

Après les séances de lundi et mercredi proposée par JC GAUTHIER, vous pouvez compléter votre semaine par un footing de type continu ou avec changement de rythme et finir par des étirements assouplissements (voir ci-dessous) correspondant aux groupes musculaires travaillés.

Pour votre retour au calme, voici des mots fléchés vous permettant de trouver vous-même quel muscle vous étirez ?

Durée : Tenez chaque position 20 secondes, séances de 10 à 12 minutes au total

The crossword puzzle consists of the following words:

- 1: Vertical word starting with Q.
- 2: Horizontal word starting with A.
- 3: Vertical word starting with T.
- 4: Horizontal word starting with F and ending with E.
- 5: Horizontal word starting with B.
- 6: Horizontal word starting with C.
- 7: Vertical word starting with I.
- 8: Horizontal word starting with I.
- 9: Horizontal word starting with M.
- 10: Vertical word starting with P.

The stretching exercises are:

- 1: Side body stretch (side plank).
- 2: Back and shoulder stretch (lying on back, pulling one knee towards the chest).
- 3: Neck stretch (pulling the head to the side).
- 4: Hamstring stretch (lying on back, pulling one leg towards the chest).
- 5: Side body stretch (standing, leaning to the side).
- 6: Neck and shoulder stretch (pulling the head forward).
- 7: Hip flexor stretch (kneeling, pulling one knee towards the chest).
- 8: Hamstring stretch (sitting on the floor, pulling one leg towards the chest).
- 9: Hamstring stretch (standing, pulling one leg towards the chest).
- 10: Running on a ramp.

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