FFBS

FFBS | **06/04/2020** | **CIRCUIT TRAINING** | **1**

10 SQUATS	3
SUPER MAN DYNAMIQUE (30 sec)	
10 DOS CIRCUIT COUCHE	

MONTEES DE GENOUX ALTERNE

45 Sec		r = 45''
30 Sec		r = 30''
20 Sec		r = 20''

GAINAGE FACE JAMBES TENDUES SUR FITBALL + 2 MB

45 Sec		r = 45''
30 Sec		r = 30''
20 Sec		r = 20''

HAUT DU CORPS ELEVATIONS LAT, FRONT, PAP INVERSE HALTERES

45 Sec		r = 45''
30 Sec		r = 30''
20 Sec		r = 20''

MONTEES DE GENOUX SIMULTANE

45 Sec		r = 45''
30 Sec		r = 30''
20 Sec		r = 20''

GAINAGE SUPERMAN

45 Sec		r = 45''
30 Sec		r = 30''
20 Sec		r = 20''

DOS PULL OVER APPUI HOMOPLATE HALTERE

45 Sec	2 KGS	r = 45''
30 Sec	2 KGS	r = 30''
20 Sec	2 KGS	r = 20''

DYNAMIQUE

FORME

PERFORMANCE

MENTAL

ALIMENTATION