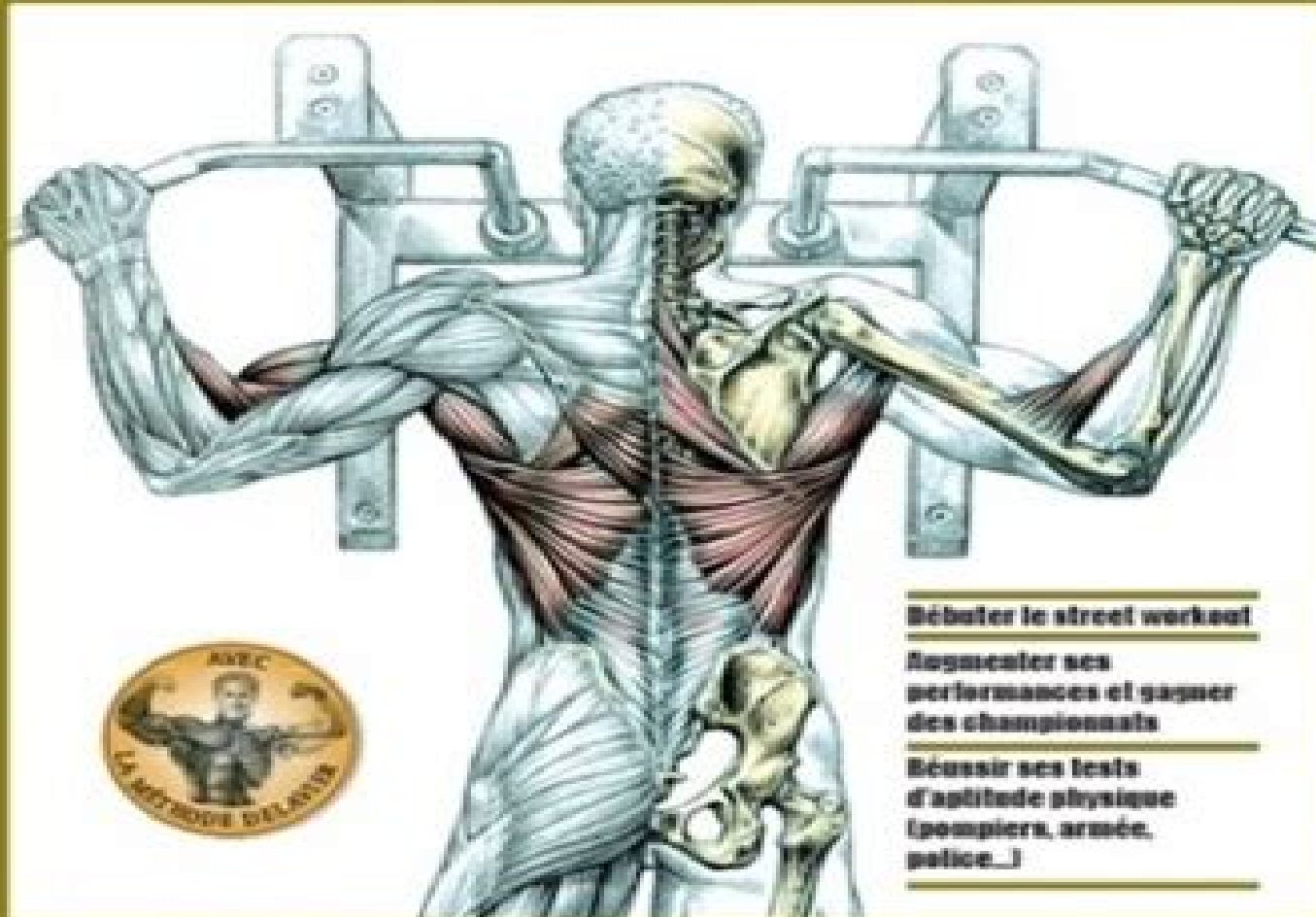


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Kurt Deinhardt, Alfred Schlomann



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Guide des tractions Frédéric Delavier,Michael Gundill,2017-11-10 Les tractions la barre se 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 nées 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 POUR DÉVELOPPER SA CAPACITÉ ENCHÂNER 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 ENSUITE LES DIFFÉRENTS TYPES DE TRACTIONNEMENTS ET LEURS VARIANTES en fonction de ses particularités anatomiques et de son niveau ILS EXPLIQUENT ENFIN LA MEILLEURE MANIÈRE DE BATTRE 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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the industry etc in which it is used the particular branch of industry is noted in parenthesis in accordance with the Explanations of Abbreviations and Signs given at the beginning of the book This reference has however been omitted where there can be no doubt as to the industry etc covered by the term Expressions which are preferred or are used almost exclusively in the United States are marked A I would like to sincerely **Illustrated Technical Dictionary in Six Languages** Kurt Deinhardt, Alfred Schlomann, 1909 Portefeuille de l'ingénieur des chemins de fer Auguste Perdonnet, Camille Polonceau, 1846 Portefeuille de l'ingénieur des chemins de fer Perdonnet, 1846 *Portefeuille de l'ingénieur des chemins de fer: Réimpression des légendes explicatives des planches* Auguste Perdonnet, 1846

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