

10 SQUATS		3						
FACE GAINAGE COUSSIN (30 sec)								
10 SOULEVE DE T JBS TENDUES								

TALONS FESSES ALTERNE				GAINAGE FACE BOSU BRAS TENDUS				HAUT DU CORPS REPULSION 1 BANC OU CHAISE			
	45 Sec		r = 45"		45 Sec		r = 45"		45 Sec		r = 45"
	30 Sec		r = 30"		30 Sec		r = 30"		30 Sec		r = 30"
	20 Sec		r = 20"		20 Sec		r = 20"		20 Sec		r = 20"
SQUAT JUMP AVANT AVC DEPLACEMENT				GAINAGE SUPERMAN				DOS SOULEVE DE TERRE JAMBES TENDUES			
	45 Sec		r = 45"		45 Sec		r = 45"		45 Sec	2 KGS	r = 45"
	30 Sec		r = 30"		30 Sec		r = 30"		30 Sec	2 KGS	r = 30"
	20 Sec		r = 20"		20 Sec		r = 20"		20 Sec	2 KGS	r = 20"
DYNAMIQUE											

FORME

PERFORMANCE

MENTAL

ALIMENTATION