Mobilisations et renforcement musculaire pour le dos, les bras, les jambes, et les abdominaux !

Les muscles abdominaux sont aux croisements entre le corps postérieur et latéral et le corps latéral. Ils aident à maintenir les organes internes dans leur position. Pour les améliorer, il est nécessaire de pratiquer des exercices qui sollicitent ces muscles.

Voici quelques exercices que vous pouvez faire à la maison.

1. **Exercices de mobilisation**
   - **Exercice 1:** Debout sur une jambe, le pied de la jambe oppo.
   - **Exercice 2:** Debout sur les 2 jambes, les bras levés en arrière.
   - **Exercice 3:** Couché sur le dos, les jambes tendues.
   - **Exercice 4:** Couché sur le ventre, les jambes relevées.

2. **Exercices d’assouplissement**
   - **Exercice 1:** Debout, les bras levés en avant.
   - **Exercice 2:** Debout, les bras levés en arrière.
   - **Exercice 3:** Couché sur le dos, les jambes relevées.
   - **Exercice 4:** Couché sur le ventre, les jambes relevées.

3. **Exercices de renforcement**
   - **Exercice 1:** Debout, les jambes écartées, les bras levés en avant.
   - **Exercice 2:** Debout, les jambes écartées, les bras levés en arrière.
   - **Exercice 3:** Couché sur le dos, les jambes relevées.
   - **Exercice 4:** Couché sur le ventre, les jambes relevées.

4. **Exercices d’étirement**
   - **Exercice 1:** Debout, les jambes écartées, les bras levés en avant.
   - **Exercice 2:** Debout, les jambes écartées, les bras levés en arrière.
   - **Exercice 3:** Couché sur le dos, les jambes relevées.
   - **Exercice 4:** Couché sur le ventre, les jambes relevées.

5. **Exercices de circulation du sang**
   - **Exercice 1:** Debout, les jambes écartées, les bras levés en avant.
   - **Exercice 2:** Debout, les jambes écartées, les bras levés en arrière.
   - **Exercice 3:** Couché sur le dos, les jambes relevées.
   - **Exercice 4:** Couché sur le ventre, les jambes relevées.

6. **Exercices de renforcement des muscles abdominaux**
   - **Exercice 1:** Debout, les jambes écartées, les bras levés en avant.
   - **Exercice 2:** Debout, les jambes écartées, les bras levés en arrière.
   - **Exercice 3:** Couché sur le dos, les jambes relevées.
   - **Exercice 4:** Couché sur le ventre, les jambes relevées.

7. **Exercices d’étirement des muscles abdominaux**
   - **Exercice 1:** Debout, les jambes écartées, les bras levés en avant.
   - **Exercice 2:** Debout, les jambes écartées, les bras levés en arrière.
   - **Exercice 3:** Couché sur le dos, les jambes relevées.
   - **Exercice 4:** Couché sur le ventre, les jambes relevées.

8. **Exercices de renforcement des muscles des jambes**
   - **Exercice 1:** Debout, les jambes écartées, les bras levés en avant.
   - **Exercice 2:** Debout, les jambes écartées, les bras levés en arrière.
   - **Exercice 3:** Couché sur le dos, les jambes relevées.
   - **Exercice 4:** Couché sur le ventre, les jambes relevées.
**Mobilization and build-up exercises to strengthen muscles of back, extremities and abdomen.**

**Exercises for Strengthening the Core Muscles.**

1. Starting position: lying on your back with your knees bent and feet flat on the floor.
2. Perform a rolling movement, rolling from your head to your knees.
3. Repeat for 10 repetitions.

**Exercises for Strengthening the Thigh Muscles.**

1. Starting position: lying on your back with your knees bent and feet flat on the floor.
2. Perform a rolling movement, rolling from your knees to your pelvis.
3. Repeat for 10 repetitions.

**Exercises for Strengthening the Abdominal and Back Muscles.**

1. Starting position: lying on your back with your knees bent and feet flat on the floor.
2. Perform a rolling movement, rolling from your pelvis to your head.
3. Repeat for 10 repetitions.

**Exercises for Strengthening the Thigh Muscles.**

1. Starting position: lying on your back with your knees bent and feet flat on the floor.
2. Perform a rolling movement, rolling from your head to your knees.
3. Repeat for 10 repetitions.

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1. Starting position: lying on your back with your knees bent and feet flat on the floor.
2. Perform a rolling movement, rolling from your pelvis to your head.
3. Repeat for 10 repetitions.

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1. Starting position: lying on your back with your knees bent and feet flat on the floor.
2. Perform a rolling movement, rolling from your pelvis to your head.
3. Repeat for 10 repetitions.

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1. Starting position: lying on your back with your knees bent and feet flat on the floor.
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1. Starting position: lying on your back with your knees bent and feet flat on the floor.
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1. Starting position: lying on your back with your knees bent and feet flat on the floor.
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1. Starting position: lying on your back with your knees bent and feet flat on the floor.
2. Perform a rolling movement, rolling from your knees to your pelvis.
3. Repeat for 10 repetitions.

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1. Starting position: lying on your back with your knees bent and feet flat on the floor.
2. Perform a rolling movement, rolling from your pelvis to your head.
3. Repeat for 10 repetitions.

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1. Starting position: lying on your back with your knees bent and feet flat on the floor.
2. Perform a rolling movement, rolling from your pelvis to your head.
3. Repeat for 10 repetitions.

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