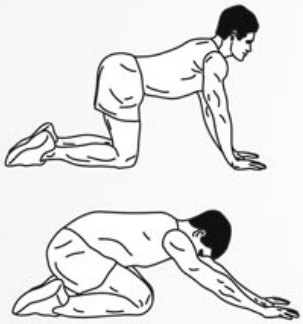
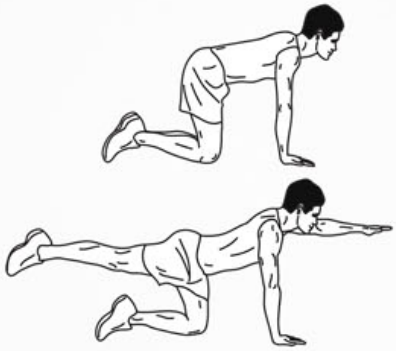
BAS DU DOS

RÉCUPÉRATION PAR DAREBEE © darebee.com

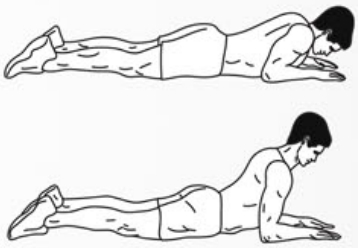
3 séries | 2 minutes de repos



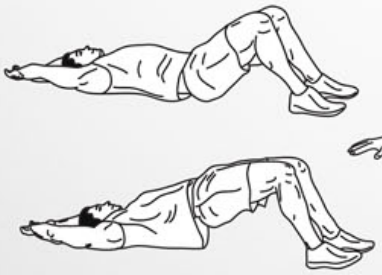
5 étirement dorso-lombaire



10 levées de bras et jambe opposés



5 étirement du dos



10 soulevée du bassin

10 étirement du carré des lombes