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|----------------------|--|---|--|--|--|--|--|
| 10 SQUATS | | 3 | | | | | |
| 10 POMPES CLASSIQUES | | | | | | | |
| 10+10 ESSUIE GLACE | | | | | | | |

| JAMBES | | | | DOS | | | | HAUT DU CORPS | | | |
|---|-------|--------|---------|--|-------|-------|---------|---|-------|-------|---------|
| DEMI SQUAT 1 JAMBE SUR DYNAIR | | | | PAPILLON INVERSE HALTERE 1 BRAS | | | | POMPE MAINS SUR MB ALTERNE 1 BRAS, 2 BRAS | | | |
|  | 10+10 | | r = 45" |  | 12+12 | 2 KGS | r = 45" |  | 5+5+5 | | r = 45" |
| | 8+8 | | r = 30" | | 10+10 | 2 KGS | r = 30" | | 3+3+3 | | r = 30" |
| | 6+6 | | r = 15" | | 8+8 | 2 KGS | r = 15" | | 2+2+2 | | r = 15" |
| | 8+8 | | r = 30" | | 10+10 | 2 KGS | r = 30" | | 3+3+3 | | r = 30" |
| | 10+10 | | r = 45" | | 12+12 | 2 KGS | r = 45" | | 5+5+5 | | r = 45" |
| | | | | | | | | | | | |
| DOS | | | | ABDOS | | | | FENTES | | | |
| SOULEVE DE TERRE KETTEL BELL | | | | ESSUIS GLACE JAMBES TENDUES | | | | CIRCUIT HALTERES HAUTES | | | |
|  | 10 | 10 KGS | r = 45" |  | 12+12 | | r = 45" |  | 20+20 | 2 KGS | r = 45" |
| | 8 | 15 KGS | r = 30" | | 10+10 | | r = 30" | | 15+15 | 2 KGS | r = 30" |
| | 6 | 20 KGS | r = 15" | | 8+8 | | r = 15" | | 7+7 | 2 KGS | r = 15" |
| | 8 | 15 KGS | r = 30" | | 10+10 | | r = 30" | | 15+15 | 2 KGS | r = 30" |
| | 10 | 10 KGS | r = 45" | | 12+12 | | r = 45" | | 20+20 | 2 KGS | r = 45" |
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FORME

PERFORMANCE

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ALIMENTATION