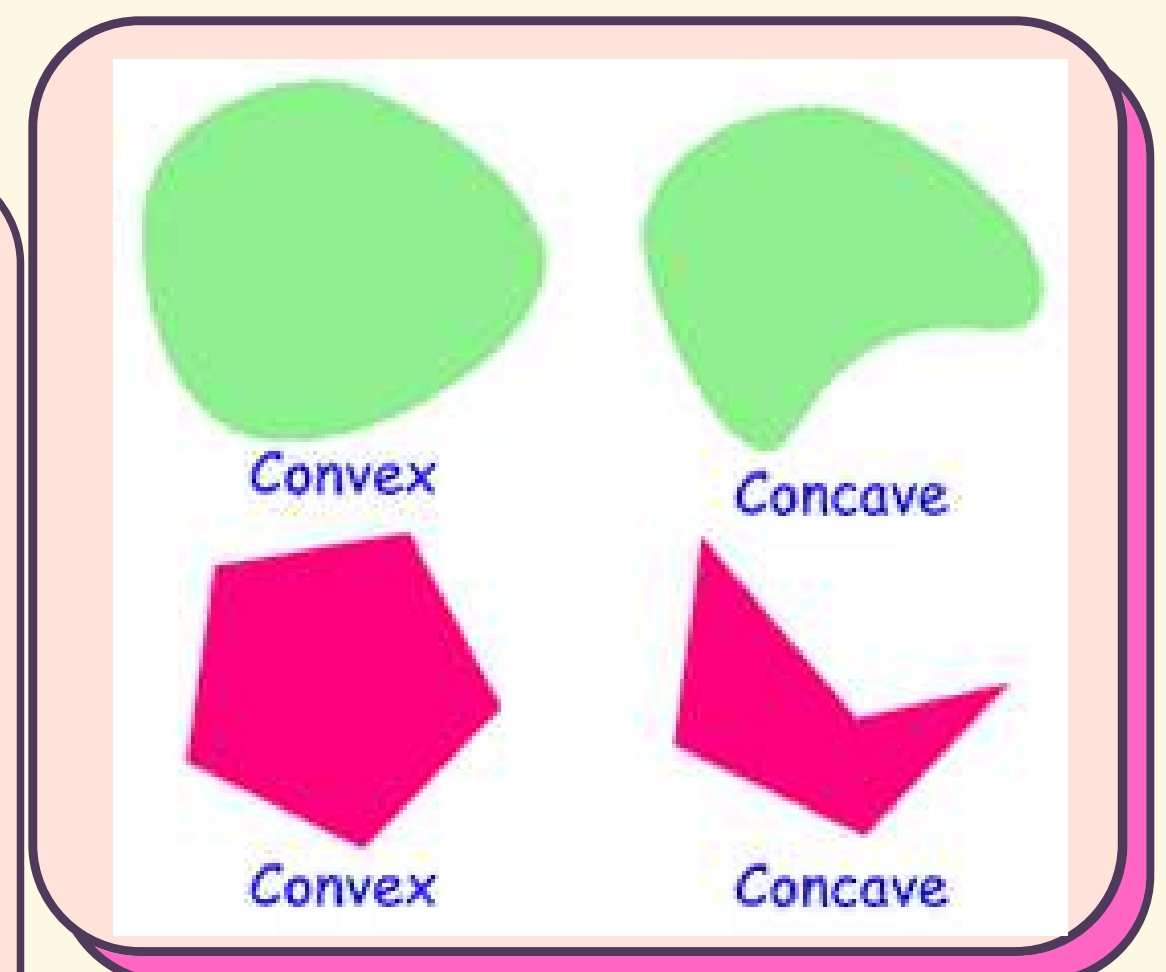
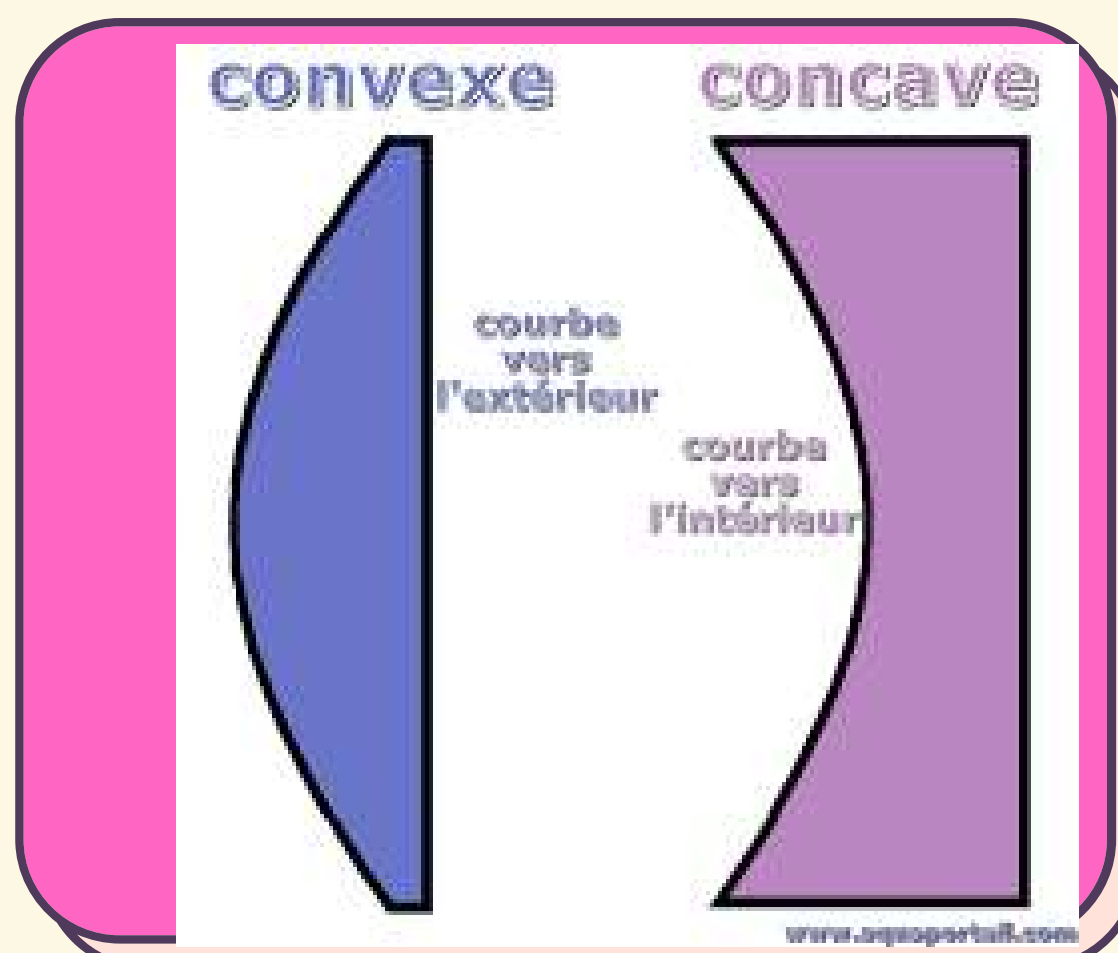
