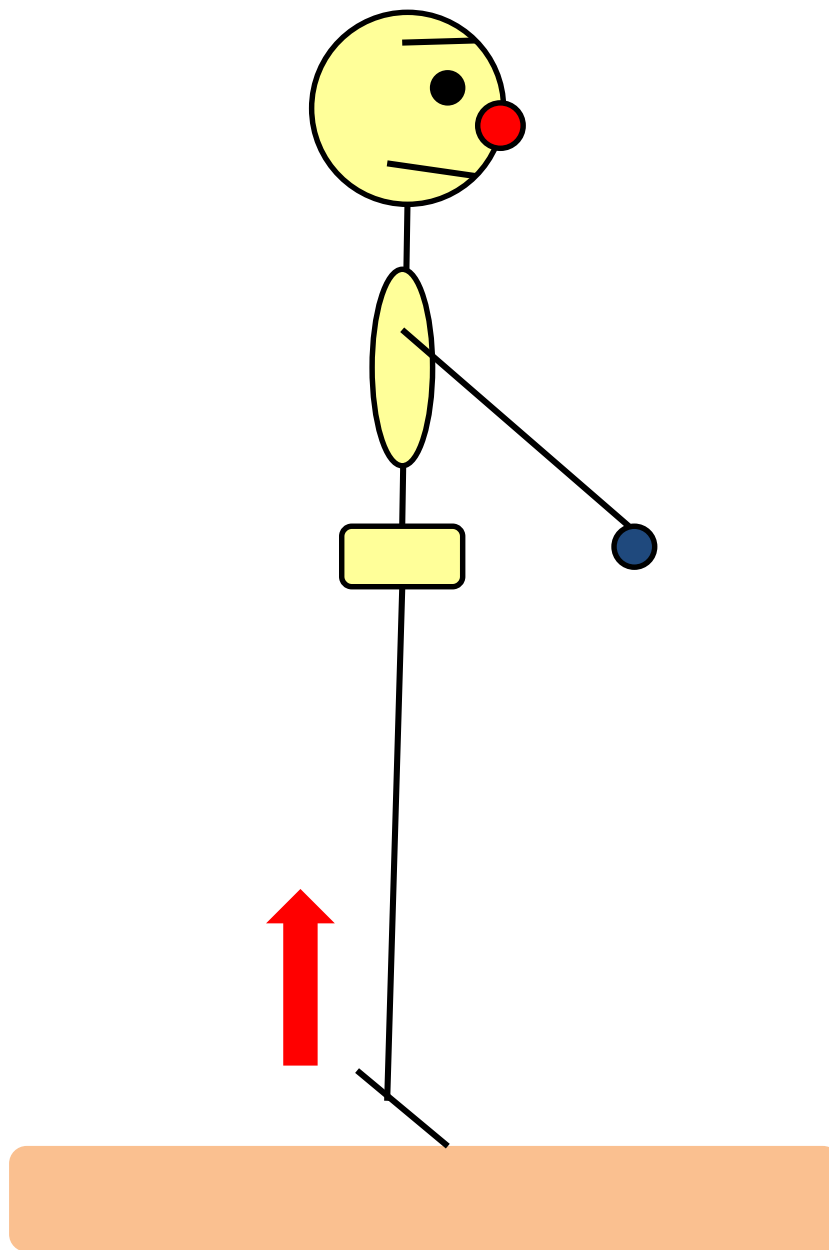
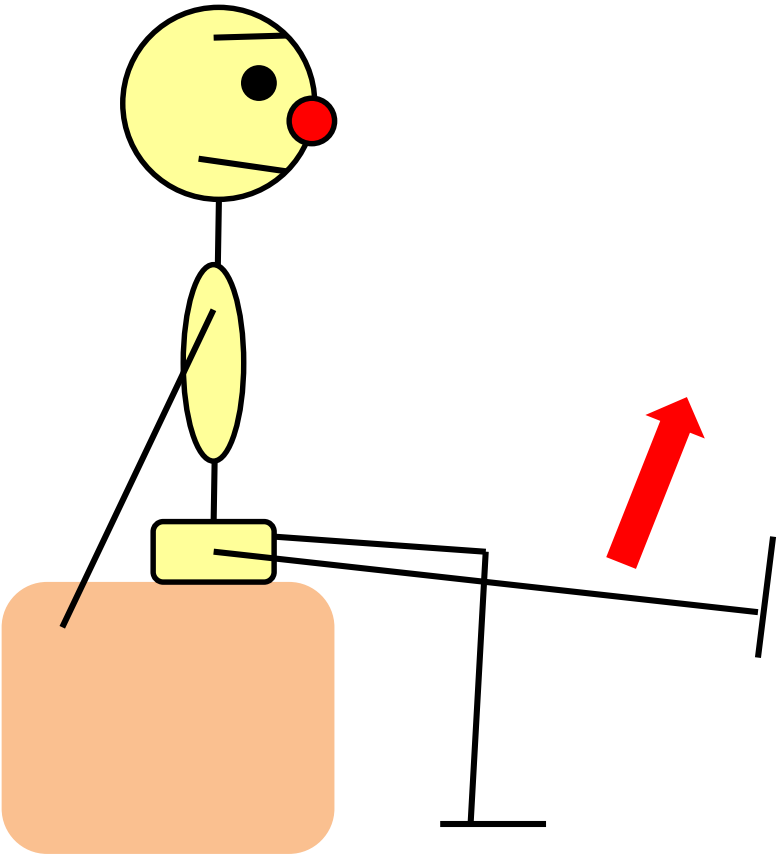


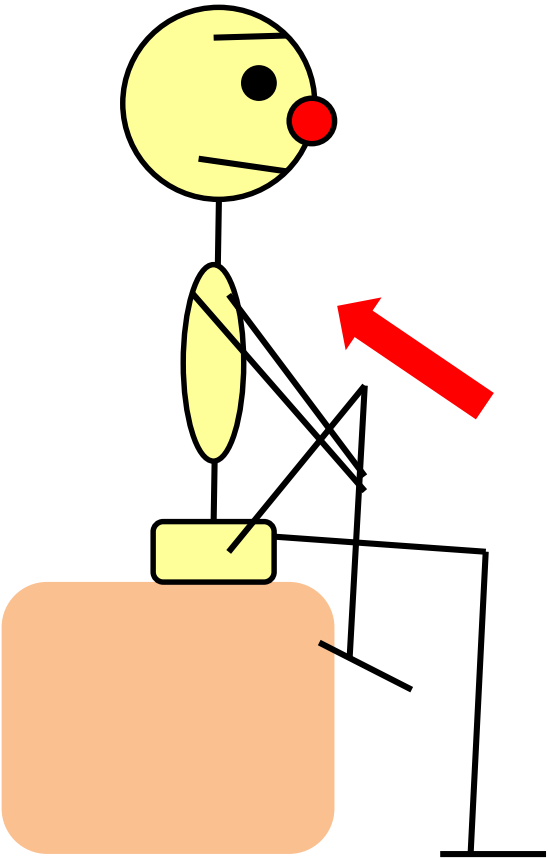
カーフレイズ(踵上げ)



