



10 POMPES GENOUX									
10 SQUAT		4							
10 TIRAGE BUSTE PENCHE									

MONTEES DE BANC AVANT JAMBE HAUTE				DOS PAPILLON INVERSE HALTERES				RUSSIAN SWING			
	10+10		r = 5"		20		r = 1'		15		r = 5"
	10+10		r = 5"		20		r = 1'		15		r = 5"
	10+10		r = 5"		20		r = 1'		15		r = 5"
	10+10		r = 5"		20		r = 1'		15		r = 5"
	10+10		r = 5"		20		r = 1'		15		r = 5"
				3.1.1							
ABDOS ROTATION DES HANCHES A LA POULIE				JAMBES CHAISE 1 JAMBE				GAINAGE ARRIERE 1 JAMBE LEVEE			
	8+8		r = 1'		2X20 Sec		r = 5"		15		r = 1'
	8+8		r = 1'		2X20 Sec		r = 5"		15		r = 1'
	8+8		r = 1'		2X20 Sec		r = 5"		15		r = 1'
	8+8		r = 1'		2X20 Sec		r = 5"		15		r = 1'
	8+8		r = 1'		2X20 Sec		r = 5"		15		r = 1'
FERMETURE UNILATERAL				GAINAGE ARAIGNEE							
	10+10		r = 5"		45 Sec		r = 1'				
	10+10		r = 5"		45 Sec		r = 1'				
	10+10		r = 5"		45 Sec		r = 1'				
	10+10		r = 5"		45 Sec		r = 1'				
	10+10		r = 5"		45 Sec		r = 1'				

FORME

PERFORMANCE

MENTAL

ALIMENTATION