



Physical training / exercise:

Global core

Core reinforcement:

Core strength control, rigidify your whole body, like a plank. Let yourself lean forward by relying on the elastic. Control your come back to the up right position.

Level 1:

On the back

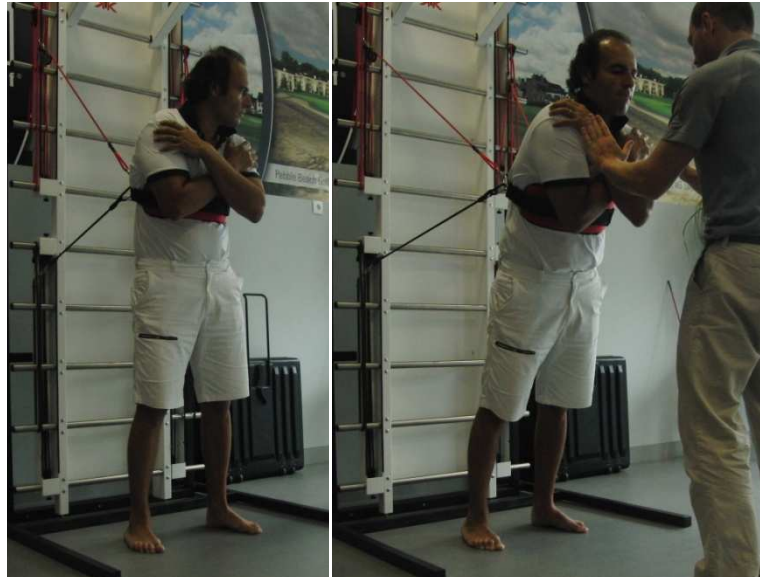


2 series of 10 reps



Level 2:

On the front



2 series of 10 reps

+ Arm circle (like breaststroke)



5 motion of breast stroke then 5 in opposite way, 2 séries