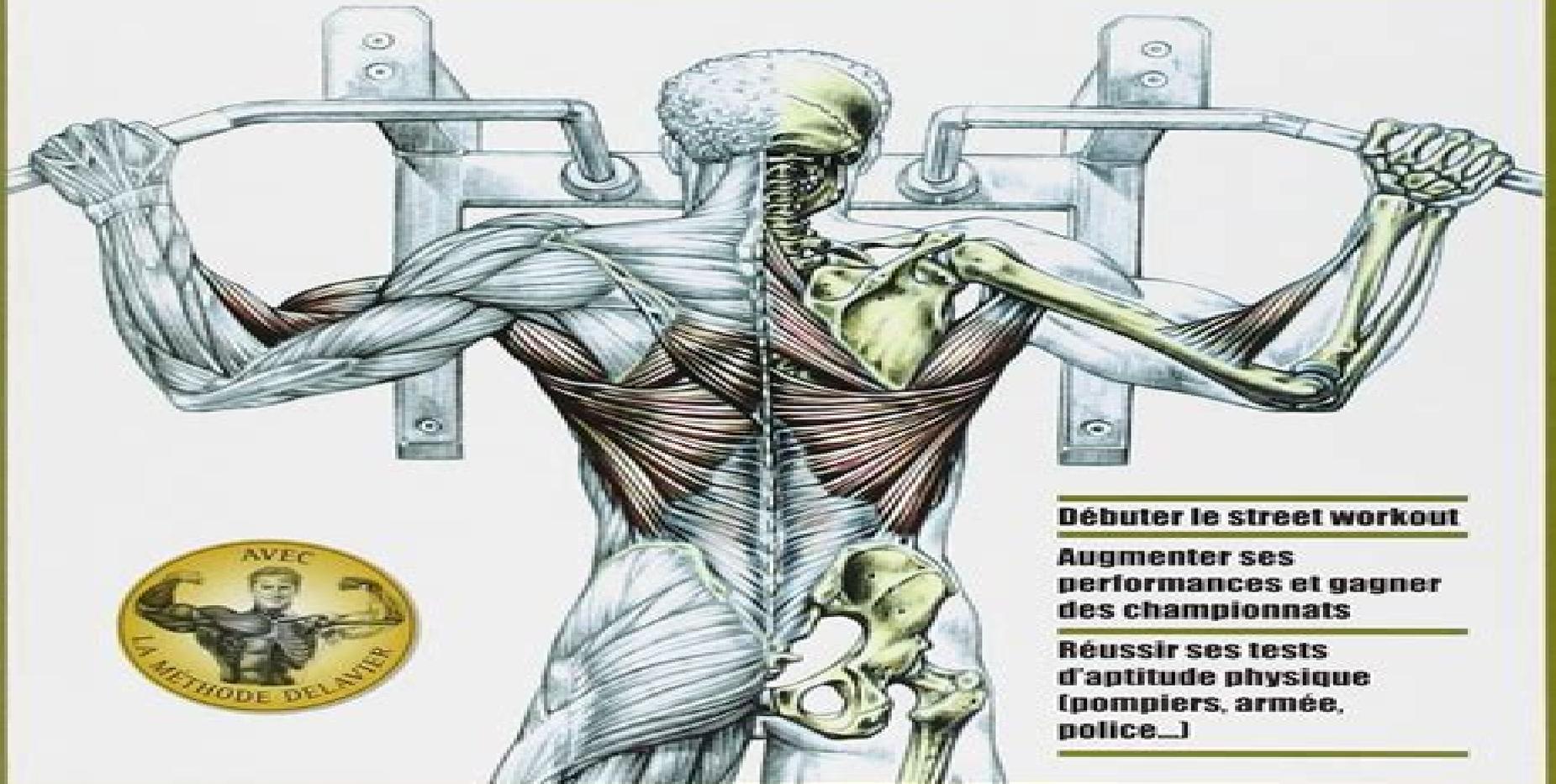


Frédéric Delavier | Michael Gundill

GUIDE DES TRACTIONS

PLUS DE 30 EXERCICES ET PROGRAMMES



Débuter le street workout

Augmenter ses performances et gagner des championnats

Réussir ses tests d'aptitude physique (pompiers, armée, police...)

VIGOT

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Frédéric Delavier



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POUR DÉVELOPPER SA CAPACITÉ ENCHAÎNER LES TRACTIONNEMENTS Frédéric Delavier et Michael Gundill commencent par exposer les spécificités anatomo-morphologiques de ce mouvement en effet c'est souvent la première traction qui se révèle la plus difficile car elle est essentiellement une question de technique plus que de force

ILS DÉTAILLENT EN SUITE LES DIFFÉRENTS TYPES DE TRACTIONNEMENTS ET LEURS VARIANTES en fonction de ses particularités anatomiques et de son niveau

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Pour développer sa capacité enchaîner les tractions Frédéric Delavier et Michael Gundill commencent par exposer les spécificités anatomo-morphologiques de ce mouvement en effet c'est souvent la première traction qui se révèle la plus difficile car elle est essentiellement une question de technique plus que de force

Ils détaillent ensuite les différents types de tractions et leurs variantes en fonction de ses particularités anatomiques et de son niveau

Ils expliquent enfin la meilleure manière de bâtir son propre programme d'entraînement pour progresser tout en évitant de se blesser et proposent différents programmes optimaux adapter selon ses objectifs ses capacités et le sport pratiqué Cette approche unique fait de ce guide un outil indispensable tant aux amateurs de compétition qu'aux sportifs motivés voulant améliorer leurs performances physiques Il se révélera également précieux pour tous ceux qui veulent passer les concours de l'armée de la gendarmerie ou du corps des pompiers

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Guide de musculation des bras Frédéric Delavier,Michael Gundill,2014-09-01 La partie du corps que souhaitent d velopper en premier les personnes qui se mettent la musculation est g n ralement les bras car c est l que l aspect visuel a le plus d impact Mais en plus de cette consid ration esth tique des bras forts constituent un avantage indispensable dans de nombreux sports sports de combat lancers escalade sports de raquette basket volley handball aviron C est sur cette double base que s appuies cet ouvrage en expliquant comment d velopper rapidement des bras imposants et esth tiques et les plus fonctionnels possibles afin d accro tre ses performances sportives Les programmes y sont d velopp s en fonction de ses objectifs de sa disponibilit du mat riel dont on dispose du sport dans lequel on souhaite s am liorer Ce guide tr s complet s adresse vous quel que soit votre profil Si vous d sirez tablir un programme d entra nement le plus efficace possible sans avoir lire d ouvrages de musculation g n ralistes qui traitent de tous les muscles la fois ce livre va l essentiel en se focalisant 100% sur les bras Si vous tes un sportif chevonn et souhaitez approfondir vos connaissances sur les muscles des bras en compl ment des ouvrages de musculation de r frence d j crits par ces deux auteurs ce livre comprend en outre de nombreux conseils pour viter les blessures vite survenues dans cette partie du corps

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