

10 SQUATS											
SUPER MAN DYNAMIQUE (30 sec)				3							
10 DOS CIRCUIT COUCHE											

SQUAT JUMP CLASSIQUE				GAINAGE MAIN D - PIED G				HAUT DU CORPS REPULSION 1 BANC OU CHAISE			
	12		No r		30 Sec		No r		12		r = 1'30
	14		No r		30 Sec		No r		14		r = 1'30
	16		No r		30 Sec		No r		16		r = 1'30
MONTEES DE GENOUX SIMULTANE				GAINAGE MAIN G - PIED D				DOS TIRAGE POITRINE BUSTE PENCHE HALTERES ROTATION			
	12+12		No r		30 Sec		No r		12	2 KGS	r = 1'30
	15+15		No r		30 Sec		No r		14	2 KGS	r = 1'30
	20+20		No r		30 Sec		No r		16	2 KGS	r = 1'30

FORME

PERFORMANCE

MENTAL

ALIMENTATION