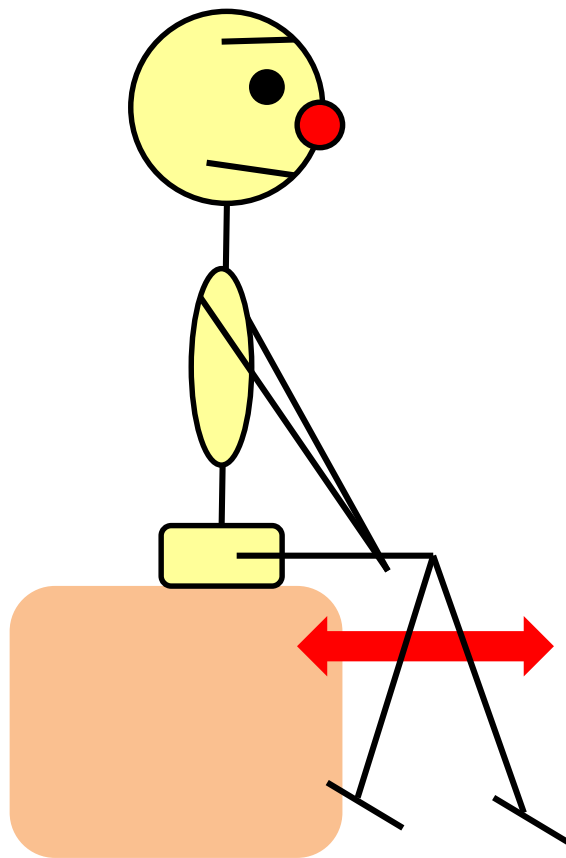
膝伸ばし運動



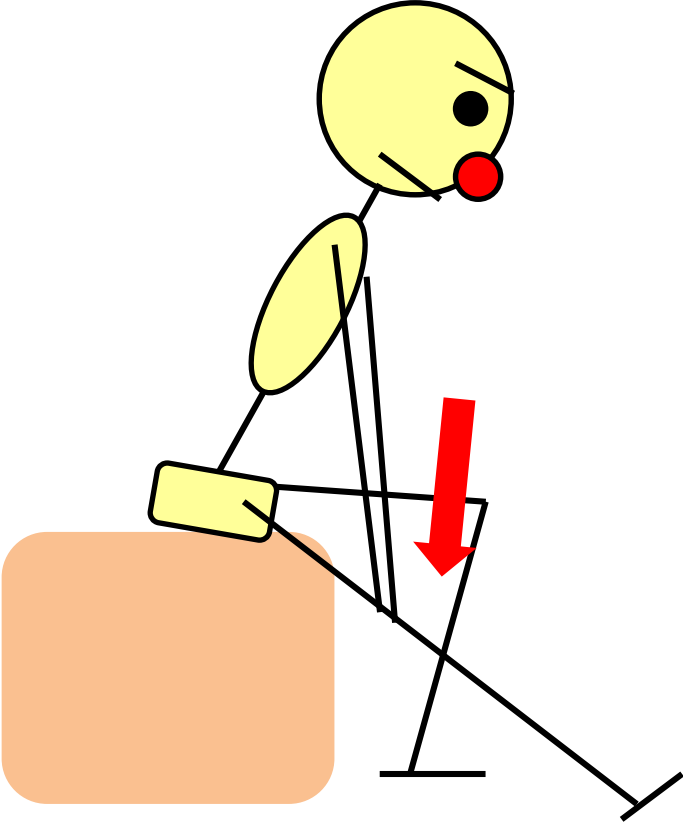
膝曲げストレッチ



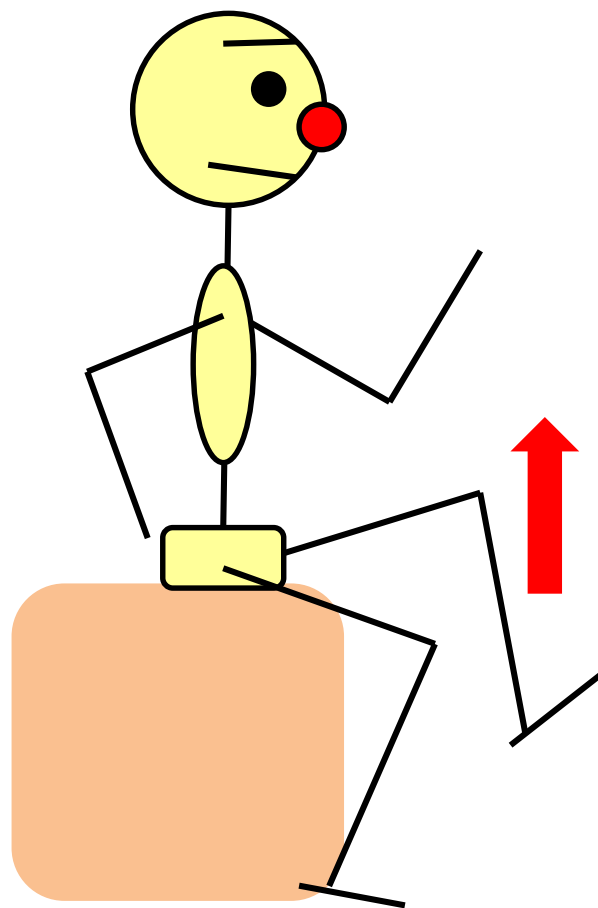
