



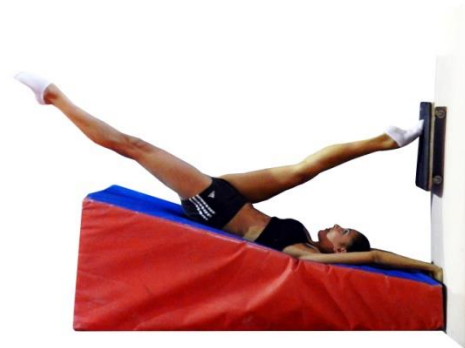
Specific Training for Flexibility and Strength



Specific training for splits

Using Roller Board

20 repetitions for each leg



Specific Pike/Candlestick

Using Roller Board

20 repetitions



Specific rolling spine , slowly

With Roller Board or without
10 repetitions



Control of verticality

Using Roller Board

20 repetitions for each legs



With stretch band

Using Thera-Band

15 repetitions for each leg



COACHES :

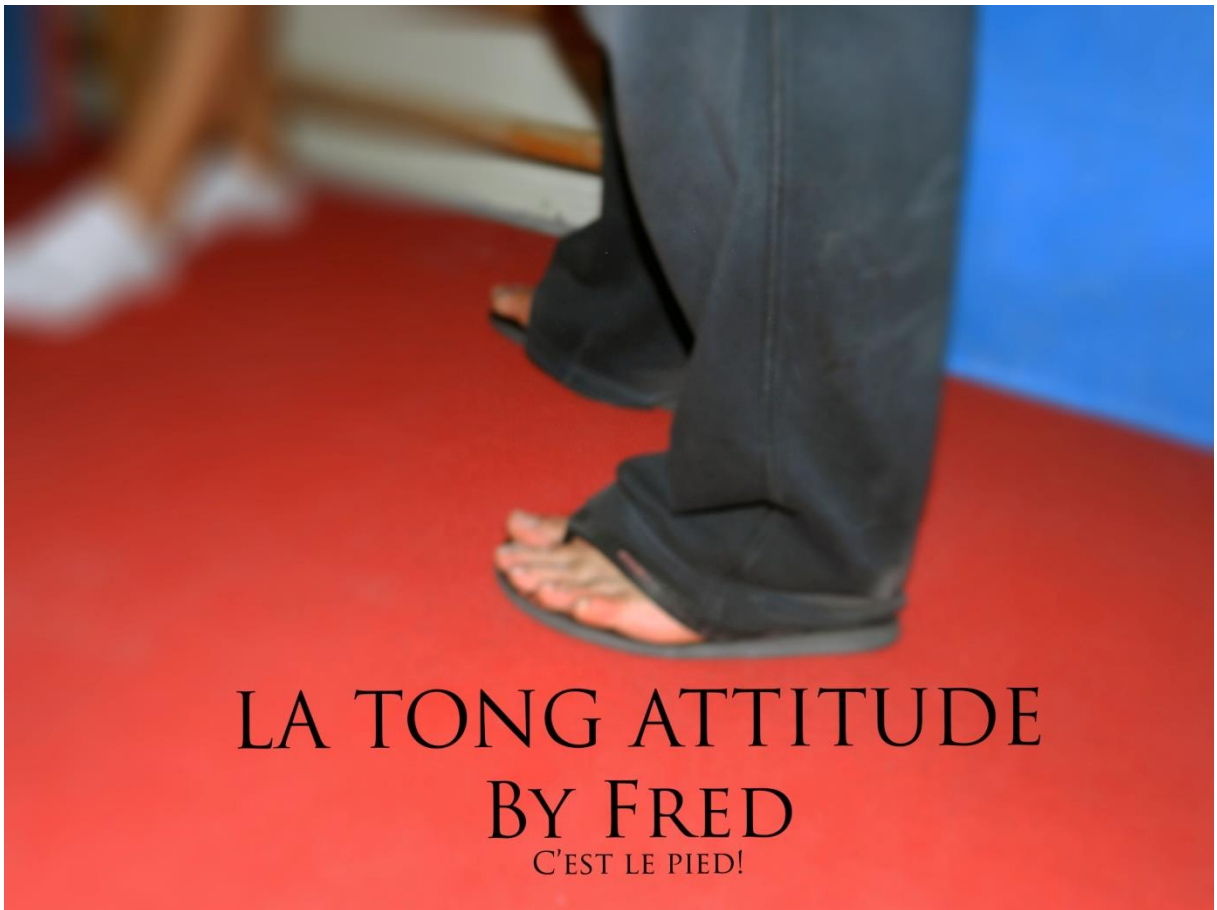
Don't forget to control the correct position for the leg down! Especially the foot's contact on heel, knee up.

Specific extended legs, bottom strength

30 repetitions



HAVE A GOOD TRAINING GIRLS!!!!



LA TONG ATTITUDE
BY FRED
C'EST LE PIED!