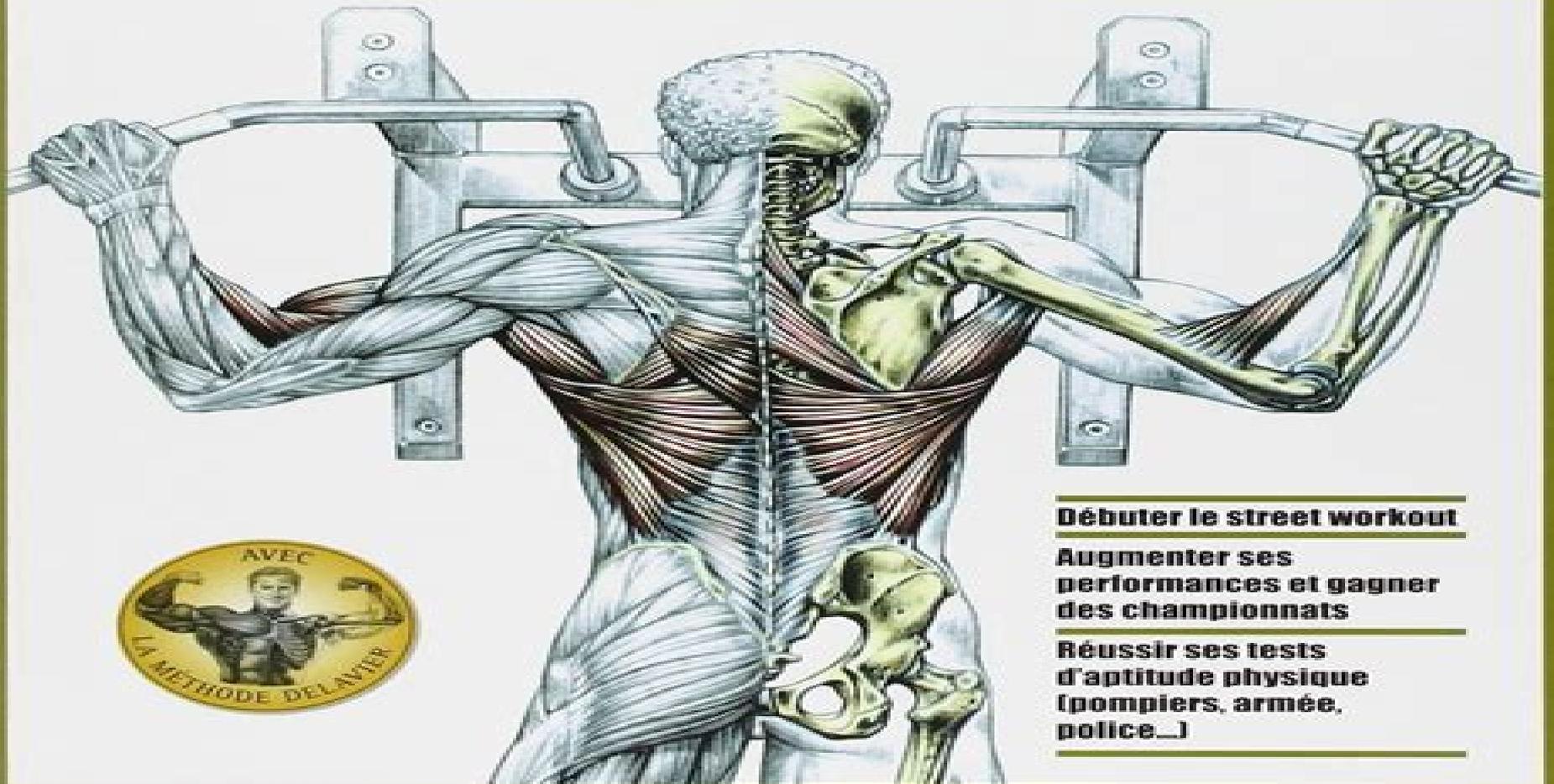


Frédéric Delavier | Michael Gundill

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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ILS DÉTAILLENT EN SUITE 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 BÂTIMER 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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Ils détaillent ensuite les différents types de tractions 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 pour tous ceux qui veulent passer les concours de l'armée de la gendarmerie ou du corps des pompiers

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