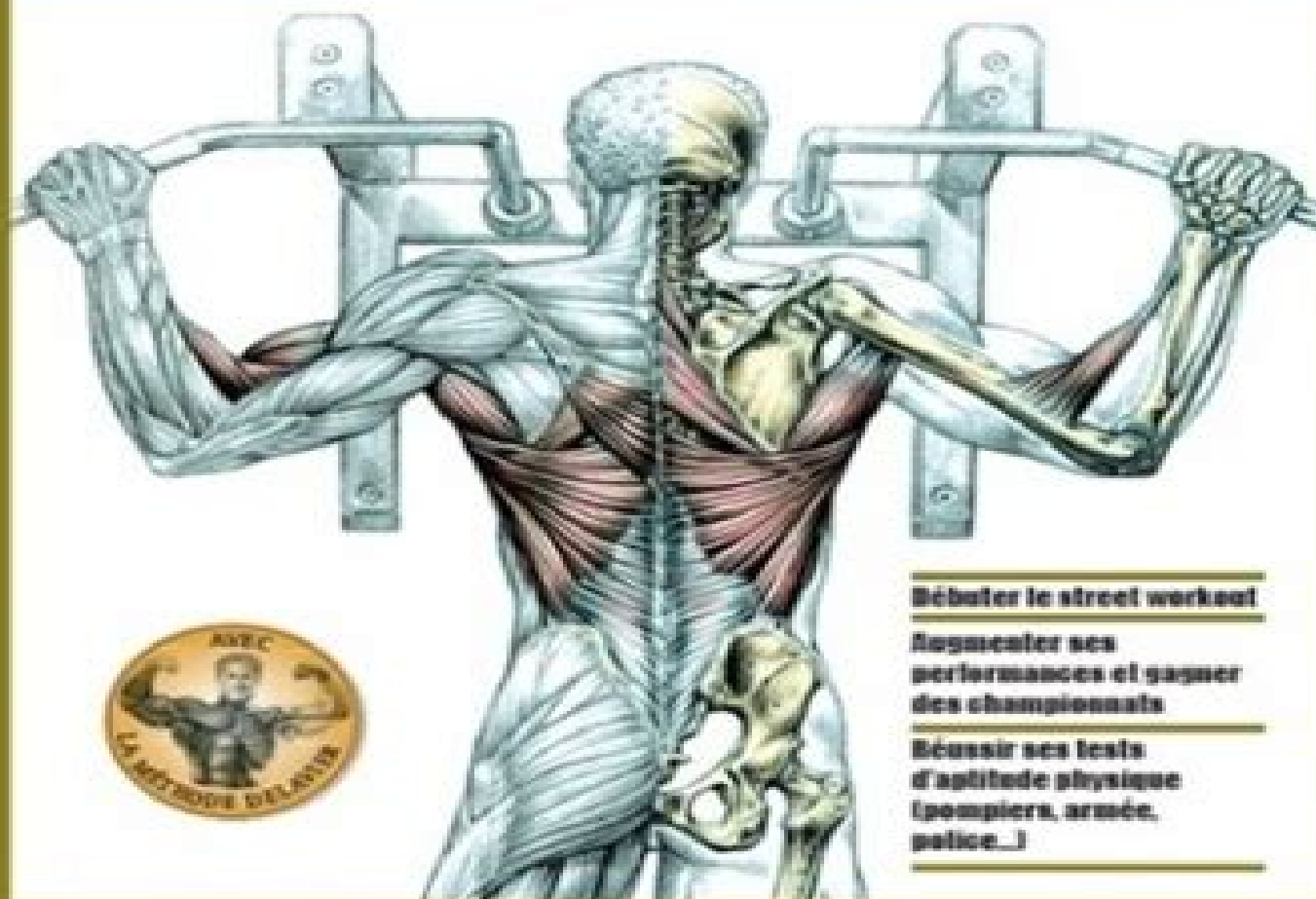


Frédéric Delavier | Michael Gundill

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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**Gilles Millot,Patrick
Bertonèche,Christian Hamard,Thierry
Le Cam,Jean-Jacques Oyarsabal**

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Guide des tractions Frédéric Delavier, Michael Gundill, 2017-11-10 Les tractions la barre fixe 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 utiles 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 ENCHAÎNER LES TRACTION Frédéric Delavier et Michael Gundill commencent par exposer les spécificités anatomomorphologiques 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 verra également précieux tous ceux qui veulent passer les concours de l'armée de la gendarmerie ou du corps des pompiers

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