

Exercices de renforcement

Strengthening exercises

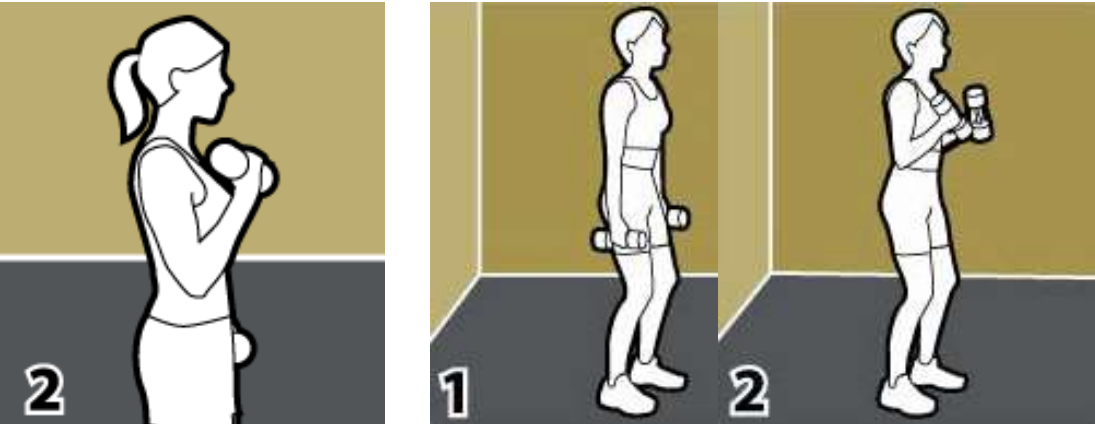
12-20 répétitions

1-3 set

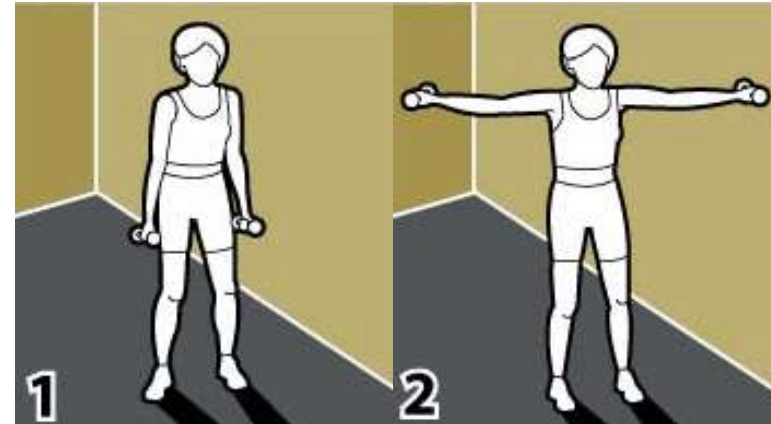
1-3 fois par semaine

Weight training

Biceps



Deltoïdes moyens



Deltoïdes antérieurs