膝の振り子運動



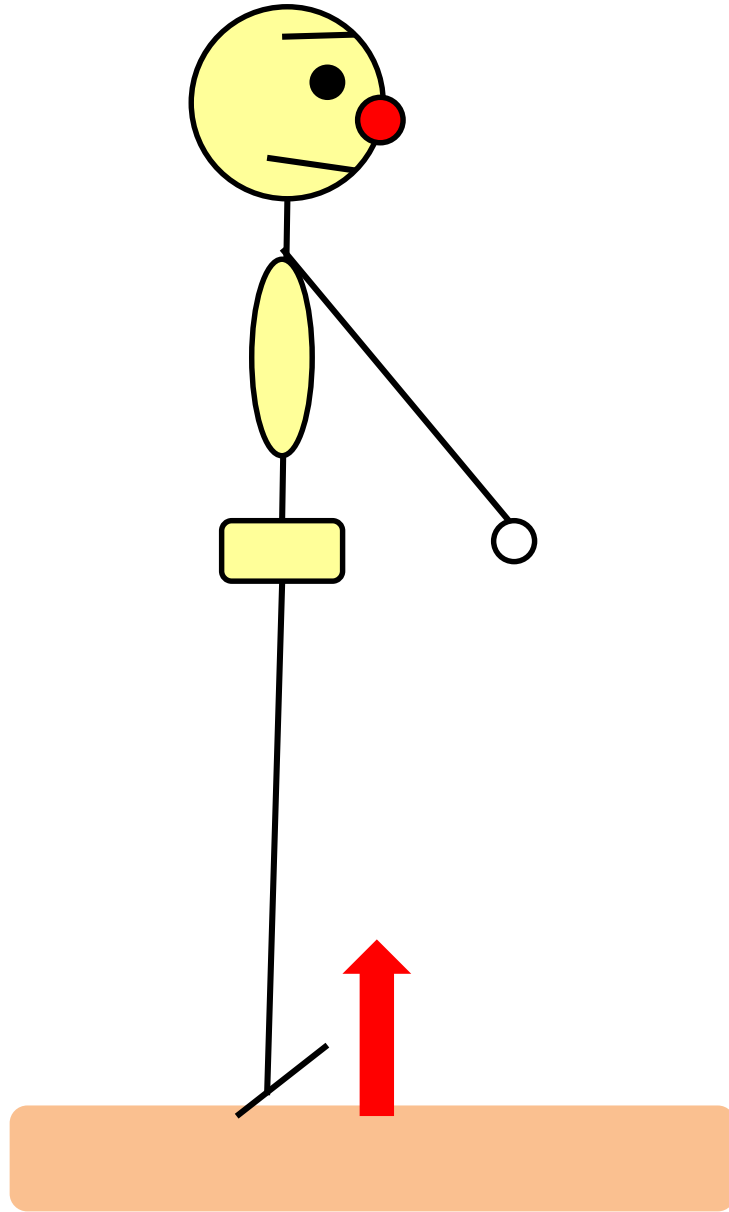
膝裏ストレッチ



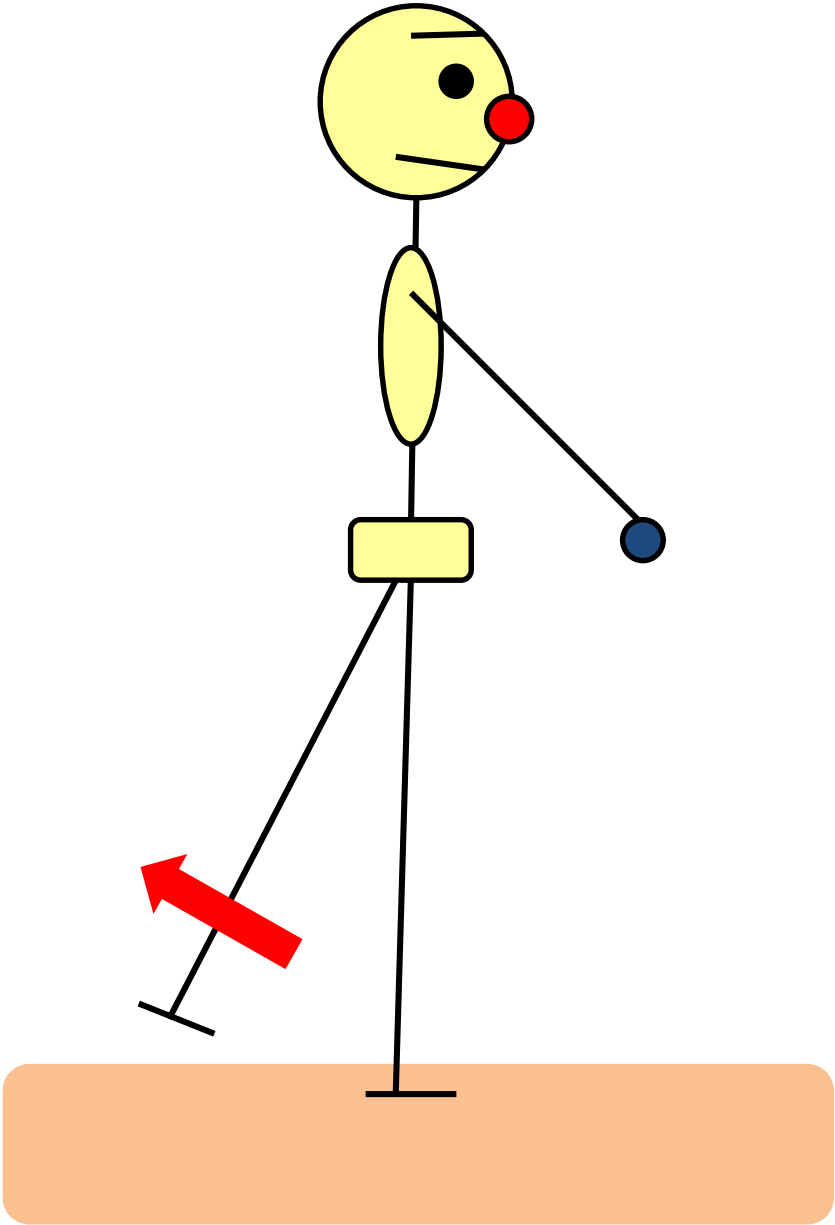
足踏み運動



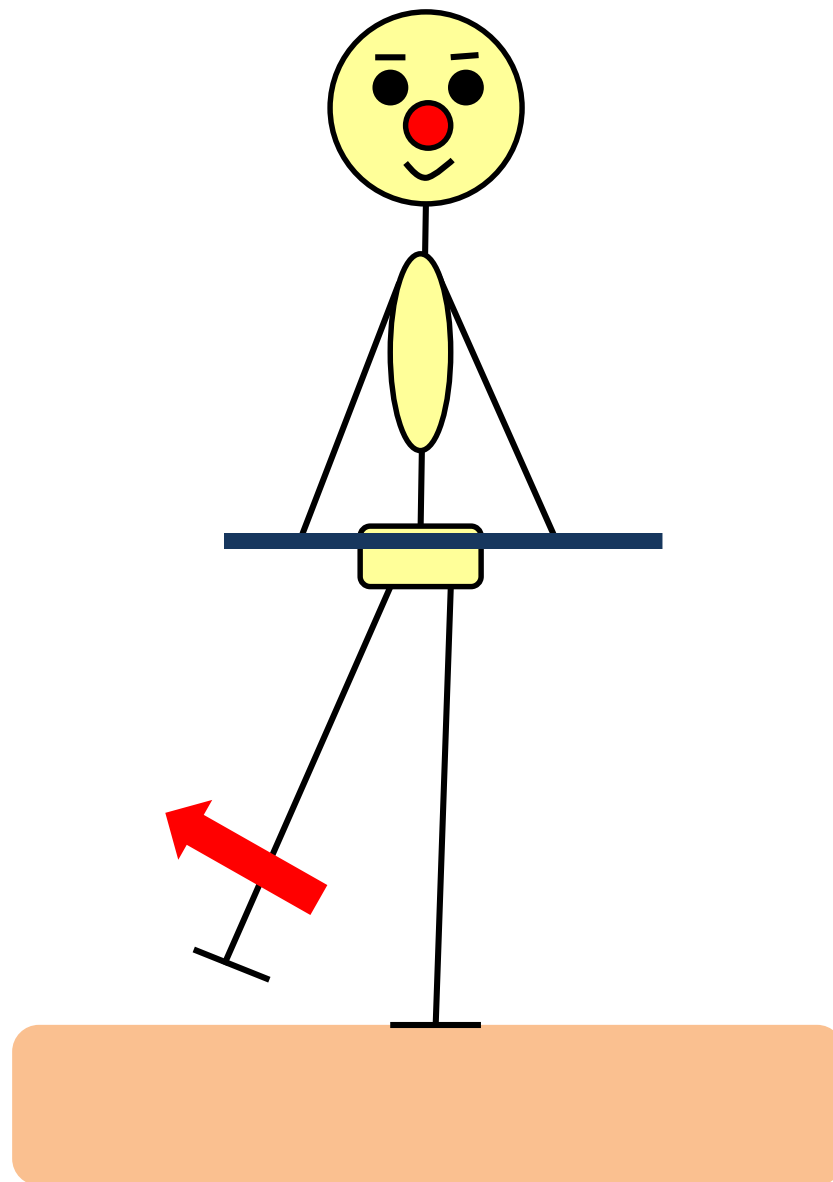
