

# TUTO GAINAGE



## TYPES DE GAINAGE



### GAINAGE STATIQUE



### GAINAGE INSTABLE



### GAINAGE DYNAMIQUE



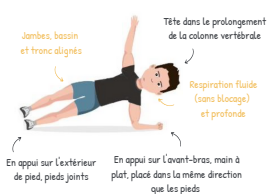
## PLACEMENT GAINAGE



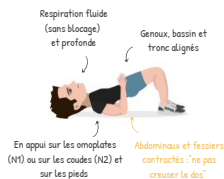
### GAINAGE VENTRAL



### GAINAGE LATÉRAL



### GAINAGE DORSAL



## VARIANTES GAINAGE



### A BRAS TENDUS



### B BRAS ALTERNÉS



### C JAMBES ALTERNÉES



### D ARAIGNÉE



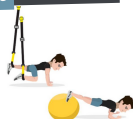
### E MILITAIRE



### F COUDE-GENOU



### G SWISS-BALL OU TRX



### H À PLUSIEURS



ETC.