



| | | | | | | | | | |
|---------------------------|--|--|--|---|--|--|--|--|--|
| GRANDS | | | | | | | | | |
| 10 BURPEES | | | | | | | | | |
| 10 SQUAT | | | | | | | | | |
| 10 RELEVÉ DE BUSTE | | | | | | | | | |
| | | | | 3 | | | | | |

| FESSIERS RELEVÉ DE BASSIN | | | | HAUT DU CORPS POMPE MAINS SURELEVÉES | | | | GAINAGE ARAIGNÉE | | | |
|--|----|--|--|---|----|--|--|---|--------|--|--|
| | 18 | | | | 18 | | | | 30 Sec | | |
| | 18 | | | | 18 | | | | 30 Sec | | |
| | 18 | | | | 18 | | | | 30 Sec | | |
| | 18 | | | | 18 | | | | 30 Sec | | |
| | 18 | | | | 18 | | | | 30 Sec | | |
| DOS TIRAGE POITRINE BUSTE PENCHE HALTERES | | | | FENTES ARRIÈRE | | | | ABDOS MONTEE DE BUSTE JAMBES TENDUES SOL | | | |
| | 18 | | | | 18 | | | | 18 | | |
| | 18 | | | | 18 | | | | 18 | | |
| | 18 | | | | 18 | | | | 18 | | |
| | 18 | | | | 18 | | | | 18 | | |
| | 18 | | | | 18 | | | | 18 | | |
| | | | | | | | | | | | |
| | | | | | | | | | | | |
| | | | | | | | | | | | |
| | | | | | | | | | | | |

FORME

PERFORMANCE

MENTAL

ALIMENTATION