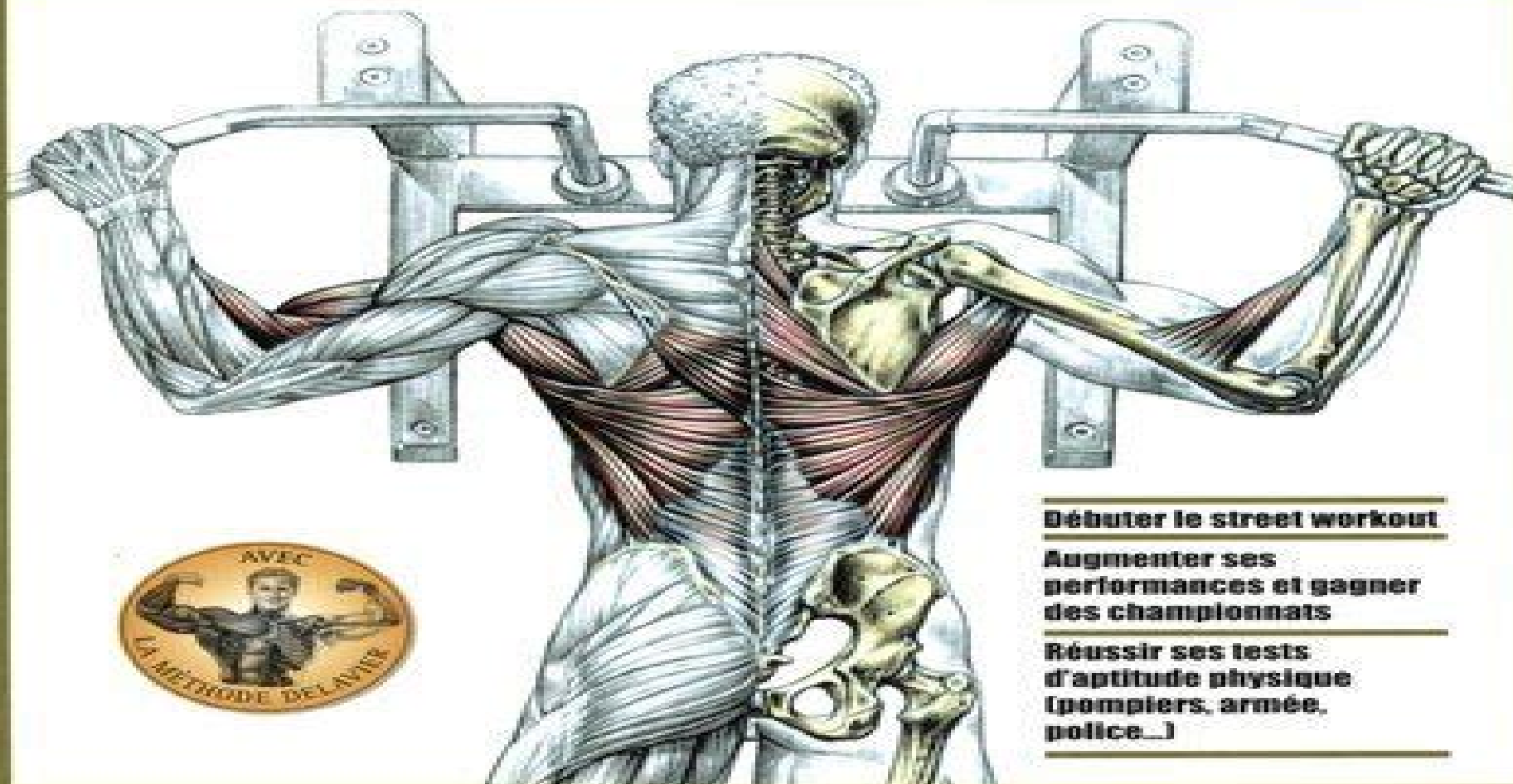


Frédéric Delavier | Michael Gundill

# GUIDE DES TRACTIONS

PLUS DE 30 EXERCICES ET PROGRAMMES



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# Frederic Delavier Guide Des Tractions

**Frédéric Delavier, Michael Gundill**



## **Frederic Delavier Guide Des Traction:**

*Guide des tractions* Frédéric Delavier, Michael Gundill, 2017-11-10 Les tractions la barre fixe constituent les mouvements supérieurs pour augmenter rapidement la force et l'endurance d'un maximum de muscles avec un minimum de matériel Les particularités uniques de cet exercice expliquent pourquoi de nombreux tests physiques utilisent les tractions afin d'évaluer les capacités musculaires d'un individu Mais les tractions n'ont pas pour seule utilité de procurer un physique musclé Elles sont bien utiles pour de nombreux sports comme la natation l'alpinisme l'aviron la voile la planche voile Elles sont également importantes dans toutes les disciplines qui ont pour base le tirage de l'adversaire judo jiu jitsu brésilien sambo rugby etc

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Delavier, 2022-01-18 Ce livre d critique de fa on claire et pr cise la plupart des mouvements de musculation Chaque exercice est repr sent par un dessin d une qualit exceptionnelle qui permet de visualiser les groupes musculaires sollicit s **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 chevronn et souhaitez approfondir vos connaissances sur les muscles des bras en compl ment des ouvrages de musculation de r f rence 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 *Guide des mouvements de musculation* Frédéric

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La m thode Delavier de musculation Frédéric Delavier, Michael Gundill, 2018-06-28 V ritable r f rence dans le domaine de la musculation et d j vendue plusieurs milliers d exemplaires La M thode Delavier volume 1 pose les bases de la musculation en r pondant aux principales questions des bodybuilders La M thode Delavier volume 2 va plus loin avec plus de 600 illustrations et dessins anatomiques soigneusement s lectionn s elle d veloppe le concept d anatomo morphologie pour le choix des exercices afin de permettre aux bodybuilders d acc l rer leur progression La m thode Delavier de musculation Volume 3 vient compl ter ces deux premiers volumes en s attachant donner des solutions aux pratiquants qui n arrivent plus progresser ou rattraper leurs points faibles Elle r pond une triple contrainte laquelle ont faire face les athl tes exp riment s Plus on progresse plus il est difficile de progresser davantage Une fois atteint un certain niveau le potentiel de d veloppement faiblit Les auteurs livrent donc dans ce volume les astuces que permettent certaines particularit s physiologiques peu exploit es pour tirer le maximum de son potentiel physique Il faut lutter contre les id es fausses qui limitent la cr ativit dans l entra

nement et qui sont nombreuses circulant dans les salles de musculation ou sur Internet Elles peuvent tre causes de blessures et surtout restreignent l innovation dans l entra nement ce qui est un facteur de stagnation Les auteurs d noncent preuves scientifiques l appui ces concepts erron s Comment faire face aux probl matiques classiques auxquelles on se heurte apr s plusieurs ann es de musculation Par exemple comment entra ner ses bras alors que l on souffre de tendinite aux avant bras comment muscler ses cuisses quand on a mal aux genoux ou au dos etc Les auteurs offrent ici des programmes sp cifiques qui r pondront aux difficult s de chacun

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