



SPSTL42
PRÉVENTION ET SANTÉ

Service de Prévention et de Santé au Travail Loire 42

Liste

d'exercices

Step touch



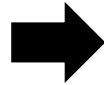
Fessiers sur chaise



Chaise murale



Side Tape



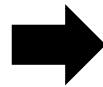
Proprioception



Etirements mollets



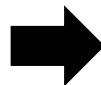
Talon fesse



Pompes murales



Etirements triceps



Renforcement épaules



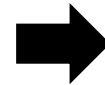
Etirement triceps



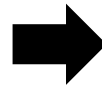
Montées de genoux



Etirement latéral



Enroulé vertébral



Rotations du buste