つま先上げ運動



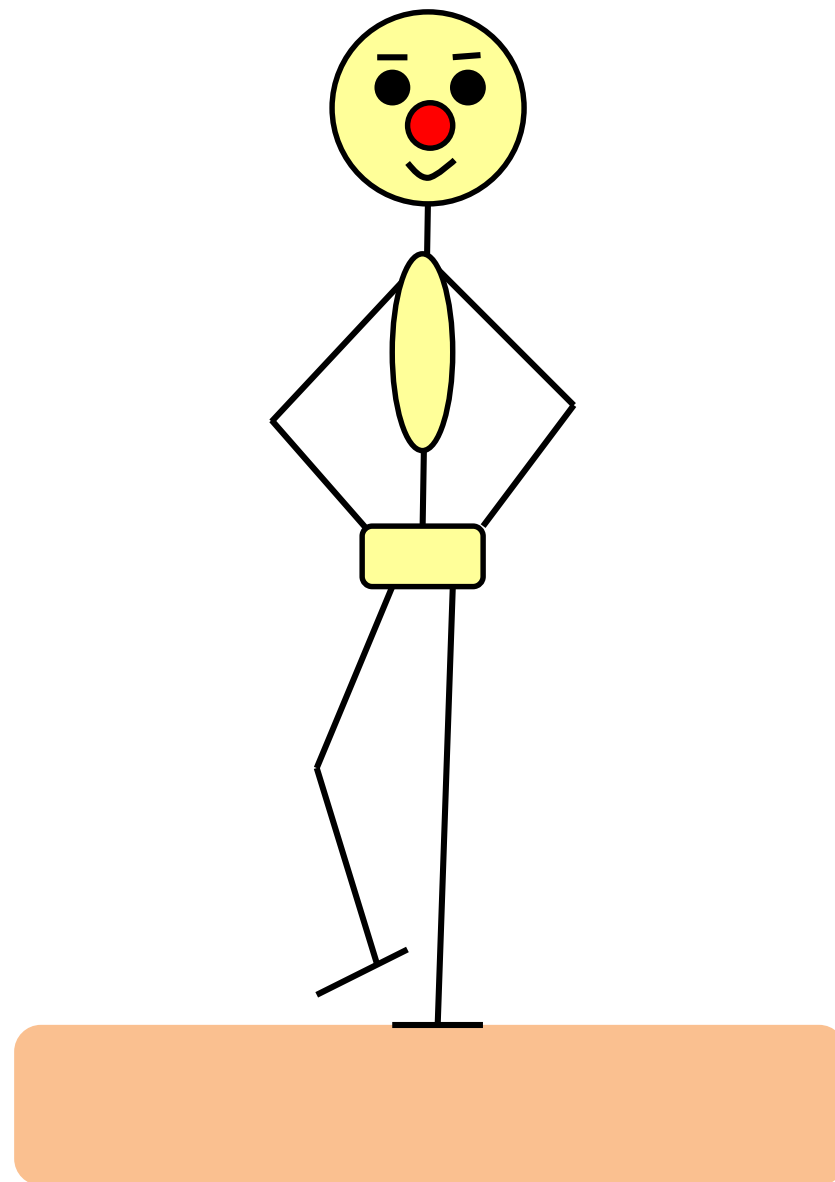
足の後ろ上げ運動



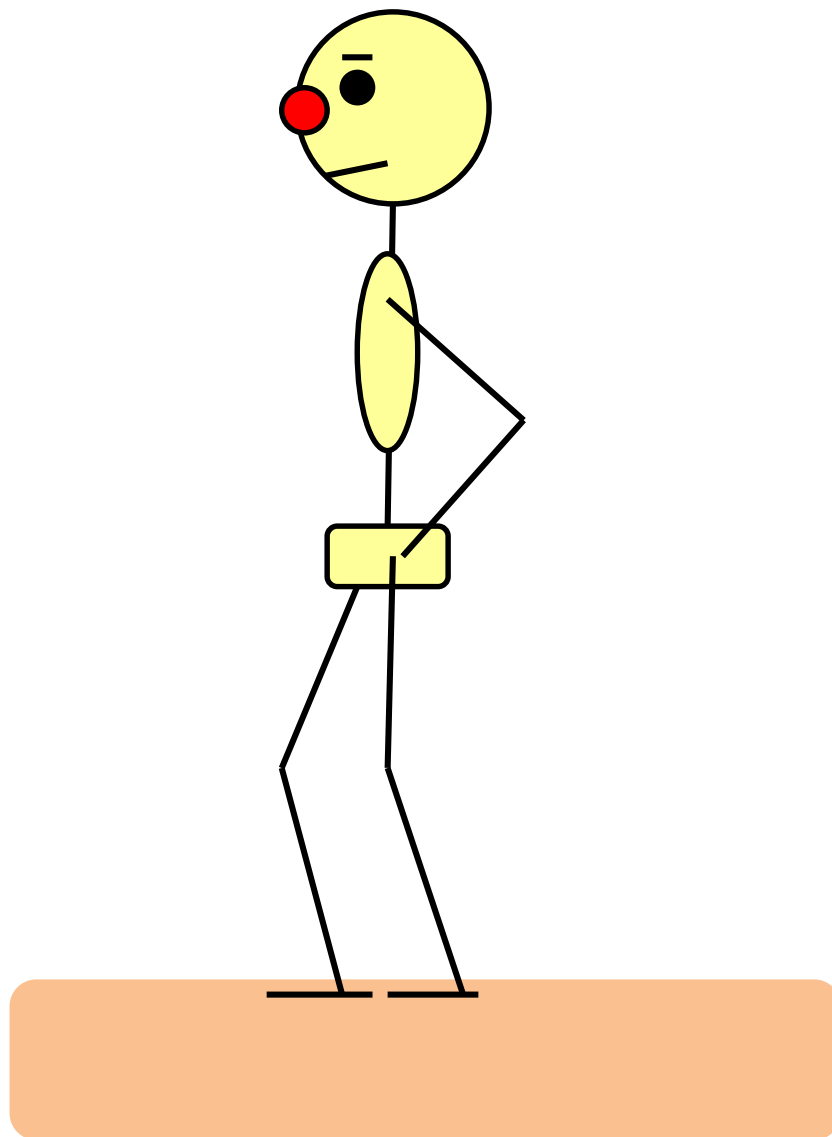
足の横上げ運動



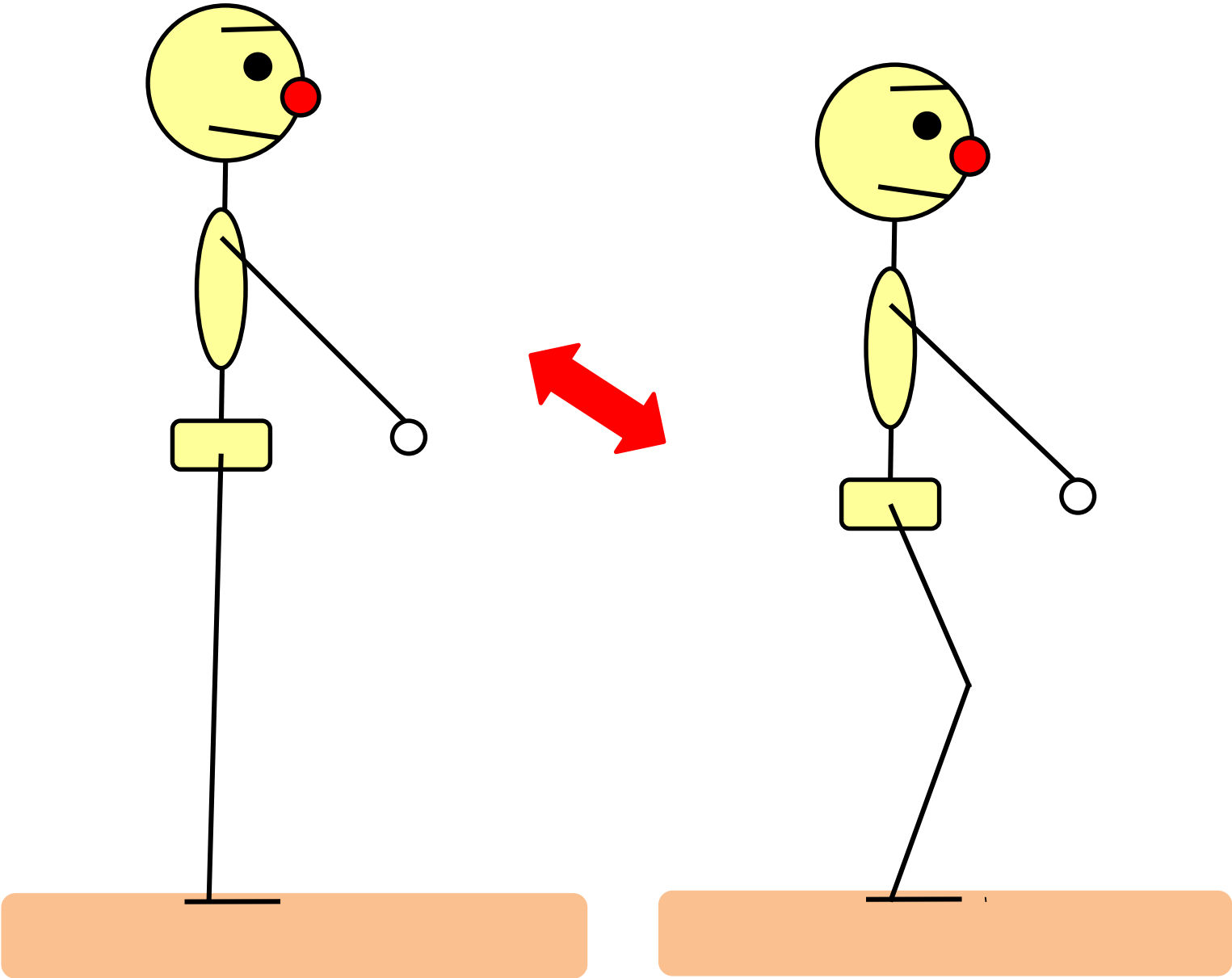
