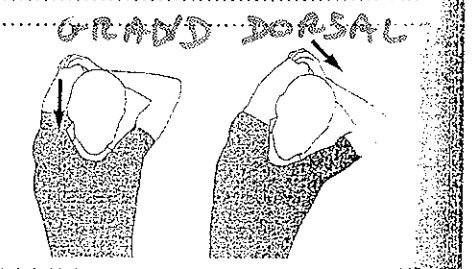
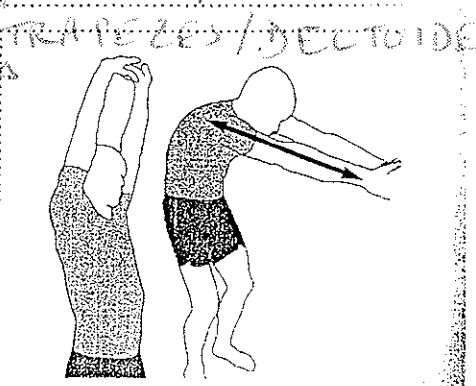
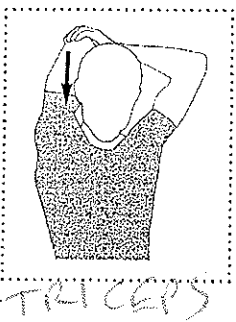
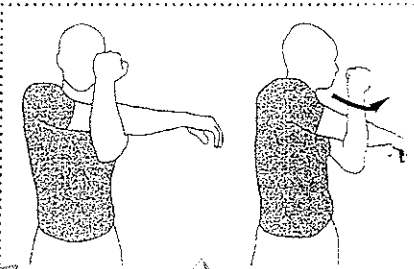
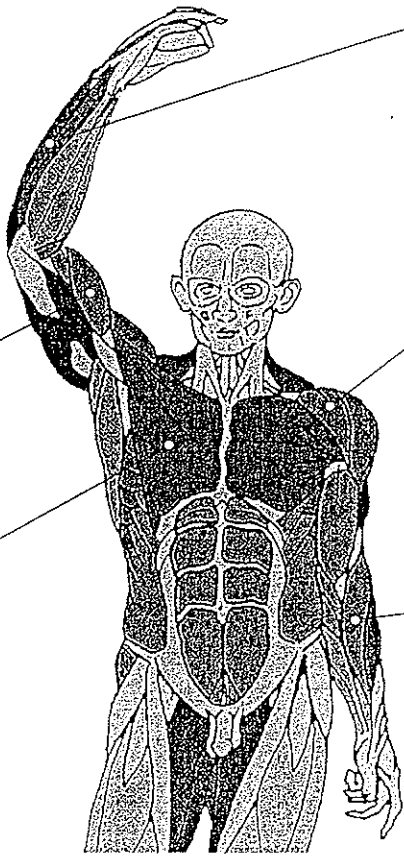
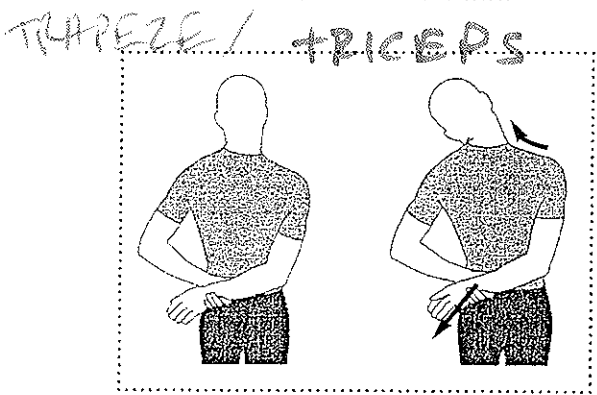
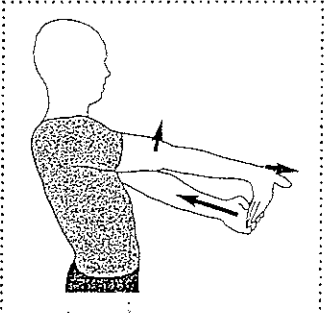
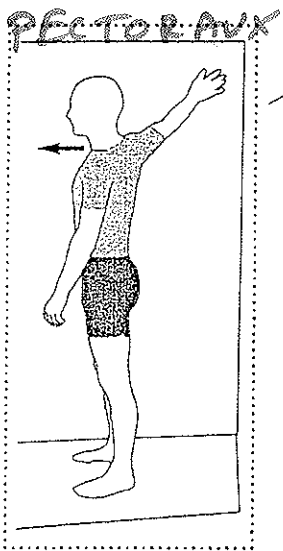
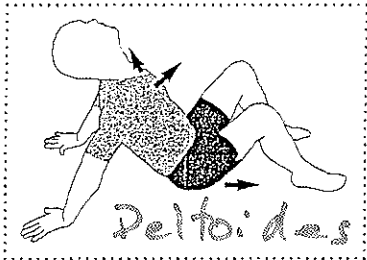
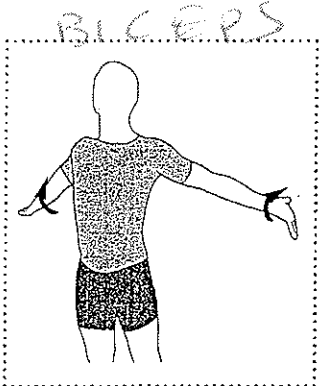
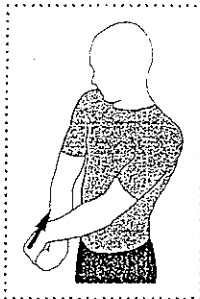