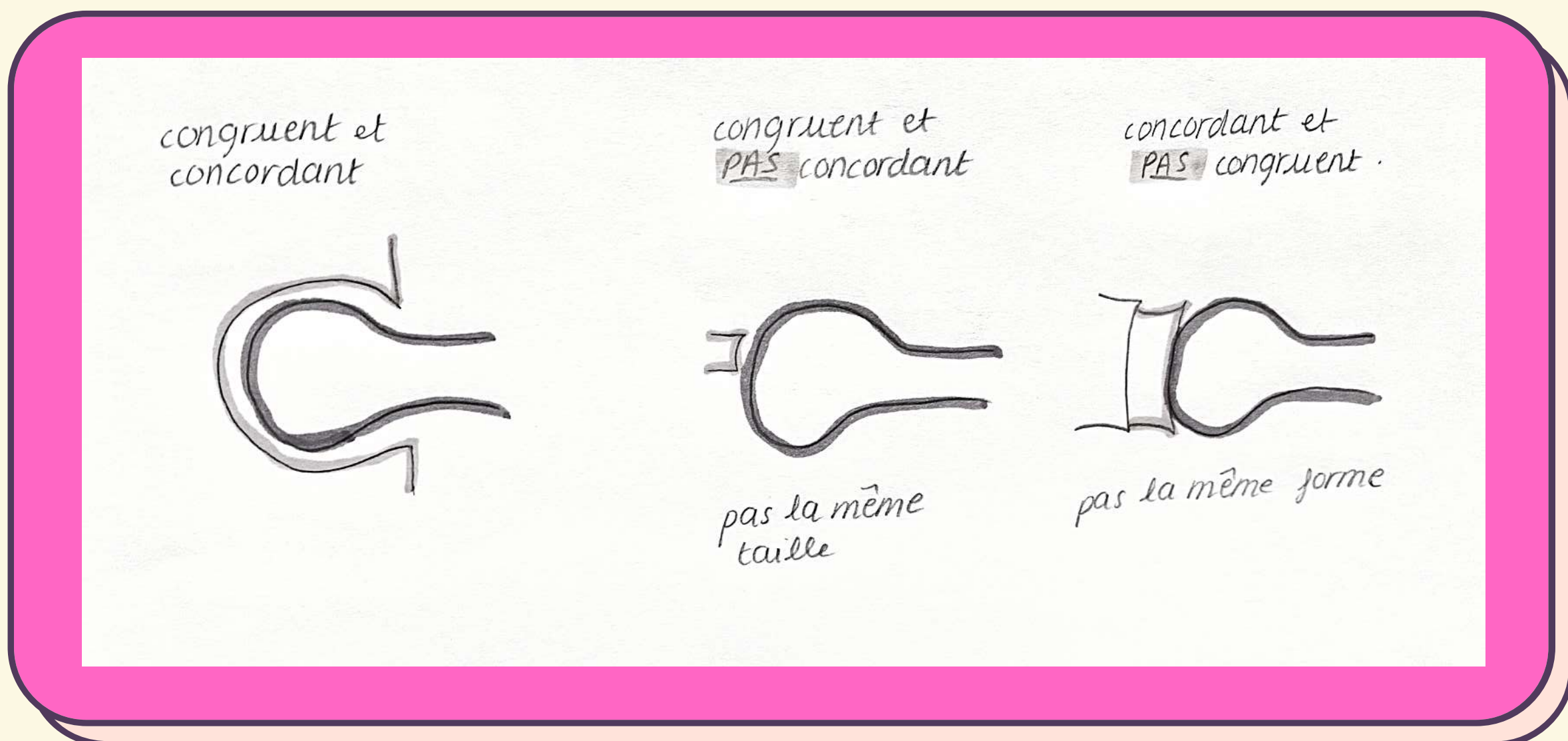
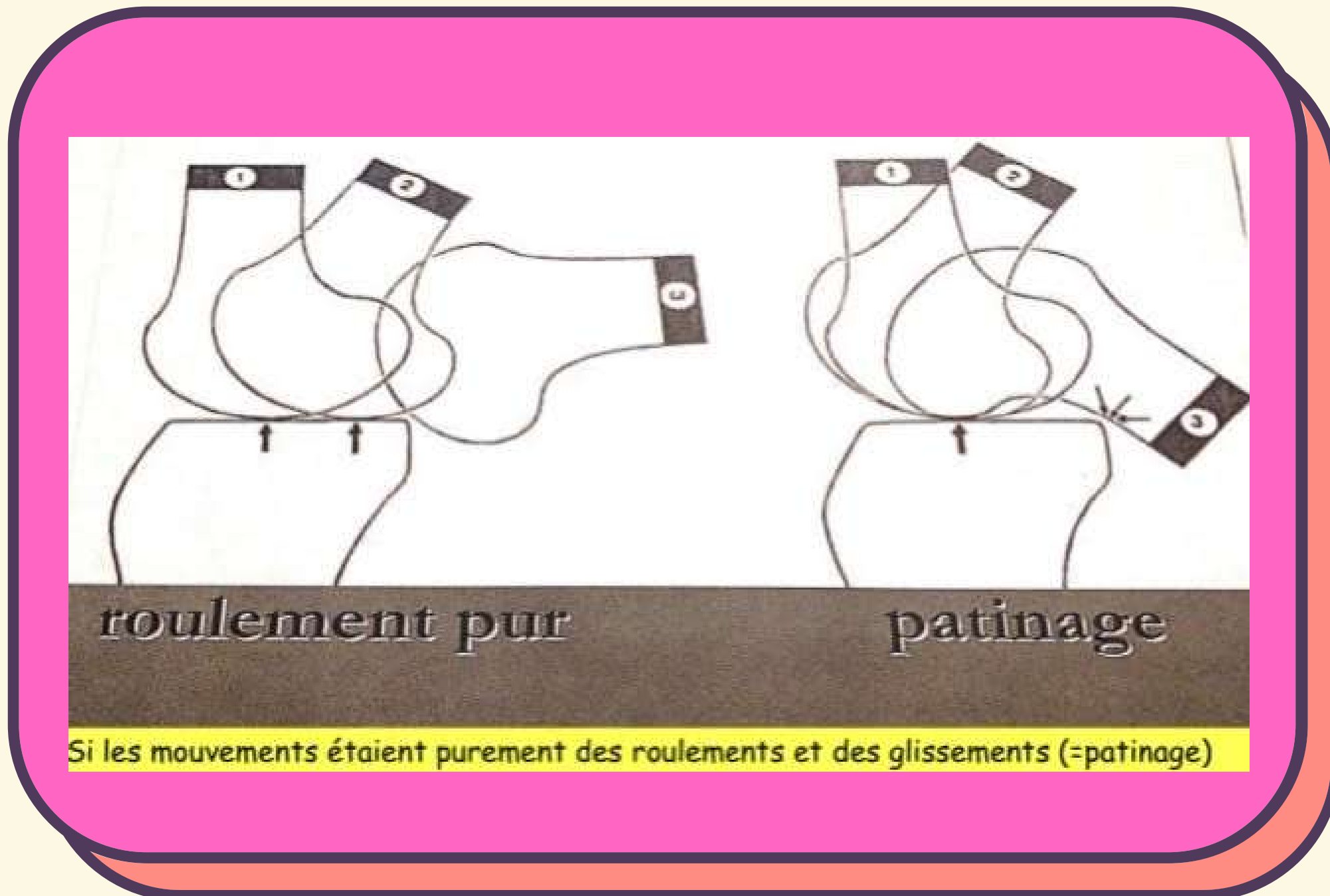