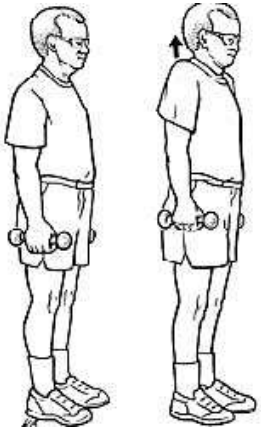


Deltoïdes et trapèzes

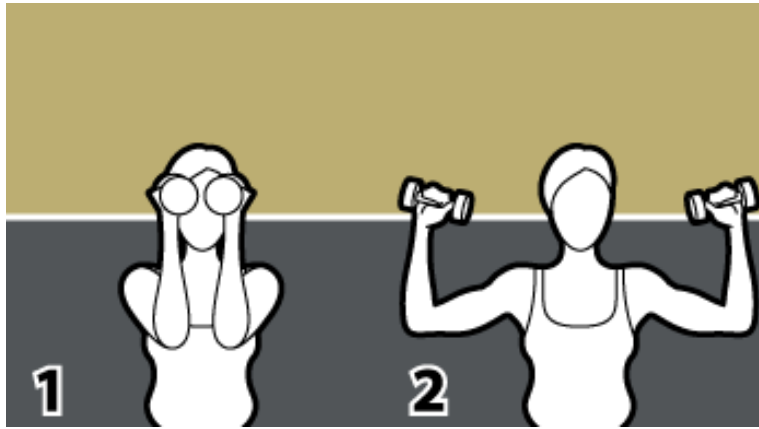


Weight training

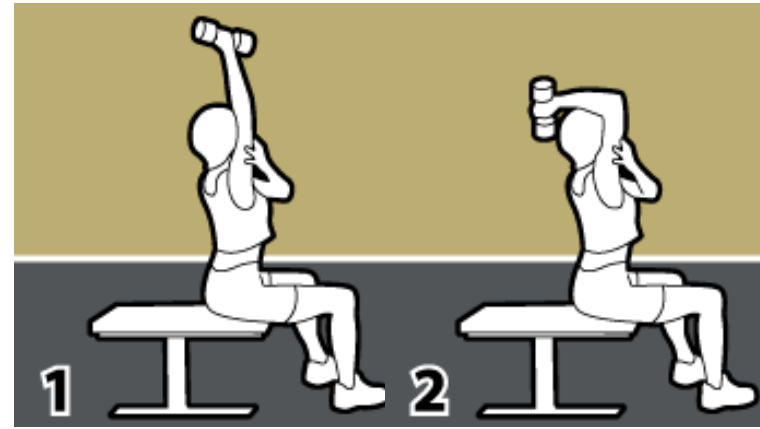
Trapèzes



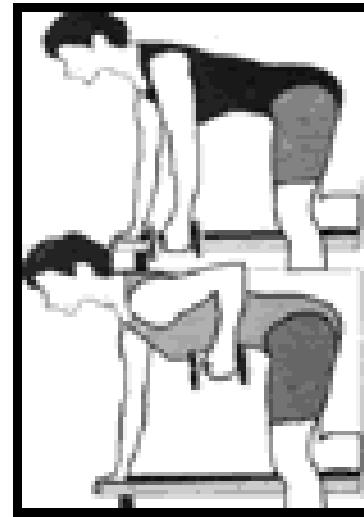
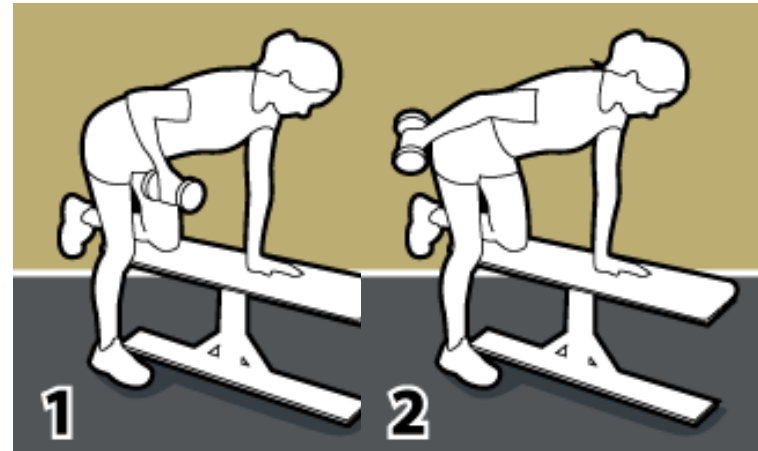
Pectoraux



