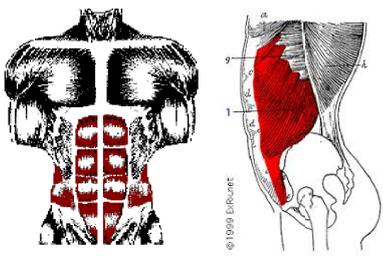
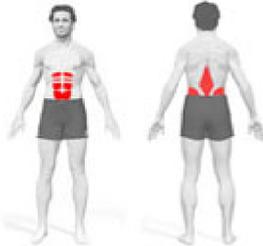
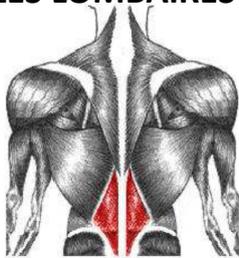
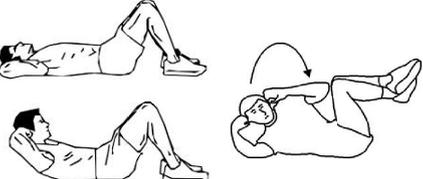
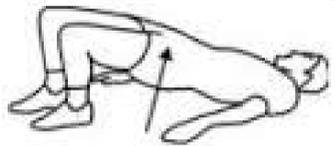
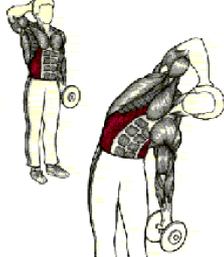
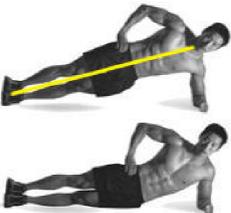
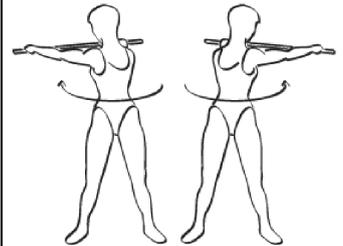
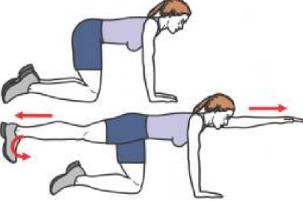
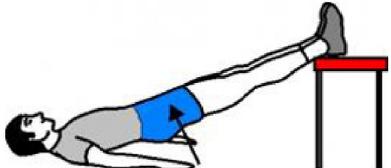


TRONC

<p>LE GRAND DROIT+ LES OBLIQUES</p>  <p>+ LE TRANSVERSE</p>	<p>TOUS ABDOS + DORSAUX</p> 	<p>LES LOMBAIRES</p> 
 <p>½ crunch face ou croisé</p>	 <p>Muscle Transverse : Rentrer le ventre en soufflant</p>	 <p>Pied au sol , monter bassin</p>
 <p>La chaise Romaine</p>	 <p>Gainage ventral</p>	<p><small>www.REGIMESMAIGRIR.com</small> Extension lombaire au sol bras tendus</p>  <p>Superman</p>
 <p>Monter le bassin en contractant les abdos sans balancer</p>	 <p>Gainage latéral</p>	 <p>Serrer les muscles du dos et fesses pour remonter les jambes sans cambrer</p>
 <p>Avec haltères</p>	 <p>Gainage latéral dynamique</p>	 <p>Gainage dos , 1 jambe levée</p>
 <p>Rotation avec bâton</p>	 <p>Gainage + lever bras / jbe opposés</p>	 <p>Monter bassin et gagner l'arrière du corps : fesses et lombaires</p>

