

10 FENTE AVANT BRAS TENDU VERS LE HAUT								
GAINAGE ALTERNE MAINS/COUDES (30 sec)			3					
10 POMPE GENOU								

JAMBES SQUAT POIDS DE CORPS				SQUAT JUMP CLASSIQUE				HAUT DU CORPS POMPE MAINS SERREES			
	8		No r		4		r = 1'		6		No r
	8		No r		4		r = 1'		6		No r
	8		No r		4		r = 1'		6		No r
	8		No r		4		r = 1'		6		No r
	8		No r		4		r = 1'		6		No r
HAUT DU CORPS POMPE SAUTEE				DOS TIRAGE HORIZONTAL 1 BRAS				GAINAGE FACE 1 BRAS LEVE			
	3		r = 1'		12+12	2 KGS	r = 1'		20 Sec		r = 10"
	3		r = 1'		12+12	2 KGS	r = 1'		20 Sec		r = 10"
	3		r = 1'		12+12	2 KGS	r = 1'		20 Sec		r = 10"
	3		r = 1'		12+12	2 KGS	r = 1'		20 Sec		r = 10"
	3		r = 1'								
GAINAGE FACE 1 BRAS LEVE				ABDOS ESSUIS GLACE JAMBES FLECHIES							
			r = 10"		5+5		r = 10"				
			r = 10"		5+5		r = 10"				
			r = 10"		5+5		r = 10"				
			r = 10"		5+5		r = 10"				

FORME

PERFORMANCE

MENTAL

ALIMENTATION