Triceps

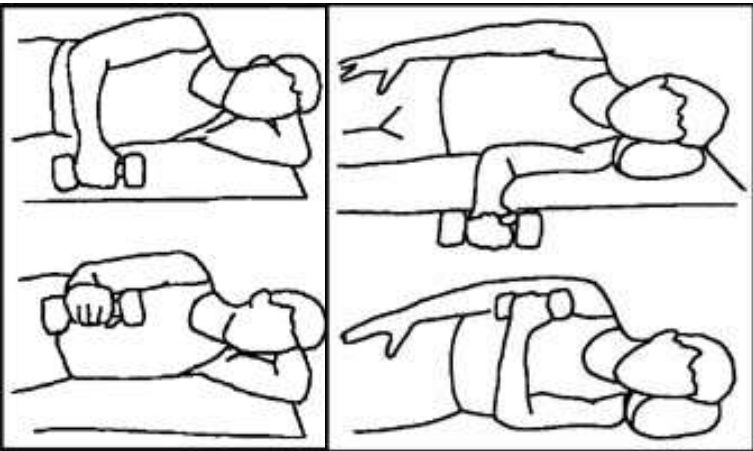


Triceps

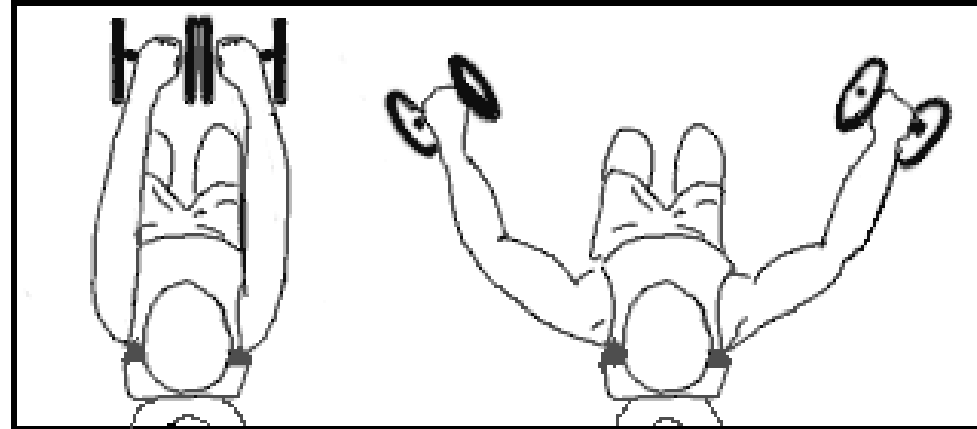


Weight training

Coiffe des rotateurs externe et interne



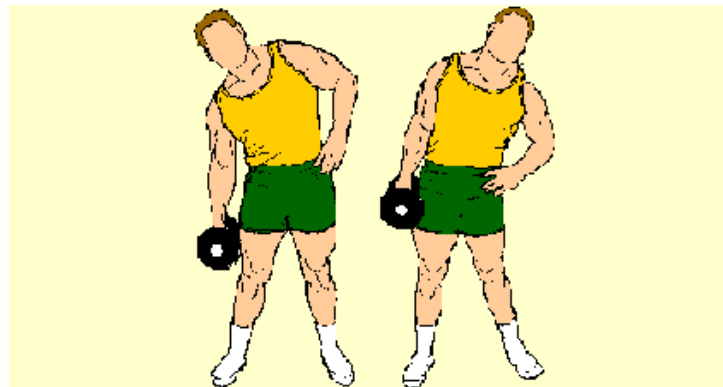
Thorax – Pectoraux



Dumbbell walkouts



Side bend

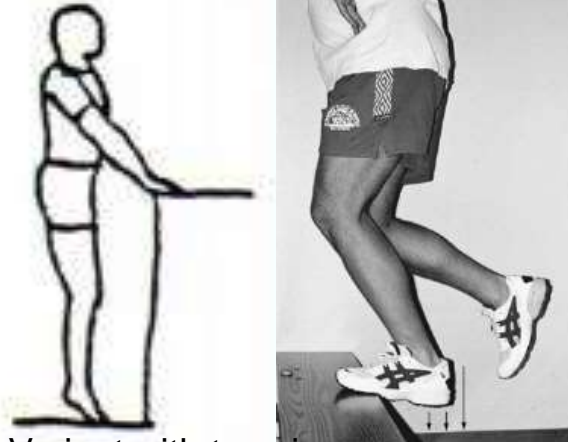


Foot strengthening exercises

Ankle wall stretch

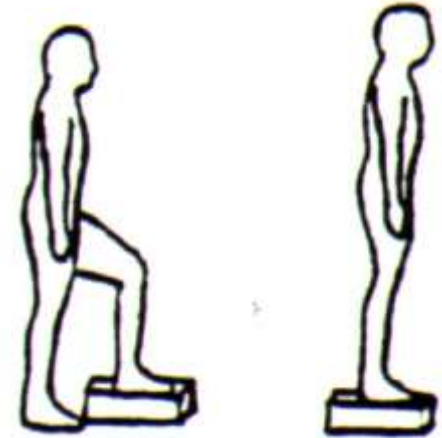


Calf raises / Heel drops



Variant with toes in

Step ups



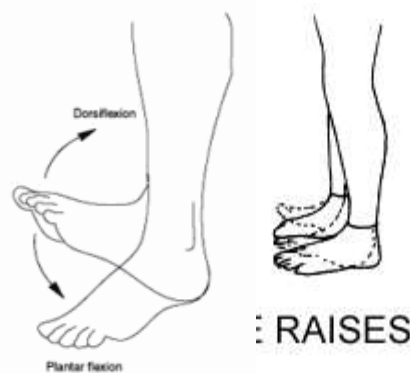
Up-down



Heel and toe walking



Toe lift



Seated ankle extension



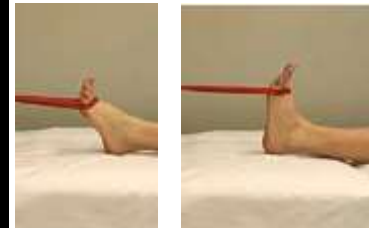
Ankle Inversion
(Turned Inwards)



Ankle Eversion
(Turned Outwards)



Ankle Dorsiflexion
(Toe Up)



