



|  |  |  |  |              |              |                                     |  |  |
|--|--|--|--|--------------|--------------|-------------------------------------|--|--|
|  |  |  |  |              |              |                                     |  |  |
| <b>ROTATION BRAS</b>                     |  |  |  | <b>1</b>     | <b>5 Min</b> | <b>INTENSITE PROGRESSIVE</b>        |  |  |
| <b>FENTES LATERALES DROITE et GAUCHE</b> |  |  |  | <b>10+10</b> |              | <b>EXECUTION LENTE ET CONTROLEE</b> |  |  |

| FENTES CIRCUIT                                 |     |       |          | JAMBES SQUAT POIDS DE CORPS                               |          |  |          |                              |  |  |  |
|--|-----|-------|----------|---|----------|--|----------|------------------------------|--|--|--|
|  | 4+4 |       | r = 10'' |   | 20       |  | r = 1'30 |                              |  |  |  |
|  | 4+4 |       | r = 10'' |   | 20       |  | r = 1'30 |                              |  |  |  |
|  | 4+4 |       | r = 10'' |   | 20       |  | r = 1'30 |                              |  |  |  |
|  | 4+4 |       | r = 10'' |   | 20       |  | r = 1'30 |                              |  |  |  |
| HAUT DU CORPS POMPE MAINS SUR 1 MB             |     |       |          | HAUT DU CORPS ELEVATIONS LAT, FRONT, PAP INVERSE HALTERES |          |  |          |                              |  |  |  |
|  | 15  | 2 KGS | r = 10'' |   | 20+20+20 |  | r = 1'30 |                              |  |  |  |
|  | 15  | 2 KGS | r = 10'' |   | 20+20+20 |  | r = 1'30 |                              |  |  |  |
|  | 15  | 2 KGS | r = 10'' |   | 20+20+20 |  | r = 1'30 |                              |  |  |  |
|  | 15  | 2 KGS | r = 10'' |   | 20+20+20 |  | r = 1'30 |                              |  |  |  |
| ABDOS MONTEE DE BUSTE BRAS TENDUS PIEDS AU SOL |     |       |          | ABDOS TOUCHER TALONS SIMULTANE                            |          |  |          | ABDOS TOUCHER TALONS ALTERNE |  |  |  |
|  | 8   |       | r = 10'' |   | 30 Sec   |  | r = 1'30 |                              |  |  |  |
|  | 8   |       | r = 10'' |   | 30 Sec   |  | r = 1'30 |                              |  |  |  |
|  | 8   |       | r = 10'' |   | 30 Sec   |  | r = 1'30 |                              |  |  |  |
|  | 8   |       | r = 10'' |   | 30 Sec   |  | r = 1'30 |                              |  |  |  |
|  |     |       |          |   |          |  |          |                              |  |  |  |
|  |     |       |          |   |          |  |          |                              |  |  |  |

FORME

PERFORMANCE

MENTAL

ALIMENTATION