# INTRODUCTION A LA MUSCULOSQUELETTIQUE

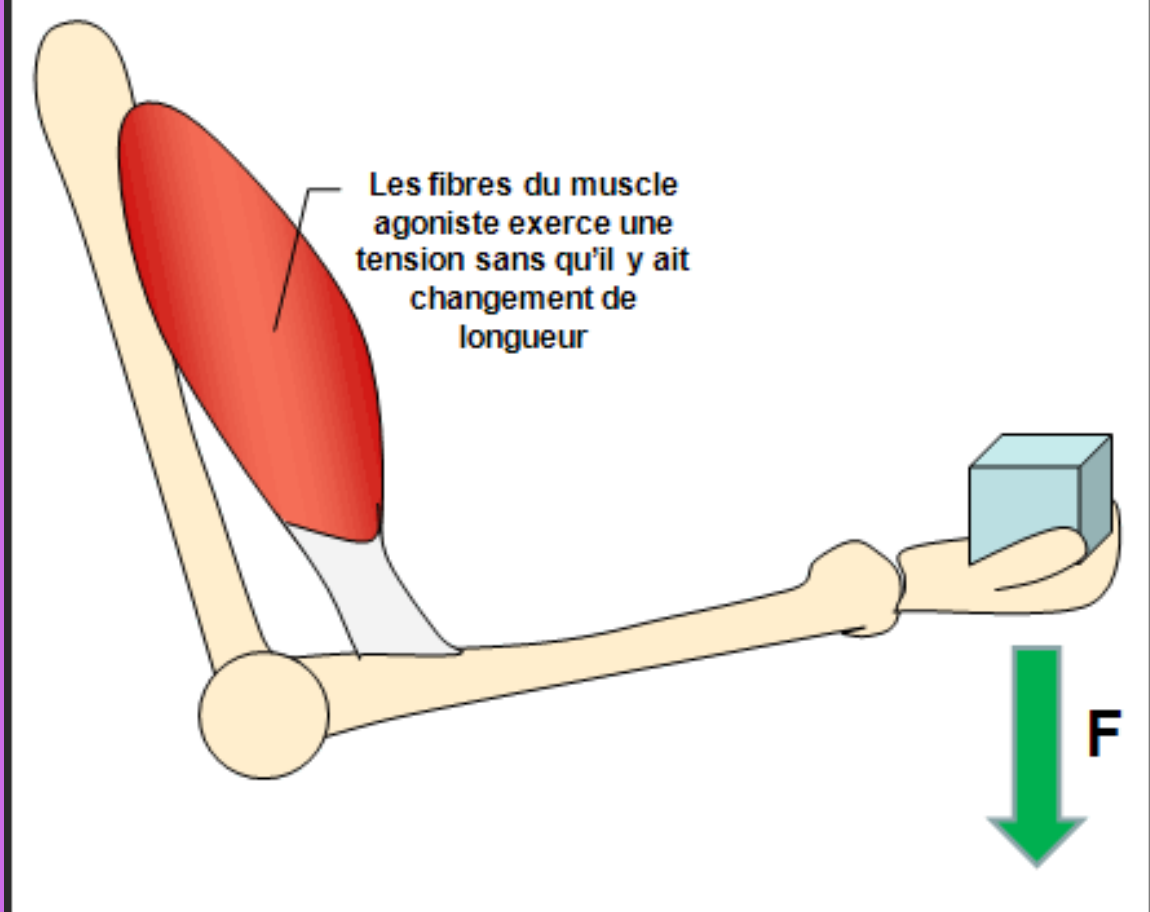