Towel Scrunching



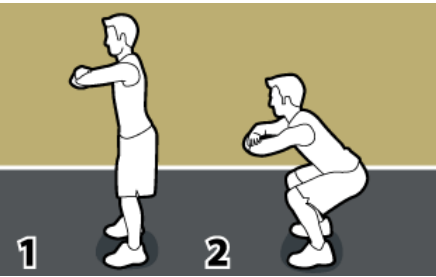
Towel Reverse
Scrunching

Object Pick-Up



Lower limb strengthening exercises

Squat



Single leg squat with bent or straight knee

Lunges and side lunges



Static vs lateral movement

Good morning



Sumo



Anterior and posterior pelvic tilt



Linear and lateral leg swing



Fire hydrant



Donkey kick



Donkey side kick



Knee circles



Forward and Backward

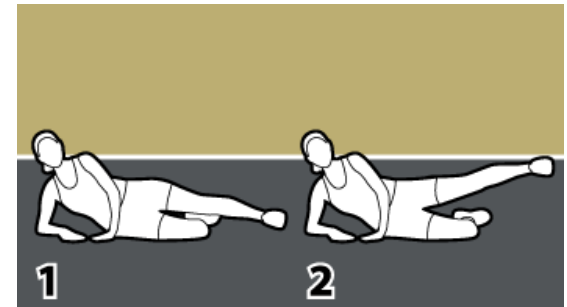
Lying leg raise



Iron cross

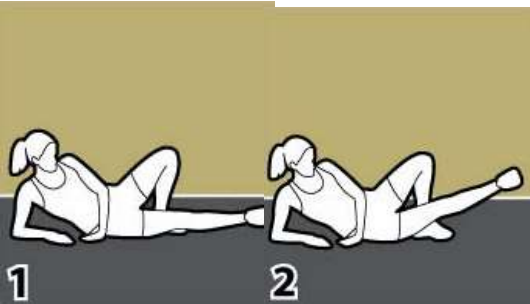


Abducteurs



Toes **neutral**, in and out

Adducteurs



Clams exercise



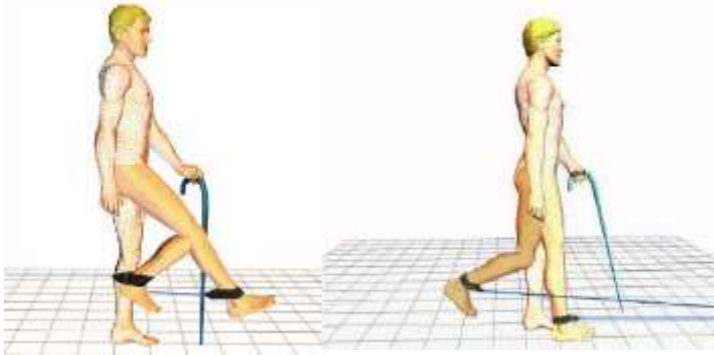
Scorpion



Spiderman crawl



Knee extension and flexion



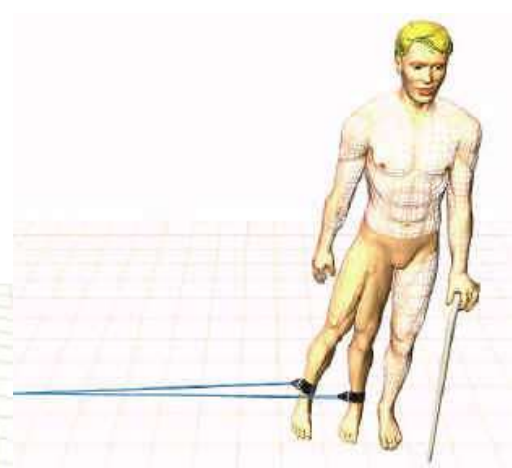
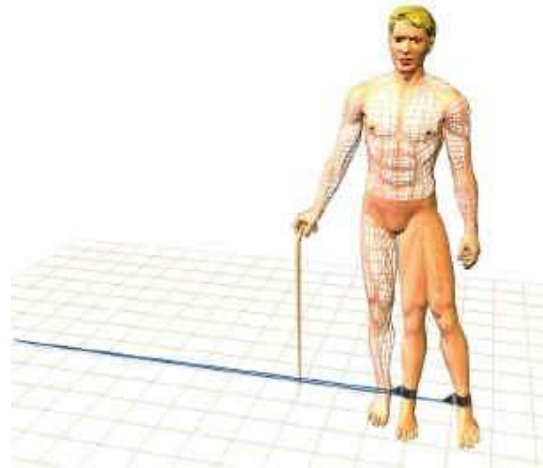
Knee drive