片脚立位運動



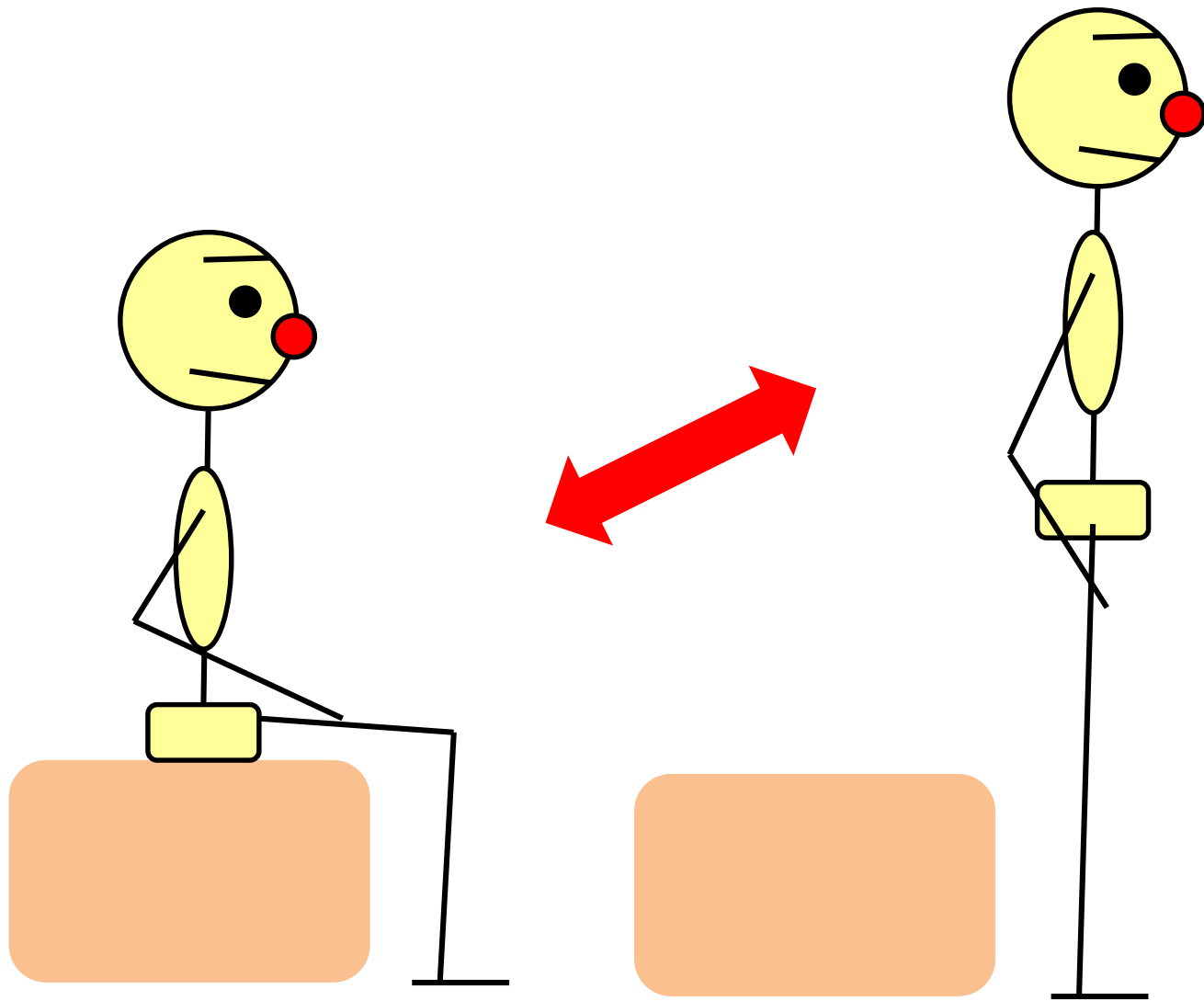
繼脚運動



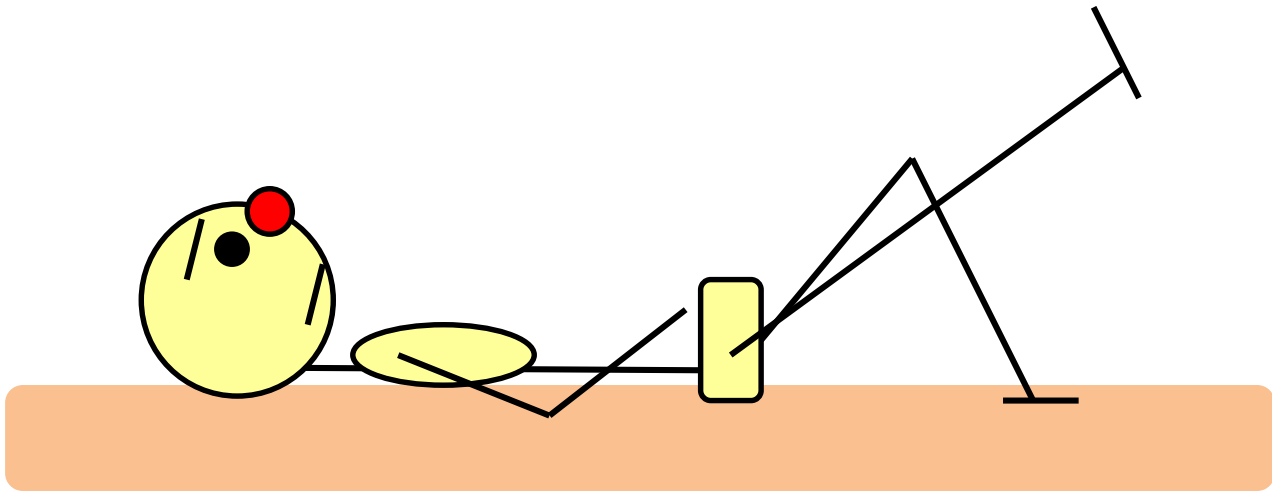
スクワット運動



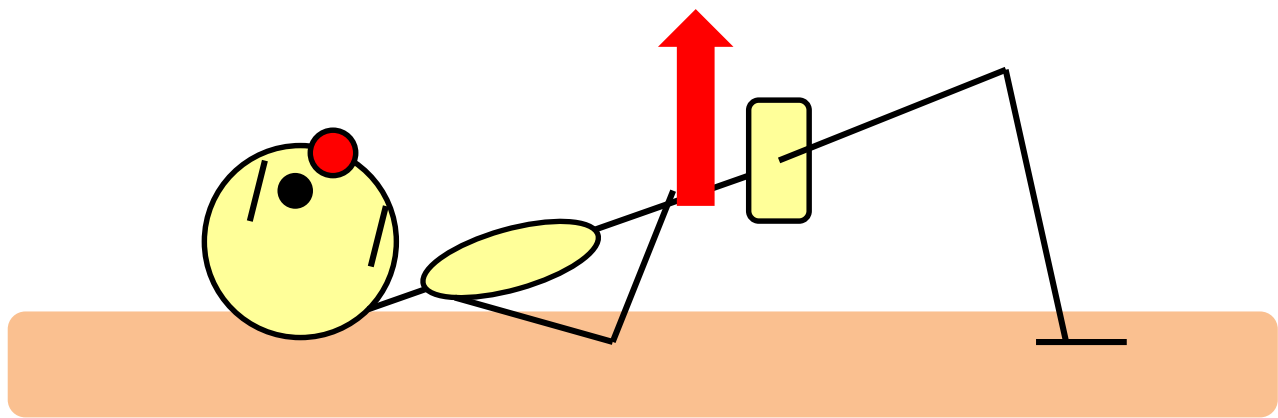
