




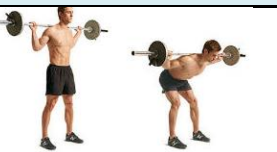




10 BURPEES
20 secondes cuillere
20 secondes superman

3

JAMBES DEMI SQUAT BARRE DEVANT				DOS TIRAGE POITRINE BUSTE PENCHE HALTERES ROTATION				MONTEES DE BANC AVANT BARRE HAUTE			
	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 POULIE ANDRIEU				L-Sit				ABDOS MONTEE DE BUSTE PIEDS SOL			
	3		r = 1'		45 Sec		r = 5"		15		r = 1'
	3		r = 1'		45 Sec		r = 5"		15		r = 1'
	3		r = 1'		45 Sec		r = 5"		15		r = 1'
	3		r = 1'		45 Sec		r = 5"		15		r = 1'
	3		r = 1'		45 Sec		r = 5"		15		r = 1'
SOULEVE DE TERRE 1 JAMBE				GOOD MORNING							
	10+10		r = 5"			15	r = 1'				
	10+10		r = 5"			15	r = 1'				
	10+10		r = 5"			15	r = 1'				
	10+10		r = 5"			15	r = 1'				
	10+10		r = 5"			15	r = 1'				

FORME

PERFORMANCE

MENTAL

ALIMENTATION