



10 POMPES GENOUX							
10 SQUAT		4					
10 TIRAGE BUSTE PENCHE							

FENTES LATERALE				DOS TIRAGE HORIZONTAL 1 BRAS				RUSSIAN SWING			
	10		r = 5"		10+10		r = 1'		15		r = 5"
	10		r = 5"		10+10		r = 1'		15		r = 5"
	10		r = 5"		10+10		r = 1'		15		r = 5"
	10		r = 5"		10+10		r = 1'		15		r = 5"
	10		r = 5"		10+10		r = 1'		15		r = 5"
	10		r = 5"		10+10		r = 1'		15		r = 5"
3.1.1				3.1.1							
FLOOR PRESS				CUILLERE				V-up			
	15		r = 1'		45 Sec		r = 5"		15		r = 1'
	15		r = 1'		45 Sec		r = 5"		15		r = 1'
	15		r = 1'		45 Sec		r = 5"		15		r = 1'
	15		r = 1'		45 Sec		r = 5"		15		r = 1'
	15		r = 1'		45 Sec		r = 5"		15		r = 1'
	15		r = 1'		45 Sec		r = 5"		15		r = 1'
3.1.1											
DEVELOPPE AU SOL				CRAWL							

FORME

PERFORMANCE

MENTAL

ALIMENTATION