



GRANDS									
10 BURPEES									
10 SQUAT									
10 RELEVÉ DE BUSTE									
				3					

SQUAT JUMP BLOC				DOS SOULEVE DE TERRE KETTELBELL				CUIILLERE			
	16				16		r = 30"		30 Sec		r = 30"
	16				16		r = 30"		30 Sec		r = 30"
	16				16		r = 30"		30 Sec		r = 30"
	16				16		r = 30"		30 Sec		r = 30"
RUSSIAN SWING				FLOOR PRESS				DOS PAPILLON INVERSE HALTERES			
	16				16				16		
	16				16				16		
	16				16				16		
	16				16				16		

FORME

PERFORMANCE

MENTAL

ALIMENTATION