



La musculation combinatoire

Norbert Krantz
Anne-Laure Morigny



INSEP
Terre de Champions

Musculation Combinatoire Norbert Krantz

Céline Allainmat, Norbert Krantz



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La musculation combinatoire Norbert Krantz, Anne-Laure Morigny, 2015-11-01 La Prépa physique Rugby : le développement de la vitesse Norbert Krantz, 2022-05-07

Le Rugby est l'un des sports les plus exigeants sur le plan de la préparation physique. Au fil du temps, les joueurs de l'ère moderne sont devenus des athlètes complets, toujours plus rapides, plus forts et plus endurants. On peut affirmer que les sports de combats et l'athlétisme sont les pratiques qui ont le plus influencé la préparation physique des rugbymen. L'avènement du professionnalisme dans les années 90 a accéléré le processus, il exige désormais que les préparateurs et les formateurs soient de mieux en mieux formés. Petit à petit, le Rugby s'est mis au rythme du sport de très haut niveau, absorbant puis révolutionnant pendant près de 30 ans les contenus et les méthodes en matière de préparation physique. L'auteur aborde dans cet ouvrage de manière précise, approfondie et très illustrée le développement de la vitesse, l'une des qualités majeures en Rugby. Norbert Krantz est l'une des références nationales de la préparation et de l'entraînement physique. Norbert Krantz est le responsable de l'Unité d'Aide à la Performance de l'INSEP, Figure nationale incontournable de la préparation physique, il œuvre depuis plusieurs décennies pour le sport Français et notamment le rugby. Il nous dévoile dans *La prépa Physique Rugby* ses méthodes d'entraînement distillées depuis de nombreuses années auprès des joueurs de haut niveau Français.

Se muscler à deux Norbert Krantz, 2007-09-05

Le principe de cette méthode sérieuse et novatrice est de se muscler en utilisant le seul poids d'un partenaire. Nécessitant aucun matériel, elle peut donc être utilisée en tous lieux, tous moments et par tous. Ludique, progressif et performant, ce concept est une alternative ou un complément pour toute personne pratiquant la musculation, que ce soit pour développer sa force et son explosivité ou dans une recherche d'esthétique. Par son efficacité et sa convivialité, cette technique est parfaitement adaptée à la mise en place de séances de préparation physique, l'intention d'équipes ou de groupes de sportifs. L'objectif des auteurs est de proposer un manuel résolument concret et accessible au plus grand nombre. Classés par zones musculaires et niveaux de difficulté, les 82 exercices sont présentés sous forme de fiches pratiques et illustrées. Des consignes claires et des photos explicatives permettent une mise en place aisée et immédiate des situations présentées. En fin d'ouvrage, les auteurs proposent également plusieurs exercices qui se pratiquent trois fois ainsi que des programmes spécifiques s'adressant aux jeunes sportifs et des exemples de circuits training.

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Éducation motrice et gainage Norbert Krantz, 2008-09-10 Cette méthode totalement inédite est basée sur des déplacements réalisés dans des positions et des conditions qui ne correspondent pas celles que nous utilisons traditionnellement. 55 fiches exercices pratiques et illustrées Placés dans ces situations inhabituelles sur le ventre le côté le dos ou différents appuis nous sommes alors confrontés de nouvelles contraintes pour résoudre problèmes d'équilibre de production de force et de coordination des diverses actions motrices notamment. Cette technique novatrice simple et applicable en tous lieux permet d'obtenir des résultats remarquables tant sur le plan du développement que sur celui du renforcement musculaire. Après avoir détaillé les principes fondamentaux de cette méthode les auteurs proposent une sélection de 60 exercices regroupés par positions de départ. Pour une utilisation pratique et très facilement transposable ces exercices sont présentés sous forme de fiches illustrées par de nombreuses photos et comprenant entre autres un nom explicite un objectif des critères de réalisation des suggestions pratiques des variantes et un croquis montrant les muscles sollicités. En outre chacun pourra y trouver une notation et une explication de la difficulté selon qu'elle est située sur le plan neuromoteur et ou sur le plan nerveux.

Éducation motrice et gainage Céline Allainmat, Norbert Krantz, 2008 L'ouvrage que nous présentons s'adresse un public très large professeurs des écoles animateurs et éducateurs sportifs préparateurs physiques kinésithérapeutes athlètes. Cette méthode totalement novatrice et simple d'accès est applicable en tous lieux elle ne nécessite pas d'accompagnement particulier ni aucun matériel. Les résultats obtenus tant sur le plan du développement moteur que sur celui du renforcement musculaire sont remarquables. Cette approche inédite consiste se déplacer dans des situations inhabituelles sur le ventre sur le côté sur le dos ou en utilisant différentes sortes d'appuis. La réalisation de ces exercices nécessite une organisation adaptée des actions motrices et la production de niveaux de force pouvant aller du moins intense au plus intense pour une partie déterminée du corps. Après avoir détaillé les principes fondamentaux de ce concept les auteurs proposent une sélection de 55 exercices regroupés par position de départ. Pour une utilisation pratique et très facilement transposable ces exercices sont présentés sous forme de fiches illustrées par de nombreuses photos et comprenant entre autres un nom explicite un objectif des critères de réalisation des suggestions pratiques des variantes et un croquis montrant les muscles sollicités. En outre chacun pourra y trouver une notation et une explication de la difficulté selon qu'elle est située sur un plan neuromoteur et ou sur un plan nerveux.

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