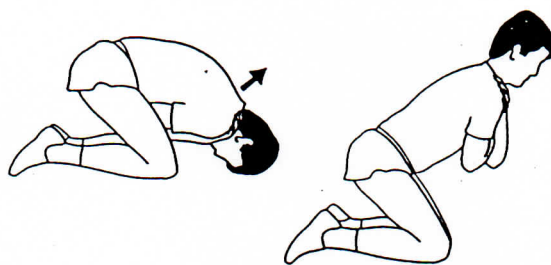
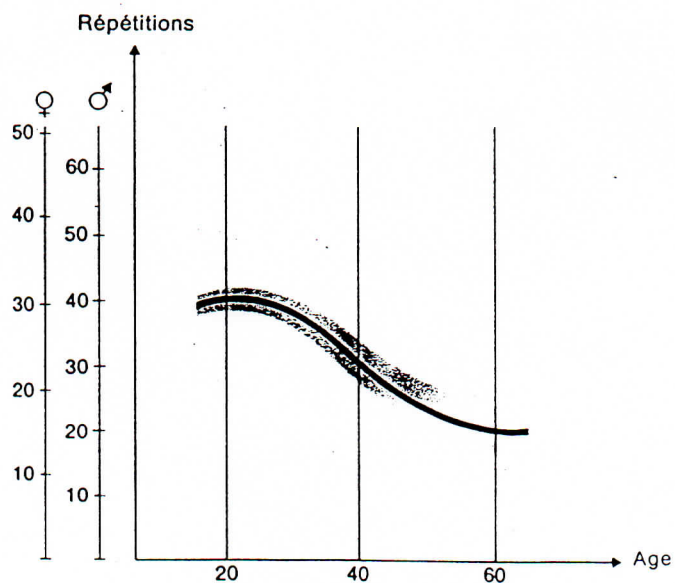


## Evaluation de la force-endurance

*Muscles dorsaux* (muscles spinaux, grand dorsal)



*Valeurs normales*



# La force

Théorie et pratique

Hans Spring, Hans-Ruedi Kunz, Werner Schneider