



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

4

JAMBES SQUAT POIDS DE CORPS				DOS TIRAGE HORIZONTAL 1 BRAS				MONTEES DE BANC AVANT			
	10		r = 5"		10+10		r = 1'		10+10		r = 5"
	10		r = 5"		10+10		r = 1'		10+10		r = 5"
	10		r = 5"		10+10		r = 1'		10+10		r = 5"
	10		r = 5"		10+10		r = 1'		10+10		r = 5"
	10		r = 5"		10+10		r = 1'		10+10		r = 5"
		3.1.1				3.1.1					
HAUT DU CORPS REPULSION 1 BANC OU CHAISE				CUILLERE				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'		45 Sec		r = 5"		10+10		r = 1'
	20		r = 1'		45 Sec		r = 5"		10+10		r = 1'
SOULEVE DE TERRE 1 JAMBE				MARCHE DU CRABE							
	10+10		r = 5"			10 M	r = 1'				
	10+10		r = 5"			10 M	r = 1'				
	10+10		r = 5"			10 M	r = 1'				
	10+10		r = 5"			10 M	r = 1'				
	10+10		r = 5"			10 M	r = 1'				

FORME

PERFORMANCE

MENTAL

ALIMENTATION