## 1) Biomécanique



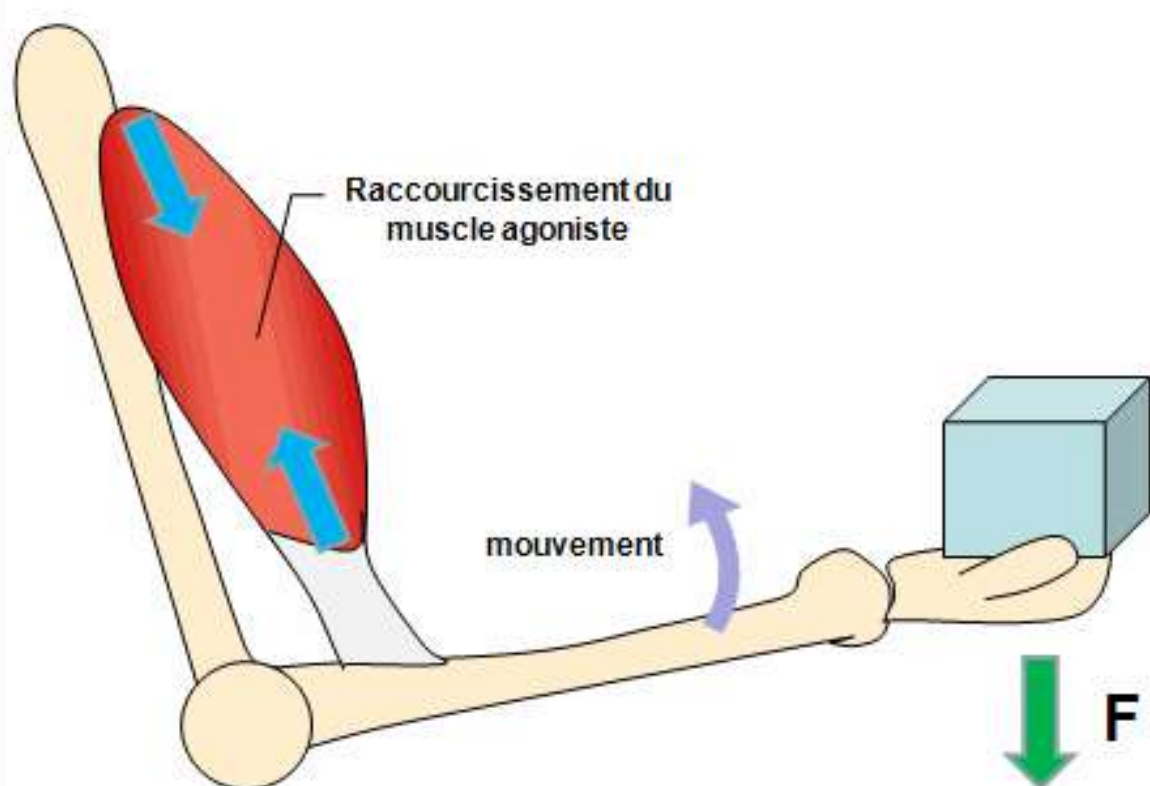


## 2) Les différents