



<b>GRANDS</b>							
	<b>10 POMPES</b>						
	<b>10 SQUAT</b>		<b>3</b>				
	<b>10 DEVELOPPE AU SOL</b>						

JAMBES CHAISE (KILLY) LESTEE				BURPEES				CUILLERE			
	30 Sec		30 Sec		30 Sec		30 Sec		30 Sec		30 Sec
	30 Sec		30 Sec		30 Sec		30 Sec		30 Sec		
	30 Sec		30 Sec		30 Sec		30 Sec		30 Sec		
	30 Sec		30 Sec		30 Sec		30 Sec		30 Sec		
	30 Sec		30 Sec		30 Sec		30 Sec		30 Sec		
DOS SOULEVE DE TERRE KETTELBELL				FENTES SAUTEES				GAINAGE SUPERMAN			
	30 Sec		30 Sec		30 Sec		30 Sec		30 Sec		30 Sec
	30 Sec		30 Sec		30 Sec		30 Sec		30 Sec		
	30 Sec		30 Sec		30 Sec		30 Sec		30 Sec		
	30 Sec		30 Sec		30 Sec		30 Sec		30 Sec		
	30 Sec		30 Sec		30 Sec		30 Sec		30 Sec		

FORME

PERFORMANCE

MENTAL

ALIMENTATION