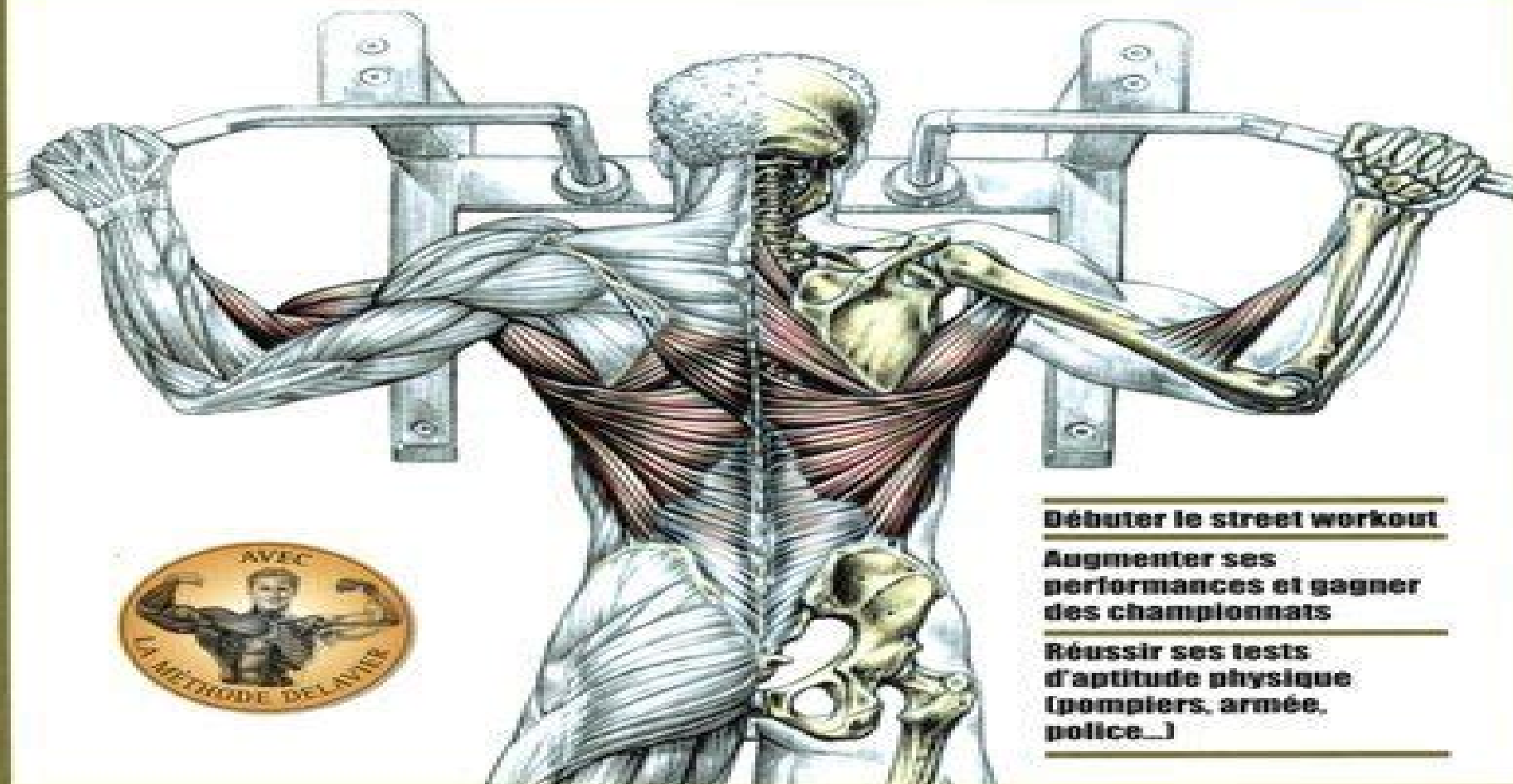


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GUIDE DES TRACTIONS

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...)

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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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Blessures en musculation et sports de force Frédéric DELAVIER, Michael GUNDILL, 2025-01-28 Adeptes de la musculation ou pratiquants de sports de force coachs et entra neurs ne passez pas c t de ce guide indispensable la p rennit de votre sant et de celle de vos l ves Donnez vous les moyens de b n ficier encore longtemps de vos pleines capacit s physiques pour vous entra ner votre meilleur niveau **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 Delavier, 1998 Cet ouvrage d crit d une 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 Un texte avec tous les renseignements pratiques accompagne chaque illustration et permet au d butant ou l athl te confirm de construire ses s ances d entra nement Cet ouvrage trouve sa place dans le sac de sport et devient le conseiller sportif personnel disponible tout moment Par son approche anatomo morphologique originale et par la rigueur scientifique de ses planches ce livre s impose galement aux tudients aux enseignants aux m decins et kin sith rapeutes qui en feront un ouvrage de r f rence *Guide des mouvements de musculation* Frédéric Delavier, 2022-01-18 Ce livre d crit 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 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 compléter ces deux premiers volumes en s'attachant à donner des solutions aux pratiquants qui n'arrivent plus à progresser ou à rattraper leurs points faibles. Elle répond à une triple contrainte à laquelle ont fait face les athlètes expérimentés : Plus on progresse, plus il est difficile de progresser davantage. Une fois atteint un certain niveau, le potentiel de développement faiblit. Les auteurs livrent donc dans ce volume les astuces qui permettent certaines particularités physiologiques peu exploitées pour tirer le maximum de son potentiel physique. Il faut lutter contre les idées fausses qui limitent la créativité dans l'entraînement et qui sont nombreuses, circulant dans les salles de musculation ou sur Internet. Elles peuvent être causes de blessures et surtout restreignent l'innovation dans l'entraînement, ce qui est un facteur de stagnation. Les auteurs donnent des preuves scientifiques à l'appui de ces concepts erronés. Comment faire face aux problématiques classiques auxquelles on se heurte après plusieurs années de musculation ? Par exemple, comment entraîner ses bras alors que l'on souffre de tendinite au bras avant ? Comment muscler ses cuisses quand on a mal aux genoux ou au dos, etc. Les auteurs offrent ici des programmes spécifiques qui répondront aux difficultés de chacun.

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