modes de contraction

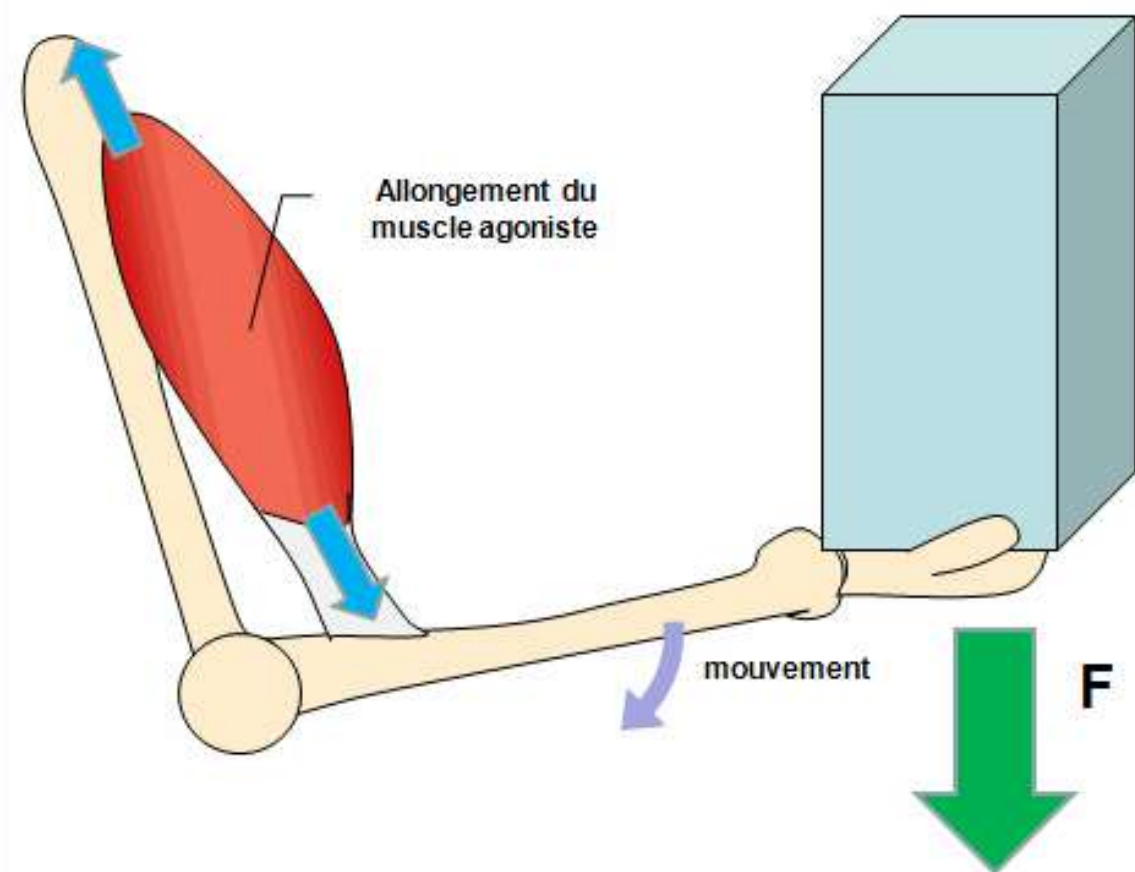
### CONTRACTION