Les planches anatomiques qui suivent permettent de récapituler l'ensemble des postures adaptées au cadre scolaire et de les référer aux zones musculaires sollicitées.

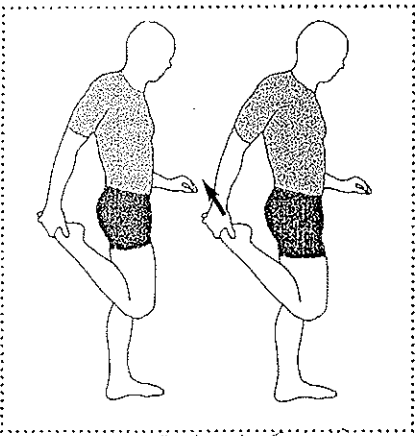
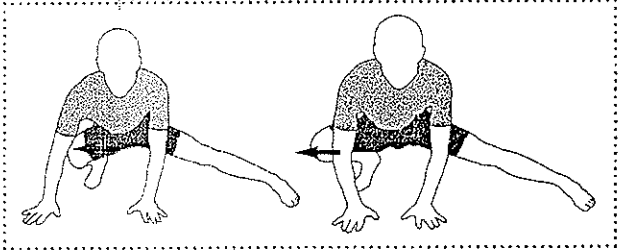
MEMBRES SUPÉRIEURS

