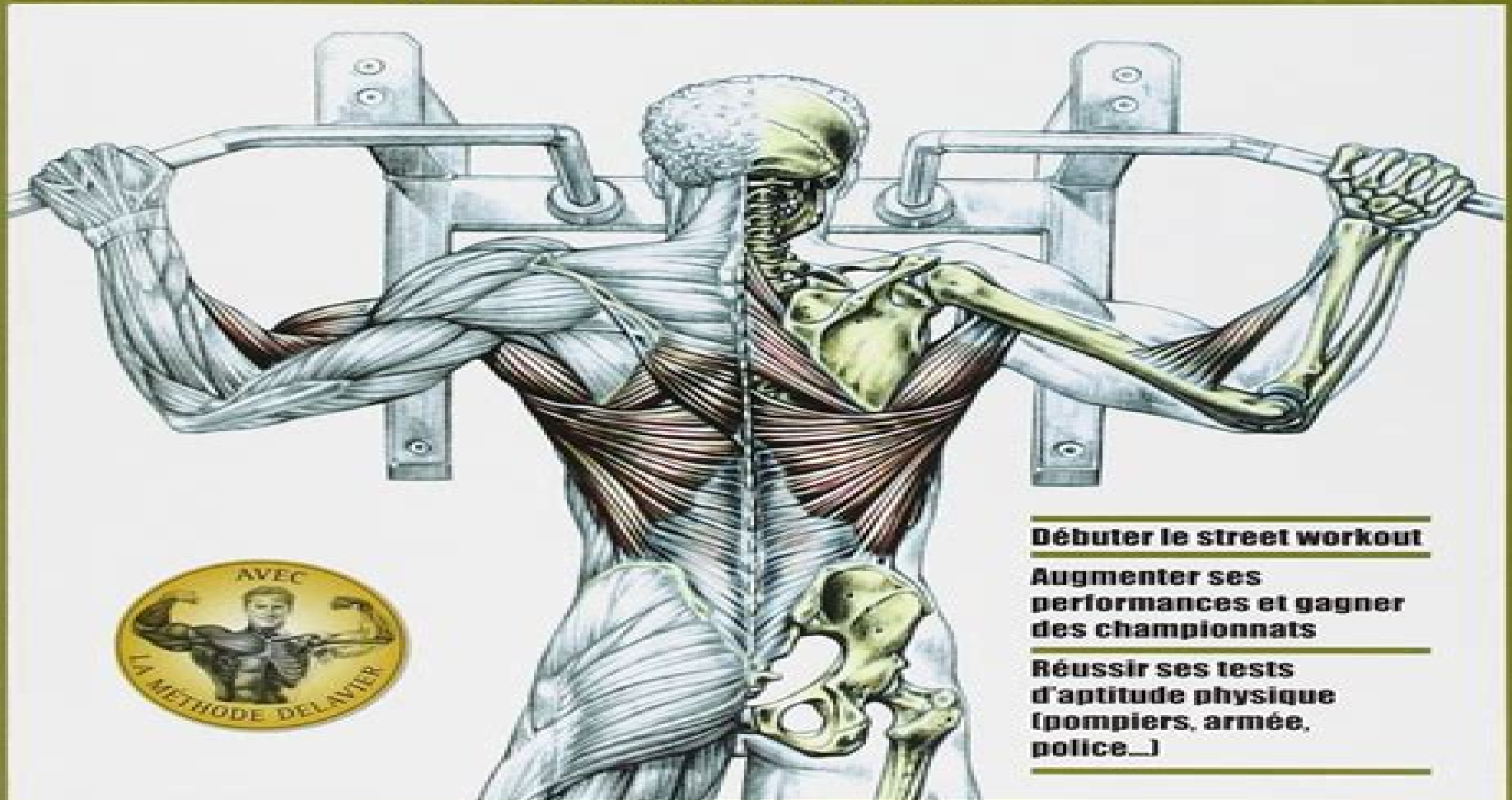


Frédéric Delavier | Michael Gundill

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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POUR DÉVELOPPER SA CAPACITÉ ENCHAÎNER LES TRACTION 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 TRACTION 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 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 développer en premier les personnes qui se mettent à la musculation est généralement les bras car c'est là que l'aspect visuel a le plus d'impact. Mais en plus de cette considération esthétique, 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'appuie cet ouvrage en expliquant comment développer rapidement des bras imposants et esthétiques et les plus fonctionnels possibles afin d'accroître ses performances sportives. Les programmes y sont développés en fonction de ses objectifs, de sa disponibilité, du matériel dont on dispose, du sport dans lequel on souhaite s'améliorer. Ce guide très complet s'adresse vous quel que soit votre profil. Si vous désirez établir un programme d'entraînement le plus efficace possible sans avoir lu d'ouvrages de musculation généralistes qui traitent de tous les muscles à la fois, ce livre va l'essentiel en se focalisant 100% sur les bras. Si vous êtes un sportif chevronné et souhaitez approfondir vos connaissances sur les muscles des bras, en complément des ouvrages de musculation de référence déjà crits par ces deux auteurs, ce livre comprend en outre de nombreux conseils pour éviter les blessures vite survenues dans cette partie du corps.

Blessures en musculation et sports de force Frédéric DELAVIER, Michael GUNDILL, 2025-01-28 Adeptes de la musculation ou pratiquants de sports de force, coaches et entraîneurs, ne passez pas côté de ce guide indispensable la préserve de votre santé et de celle de vos élèves. Donnez-vous les moyens de bénéficier encore longtemps de vos pleines capacités physiques pour vous entraîner à votre meilleur niveau.

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