Pawback



Hip-joint abduction and adduction

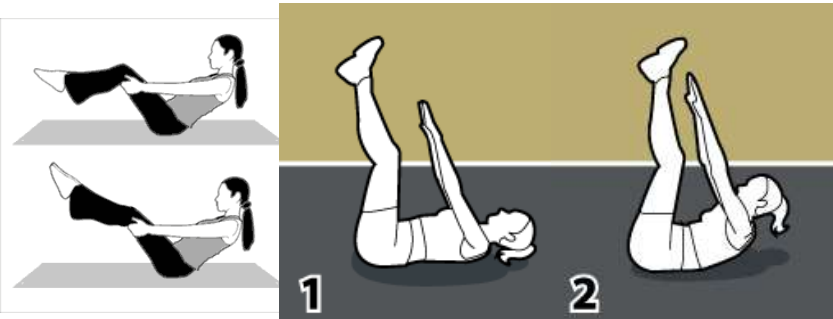


Lateral shuffle

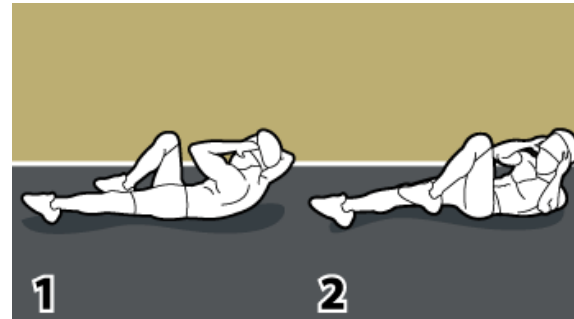


Core strengthening exercises

Abdominaux



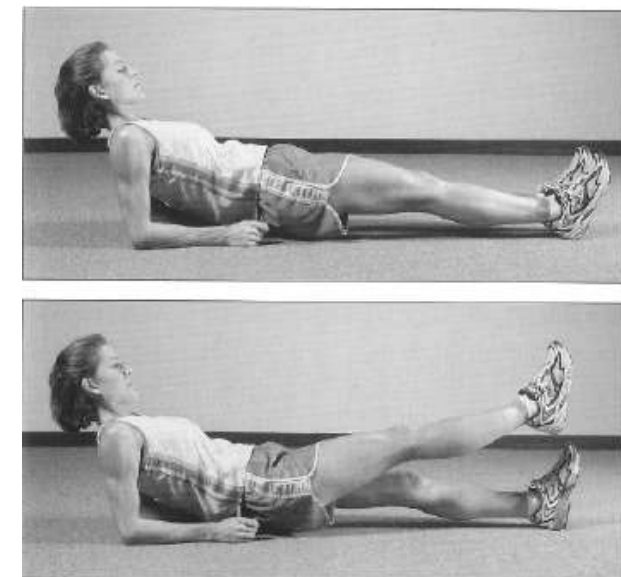
Bicycle crunches



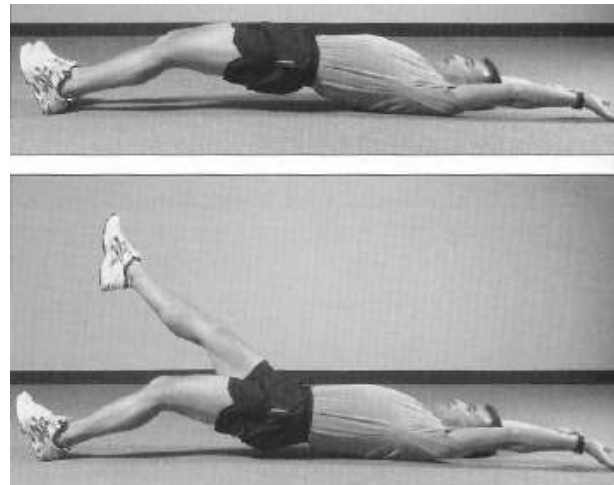
Sit up – Crunches



Supine core stabilization



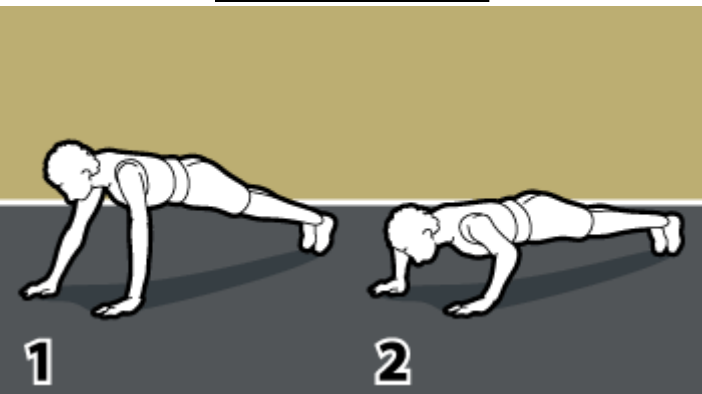
Bridges



Reverse sit up



Push ups



