



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

DOS TIRAGE HORIZONTAL INVERSE				PREVENTIF DOS CIRUIT COUCHE							
	30 Sec		r = 10''		30 Sec		r = 1'30				
	30 Sec		r = 10''		30 Sec		r = 1'30				
	30 Sec		r = 10''		30 Sec		r = 1'30				
	30 Sec		r = 10''		30 Sec		r = 1'30				
FENTES LATERALE HEIDEN				FENTES DIAGONALE SAUTEE							
	15+15		r = 10''		10+10		r = 1'30				
	15+15		r = 10''		10+10		r = 1'30				
	15+15		r = 10''		10+10		r = 1'30				
	15+15		r = 10''		10+10		r = 1'30				
HAUT DU CORPS POMPE MAINS DECALEES				GAINAGE MAIN D-PIED G / MAIN G-PIED D							
	10+10		r = 10''		30 Sec		r = 1'30				
	10+10		r = 10''		30 Sec		r = 1'30				
	10+10		r = 10''		30 Sec		r = 1'30				
	10+10		r = 10''		30 Sec		r = 1'30				

FORME

PERFORMANCE

MENTAL

ALIMENTATION