EXTENSEURS
AVANT
BRAS



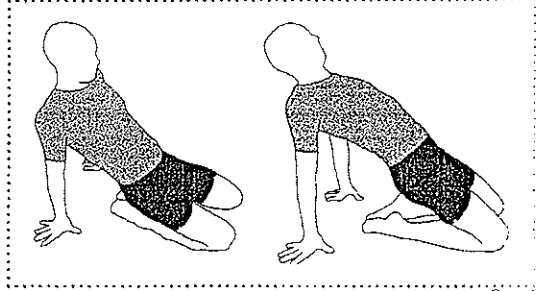
MEMBRES INFÉRIEURS

ADDUCTEURS

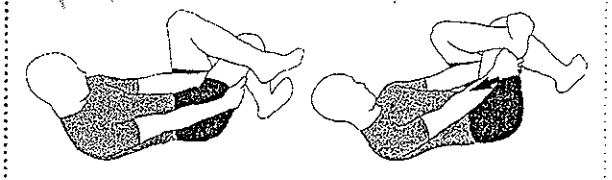


QUADRICEPS

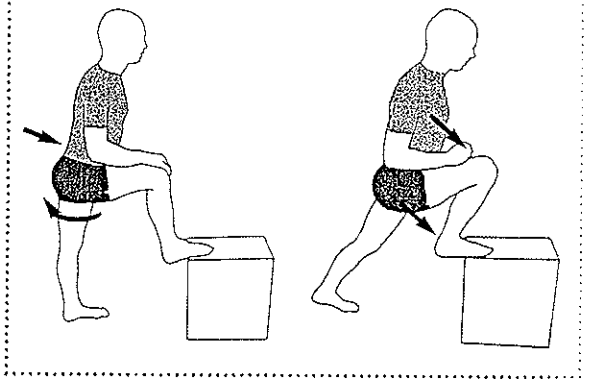
QUADRICEPS



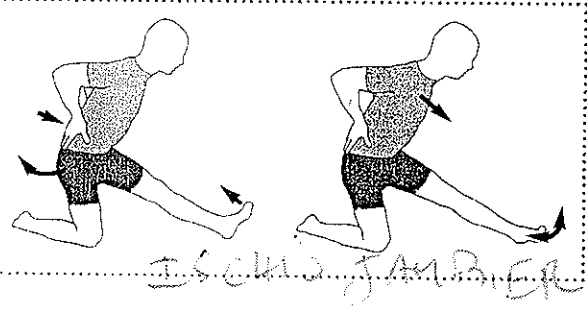
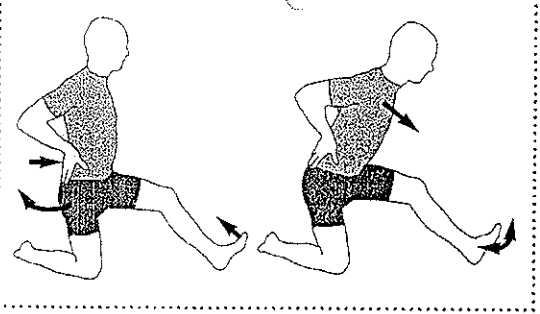
PETITE ET MOYENNE CUISSE



