FFBS

FÉDÉRATION FRANÇAISE BASEBALL & SOFTBALL

FFBS **21/04/2020** **CIRCUIT TRAINING** **2**

10 SQUATS	3
10 POMPES CLASSIQUES	
10+10 ESSUIE GLACE	

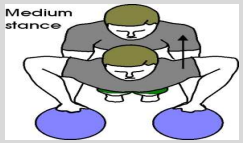
JAMBES
DEMI SQUAT 1 JAMBE SUR DYNAIR

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

DOS
TIRAGE PLANCHE ALLONGE

8+8	2 KGS	r = 15''
10+10	2 KGS	r = 30''
12+12	2 KGS	r = 45''
10+10	2 KGS	r = 30''
8+8	2 KGS	r = 15''

HAUT DU CORPS
POMPE MAINS SUR DYNAIRS



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

DOS
SOULEVE DE TERRE KETTELBELL

8	20 KGS	r = 15''
10	15 KGS	r = 30''
12	10 KGS	r = 45''
10	15 KGS	r = 30''
8	20 KGS	r = 15''

ABDOS
ESSUIS GLACE JAMBES TENDUES

8+8		r = 15''
10+10		r = 30''
12+12		r = 45''
10+10		r = 30''
8+8		r = 15''

FENTES
AVANT MB HAUT

8+8		r = 15''
10+10		r = 30''
12+12		r = 45''
10+10		r = 30''
8+8		r = 15''

FORME

PERFORMANCE

MENTAL

ALIMENTATION