ISOMÉTRIQUE



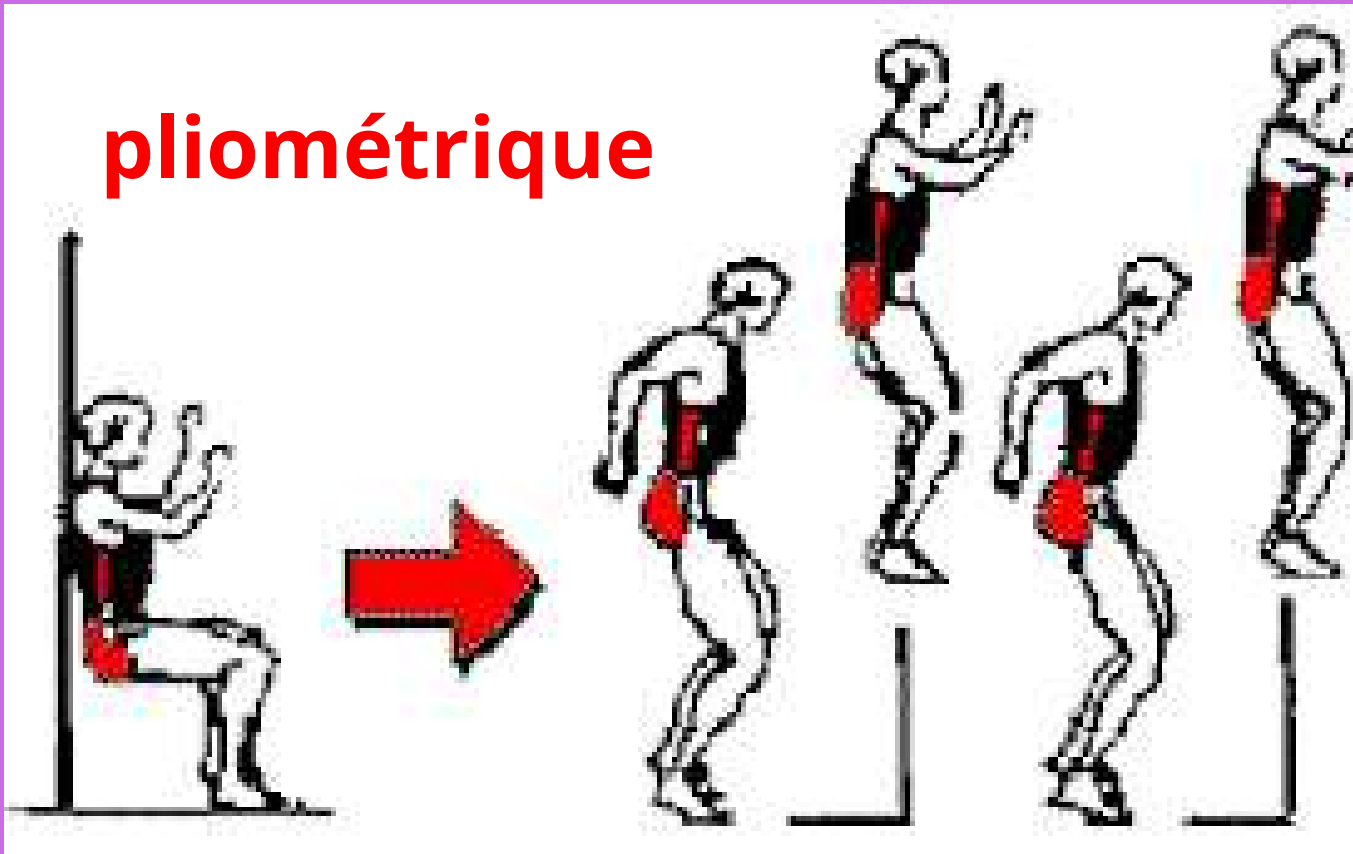
### CONTRACTION CONCENTRIQUE



