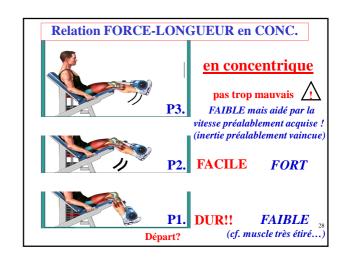


II. Effets fonctionnels du travail concentrique

1. LA RELATION FORCE – LONGUEUR



CONC.: <=> Travail SOUS-MAX!

Aucun risque en concentrique!

FAIBLE force initiale!

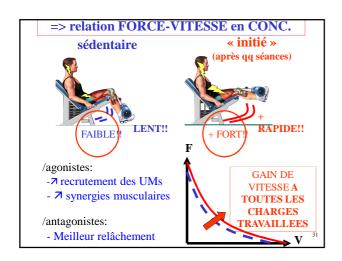
Seul intérêt ... initiation dynamique du geste: 29 amélioration de la commande nerveuse (RS,RT, coord.)

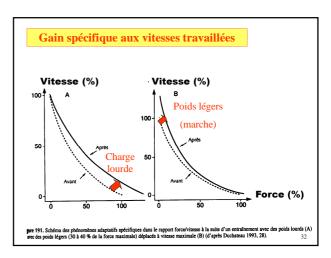
II. Effets fonctionnels du travail concentrique

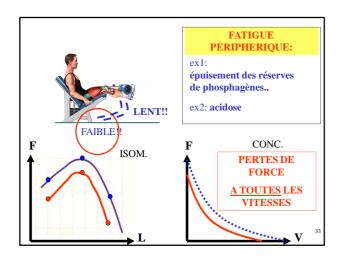
1. LA RELATION FORCE – LONGUEUR

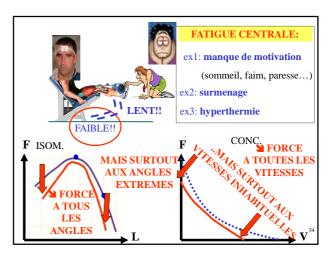
2. RECRUTEMENT DES UNITES MOTRICES
& FATIGUE

3. AVANTAGES ET INCONVENIENTS



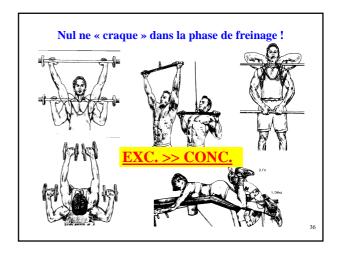


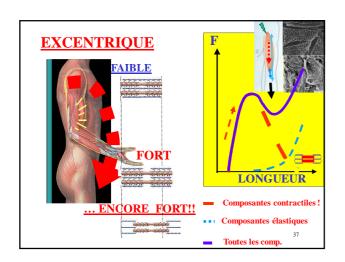


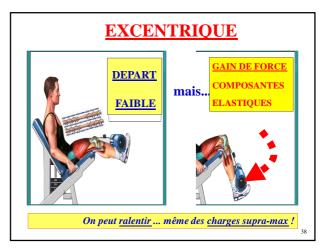


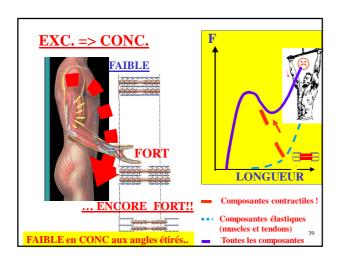
II. Effets fonctionnels du travail excentrique

1. LA RELATION FORCE – LONGUEUR









II. Effets fonctionnels du travail excentrique

1. LA RELATION FORCE – LONGUEUR

2. RECRUTEMENT DES UNITES MOTRICES
& FATIGUE

3. AVANTAGES ET INCONVENIENTS