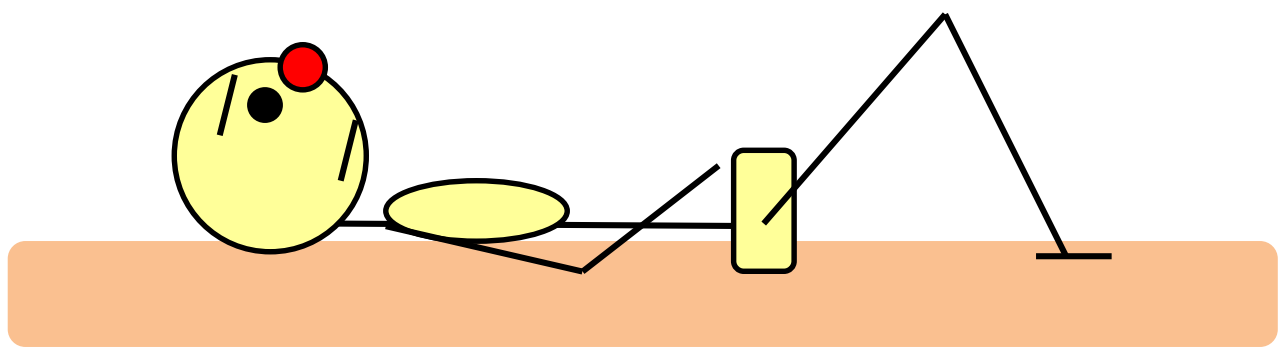
立ち上がり運動



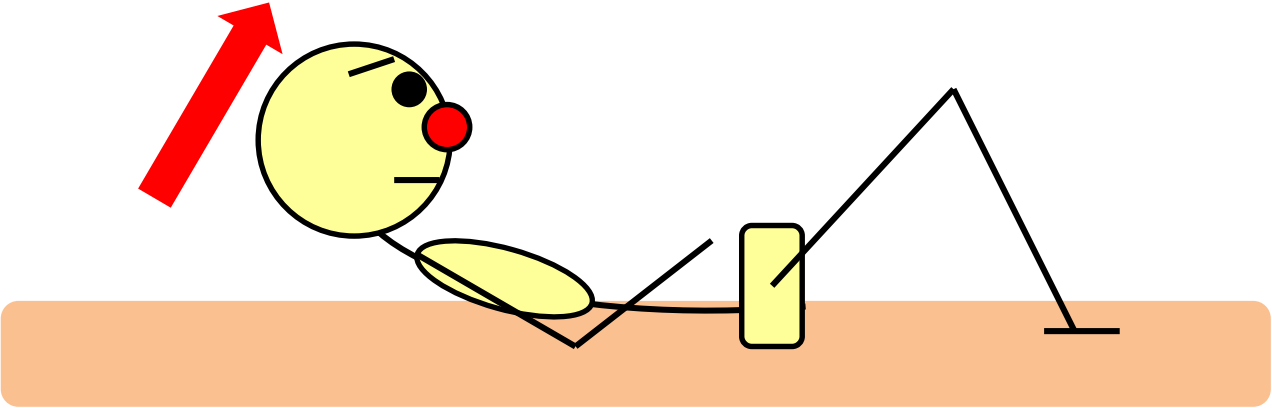
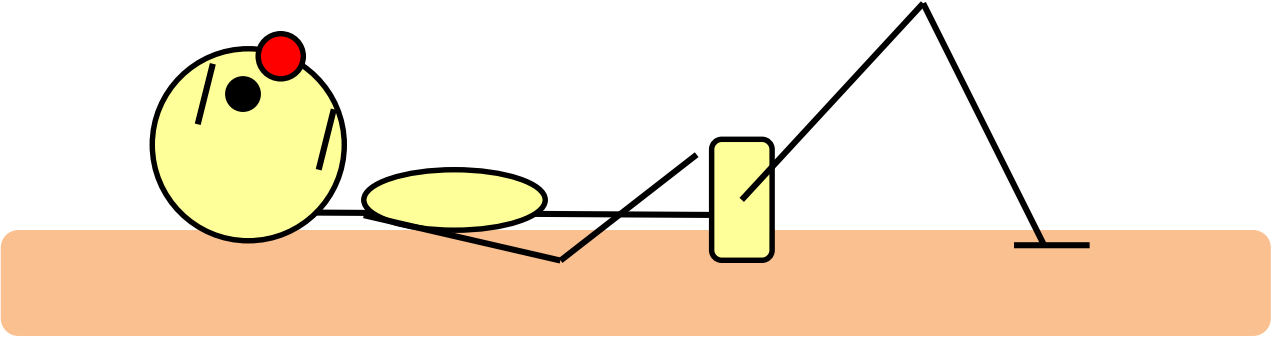
足拳上運動