### CONTRACTION EXCENTRIQUE

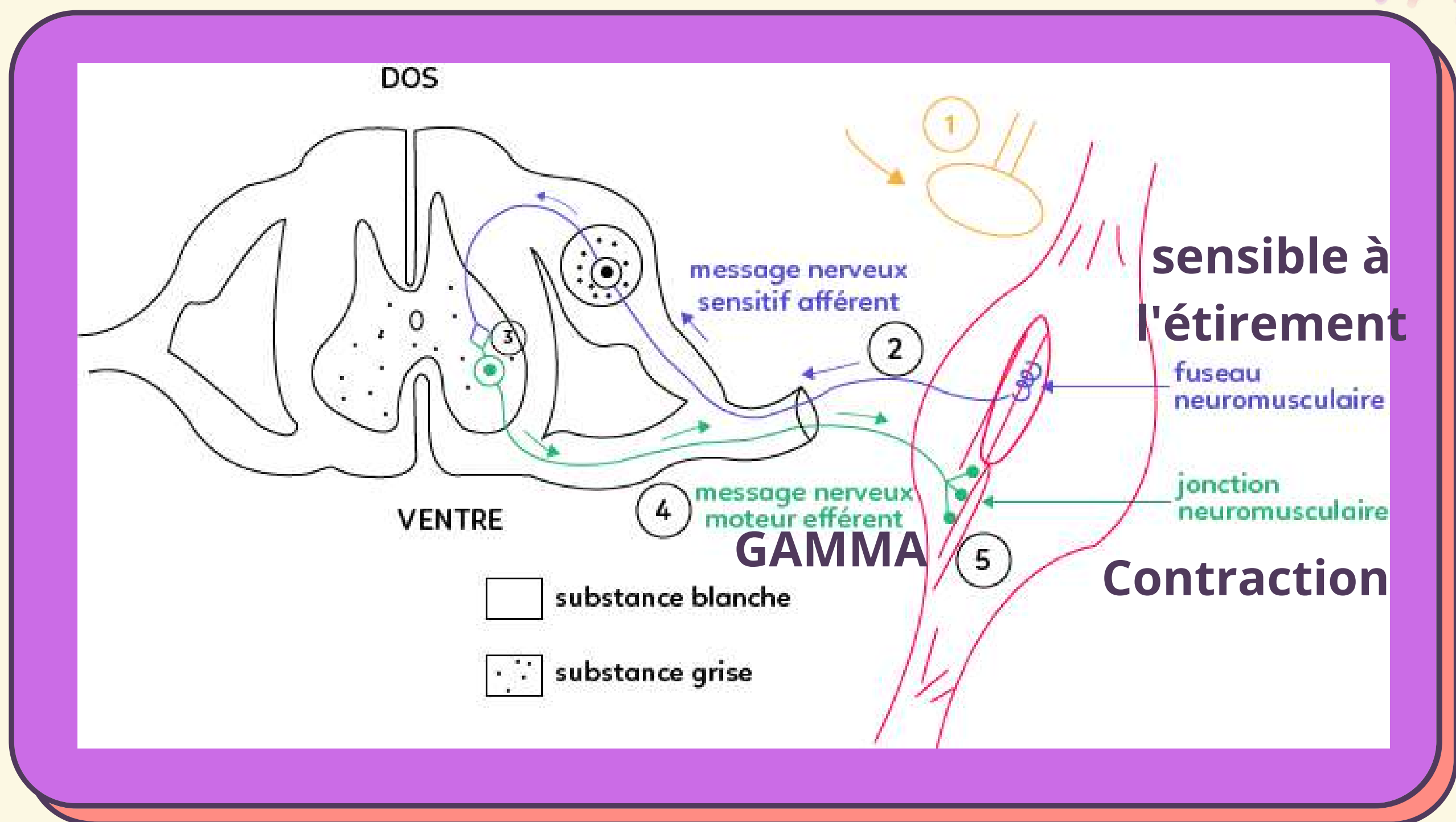


### pliométrique





### 3) Le réflexe myotatique



### 4) Les courses musculaire

