FFBS

FÉDÉRATION FRANÇAISE BASEBALL & SOFTBALL

FFBS **14/04/2020** **CIRCUIT TRAINING** **2**

10+10 FENTES LATERALES	3	
10 PAPILLON INVERSE		
6 LANCER DE MB VERTICAL		

FENTES
LATERALE SUR DYNAIR

10+10		No r
8+8		No r
6+6		No r
8+8		No r
10+10		No r

DEVELOPPE
COUCHE HALTERES AVEC ROTATION 1

10		r = 45''
8		r = 30''
6		r = 15''
8		r = 30''
10		r = 45''

DOS
PAPILLON INVERSE HALTERES

10		No r
8		No r
6		No r
8		No r
10		No r

MEDECINE BALL
LANCER DE MB VERTICAL, REBOND SOL, RELANCER

10		r = 45''
8		r = 30''
6		r = 15''
8		r = 30''
10		r = 45''

ABDOS
ROTATION BUSTE ASSIS MB 1

30		No r
20		No r
10		No r
20		No r
30		No r

FREQUENCE MAXIMALE

DOS
PULL OVER APPUI HOMOPLATE HALTERE

10		r = 45''
8		r = 30''
6		r = 15''
8		r = 30''
10		r = 45''

FORME

PERFORMANCE

MENTAL

ALIMENTATION