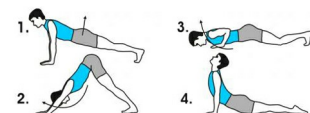
19 - Étirement en torsion jambe croisée



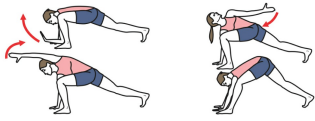
20 - Rotation du tronc sur le dos jambes verticales



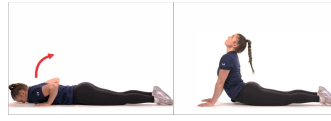
21 - Étirement du corps - Hindu



22 - World Greatest Stretch 1



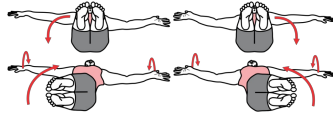
23 - Bhujangasana



24 - Étirement du corps



25 - Hook Lying Trunk Rotation
90/90



26 - Bretzel Stretch