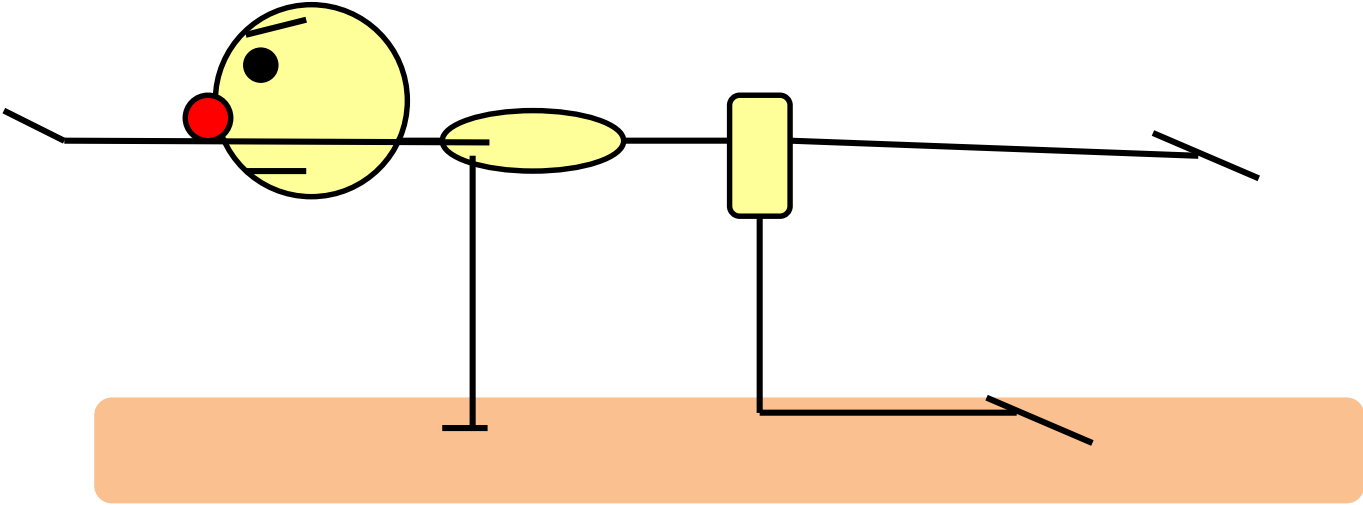
ブリッジ運動



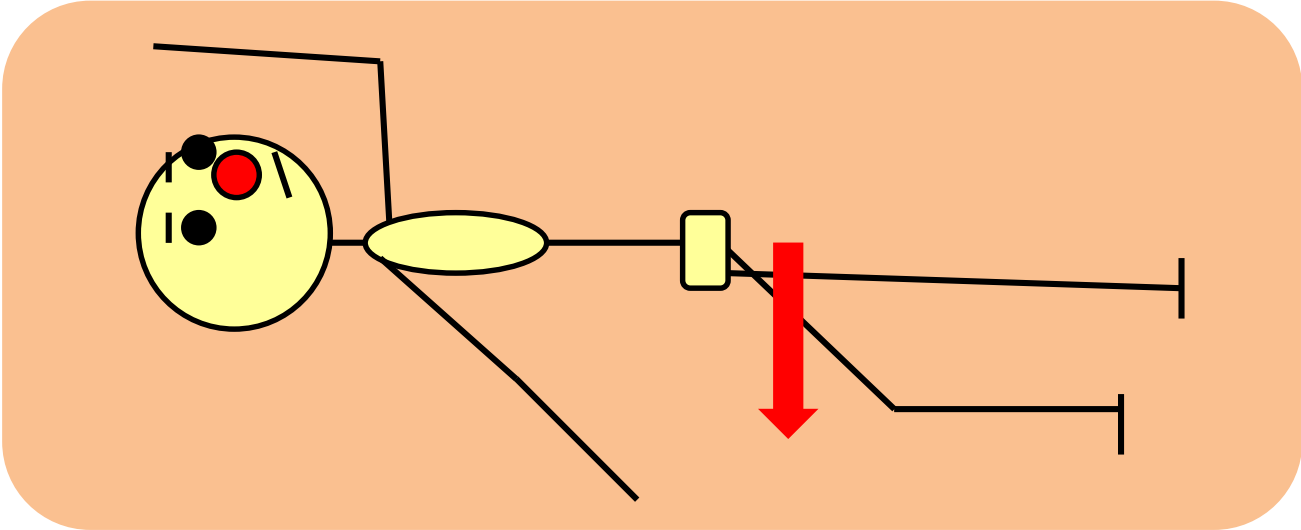
腹筋運動

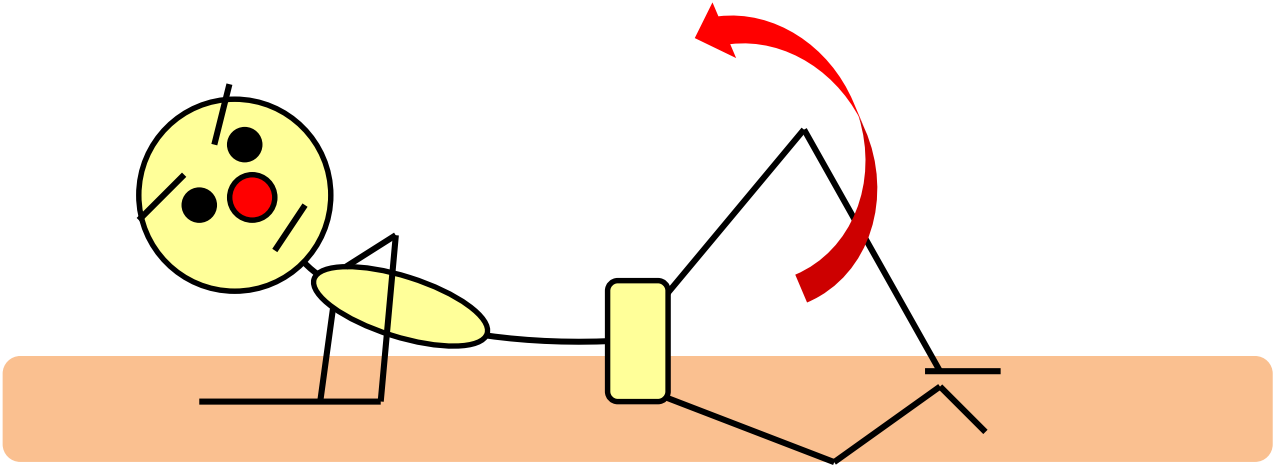


ダイアゴナル

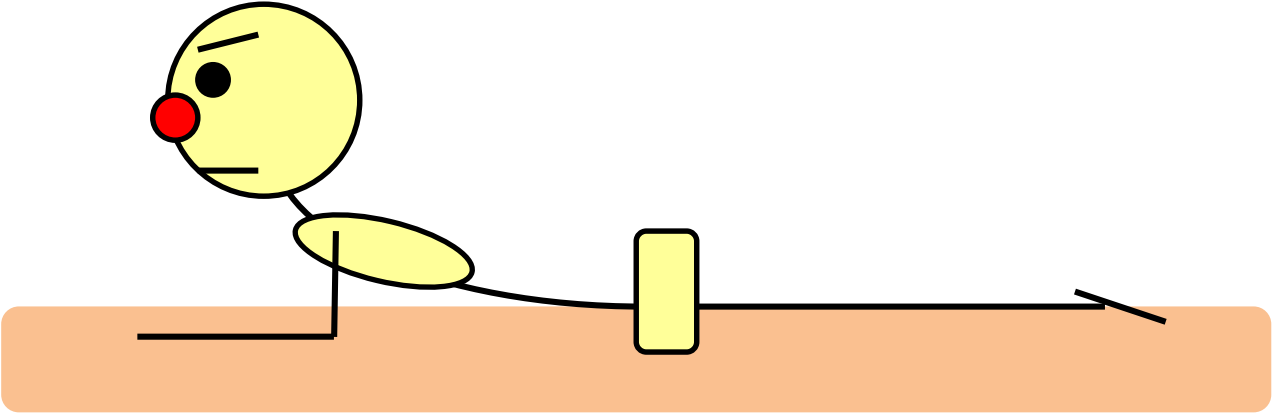