High plank

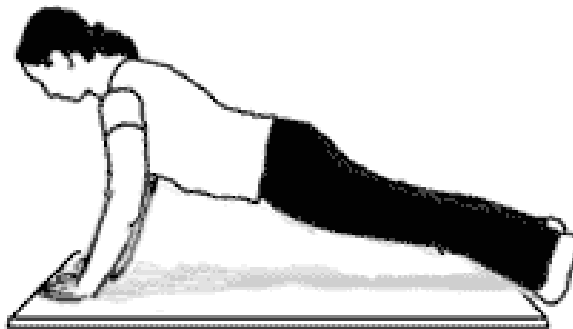


Planche abdominale



With leg lift

Side plank

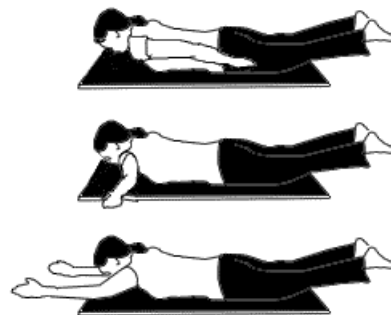


With leg lift

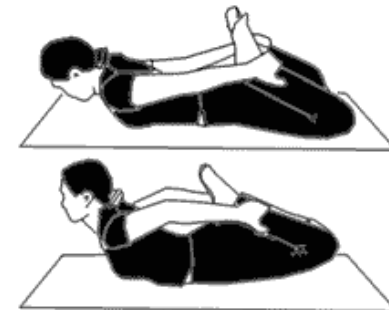
Bird dog



Dorsaux



Abdominaux



Upper body strengthening exercises

Elbow raise



Bent-arm forward raise



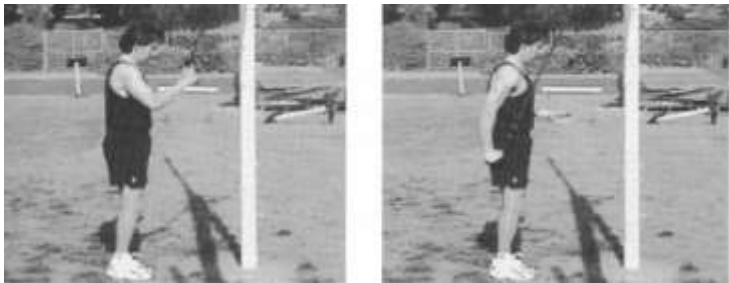
Horizontal pull



Pulldown



Triceps extension



Bench dips



Chair lift

