




15 JUMPING JACK											
10 POMPE GENOU				3							
MONTEES DE GENOUX (20 sec)											

ABDOS ROTATION BUSTE ASSIS MB 1				FESSIERS RELEVÉ DE BASSIN				FENTES LATERALE			
	6	2 KGS	r = 15"		6	10 KGS	r = 15"		8+8		r = 15"
	8	2 KGS	r = 30"		8	10 KGS	r = 30"		10+10		r = 30"
	10	3 KGS	r = 45"		10	10 KGS	r = 45"		12+12		r = 45"
	8	4 KGS	r = 30"		8	10 KGS	r = 30"		10+10		r = 30"
	6	5 KGS	r = 15"		6	10 KGS	r = 15"		8+8		r = 15"

DOS PAPILLON INVERSE HALTERES				JAMBES BURPEES				GAINAGE FACE BOSU BRAS TENDUS			
	6	2 KGS	r = 15"		6		r = 15"		15 Sec		r = 15"
	8	2 KGS	r = 30"		8		r = 30"		30 Sec		r = 30"
	10	2 KGS	r = 45"		10		r = 45"		45 Sec		r = 45"
	8	2 KGS	r = 30"		8		r = 30"		30 Sec		r = 30"
	6	2 KGS	r = 15"		6		r = 15"		15 Sec		r = 15"

FORME

PERFORMANCE

MENTAL

ALIMENTATION