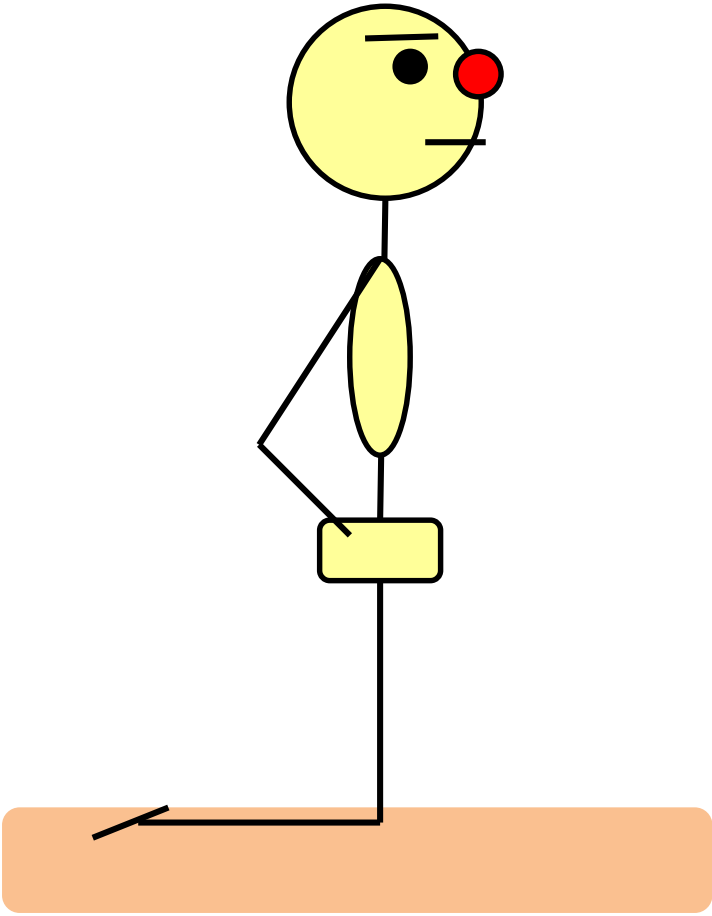
体幹rot

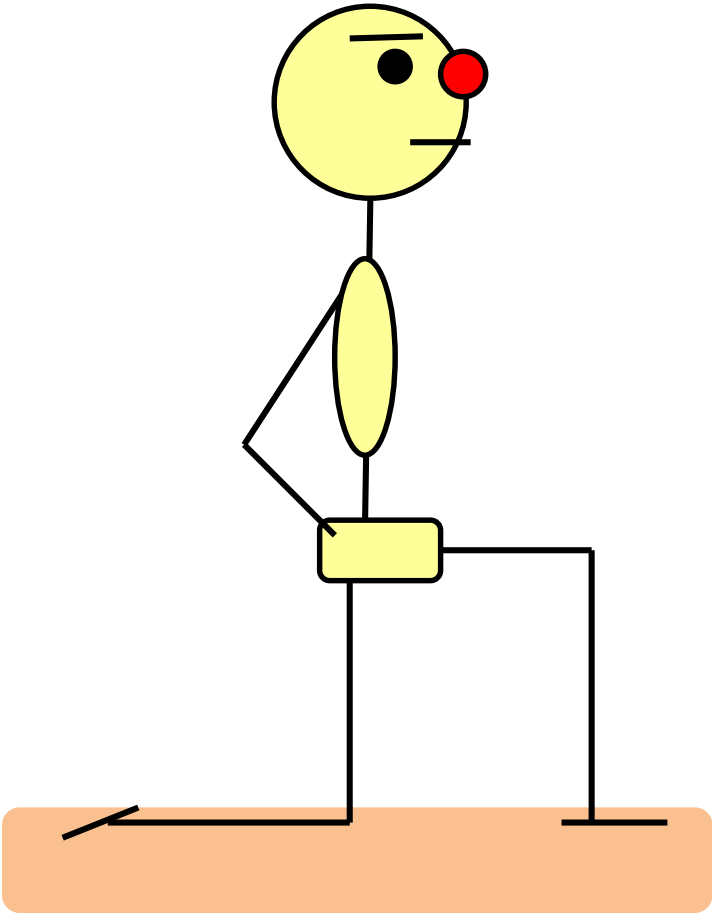


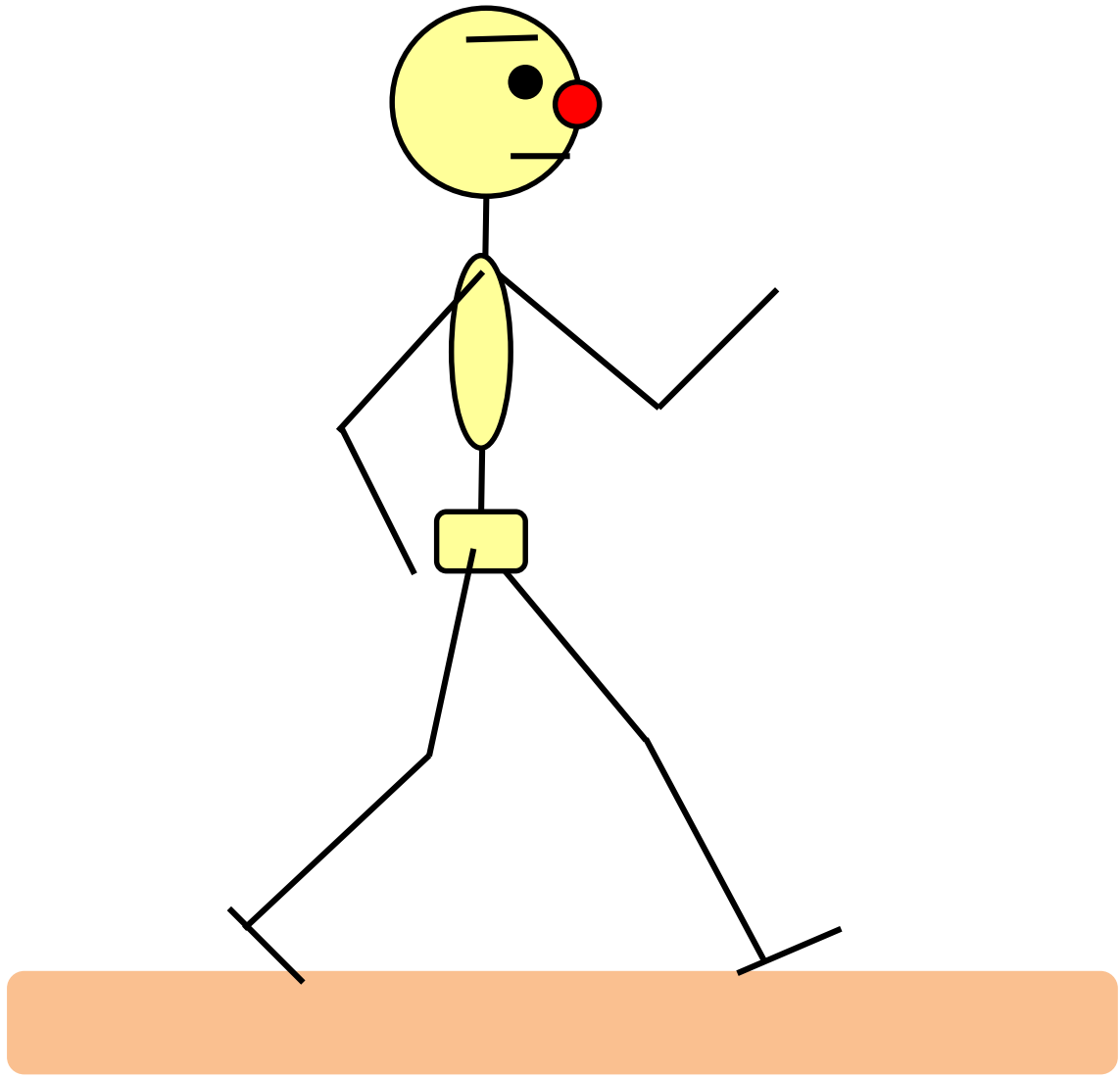


マッケンジー

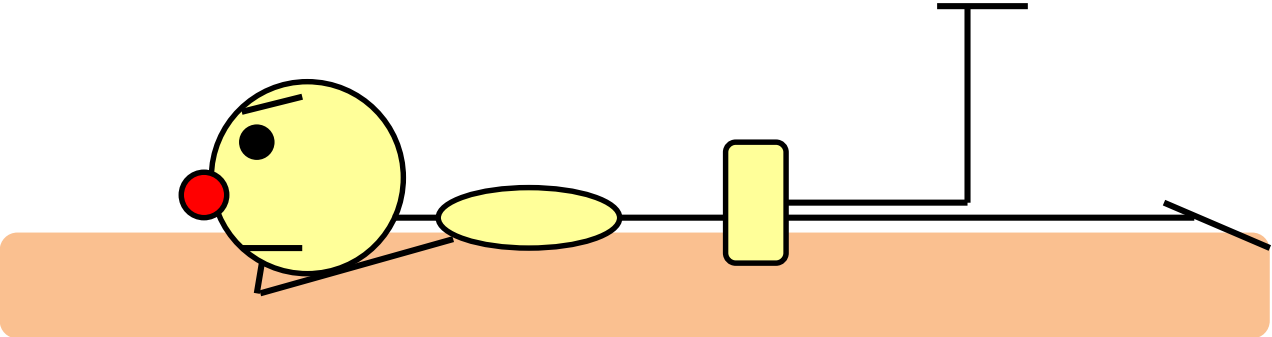








ハムストリングス



サイクル運動

