



FFBS

03/04/2020

5

<b>ROTATION BRAS</b>		<b>1</b>	<b>5 Min</b>	<b>INTENSITE PROGRESSIVE</b>			
<b>FENTES LATERALES DROITE et GAUCHE</b>		<b>10+10</b>		<b>EXECUTION LENTE ET CONTROLEE</b>			

DOS TIRAGE HORIZONTAL INVERSE				DOS TIRAGE HORIZONTAL 1 BRAS							
	30 Sec		r = 10"		15+15		r = 1'30				
	30 Sec		r = 10"		15+15		r = 1'30				
	30 Sec		r = 10"		15+15		r = 1'30				
	30 Sec		r = 10"		15+15		r = 1'30				
JAMBES SQUAT EGGER BARRE				FENTES HEIDEN MB HAUT							
	30 Sec		r = 10"		15+15		r = 1'30				
	30 Sec		r = 10"		15+15		r = 1'30				
	30 Sec		r = 10"		15+15		r = 1'30				
	30 Sec		r = 10"		15+15		r = 1'30				
PREVENTIF STABILISATEURS EPAULE MONTEE SUR MB				ABDOS ESSUIS GLACE JAMBES TENDUES 1 MB							
	30 Sec		r = 10"		15+15		r = 1'30				
	30 Sec		r = 10"		15+15		r = 1'30				
	30 Sec		r = 10"		15+15		r = 1'30				
	30 Sec		r = 10"		15+15		r = 1'30				

FORME

PERFORMANCE

MENTAL

ALIMENTATION