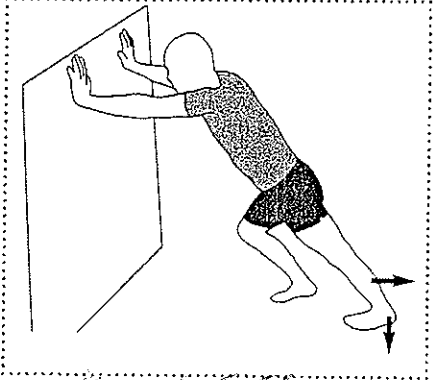
ISCHIO - CROT. FESSIERES



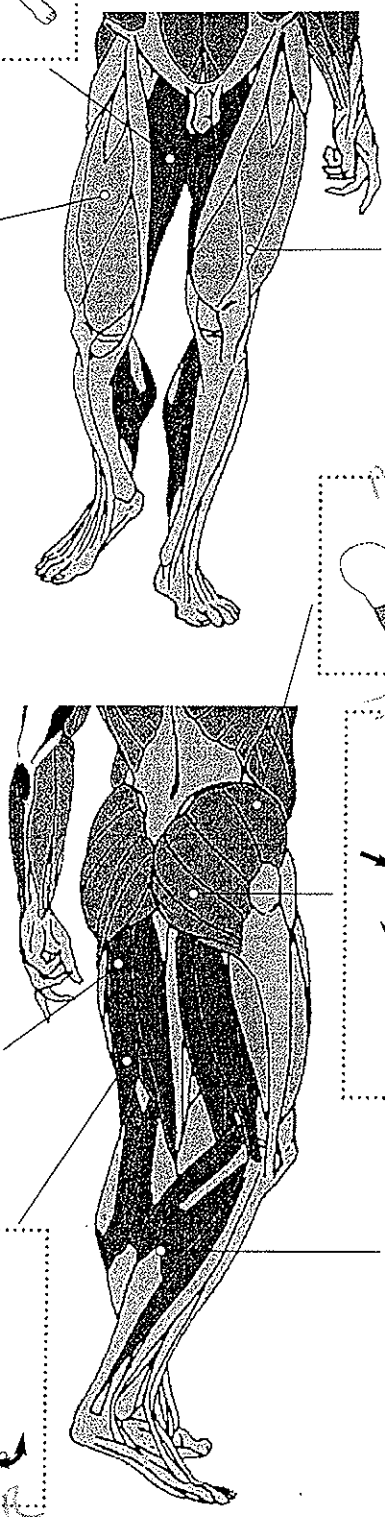
ISCHIO (hand)



ISCHIO JAMBIER

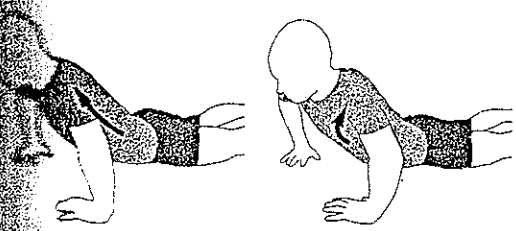


MOLLETS

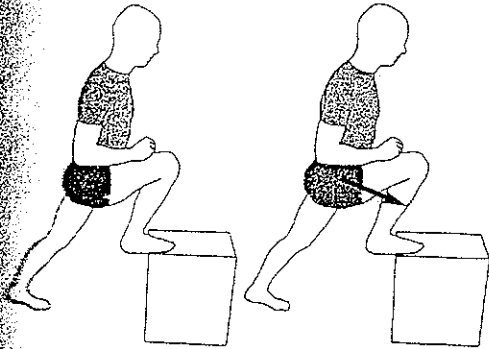


TRONC

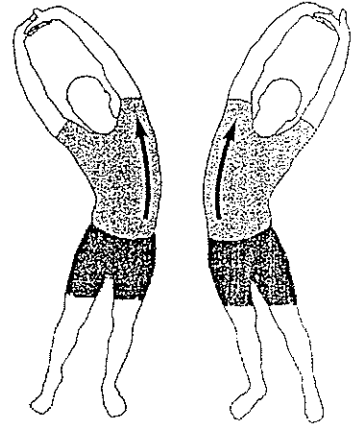
GRAND DROIT



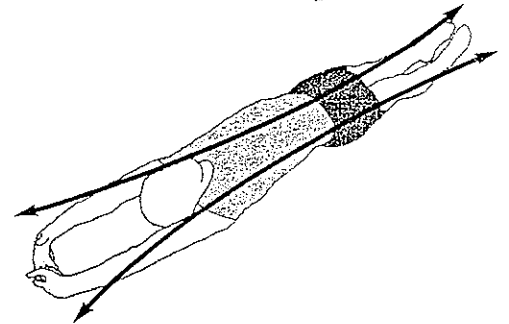
PSEAS ILIAQUE



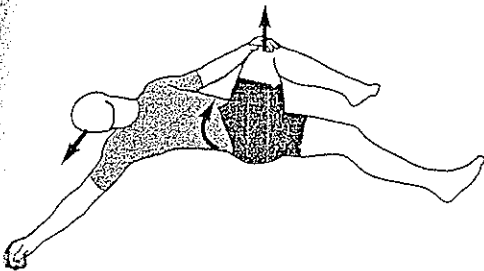
OBLIQUES



OBLIQUES



LOMBAIRES



LOMBAIRES

