



POSER MAINS AU SOL, POMPES, RAMENER LES PIEDS x5		4						
8 FENTES LATERALES DROITE et GAUCHE								

SOULEVE DE TERRE 1 JAMBE				ROTATEUR EXTERNE AU SOL				JAMBES SQUAT POIDS DE CORPS			
	10+10		r = 5"		20+20		r = 1'		20		r = 5"
	10+10		r = 5"		20+20		r = 1'		20		r = 5"
	10+10		r = 5"		20+20		r = 1'		20		r = 5"
	10+10		r = 5"		20+20		r = 1'		20		r = 5"
HAUT DU CORPS REPULSION 1 BANC OU CHAISE				GAINAGE SUPERMAN				FERMETURE UNILATERAL			
	20		r = 1'		45 Sec		r = 5"		10+10		r = 1'
	20		r = 1'		45 Sec		r = 5"		10+10		r = 1'
	20		r = 1'		45 Sec		r = 5"		10+10		r = 1'
	20		r = 1'		30 Sec		r = 5"		10+10		r = 1'

FORME

PERFORMANCE

MENTAL

ALIMENTATION