







MONTEES DE GENOUX (30 sec)				3						
SUPER MAN DYNAMIQUE (30 sec)										
10 DOS CIRCUIT COUCHE										

SQUAT JUMP DROITE / GAUCHE 1 JAMBE				GAINAGE ARRIERE 1 JAMBE LEEVE				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 ALTERNE				GAINAGE ARRIERE 1 JAMBE LEEVE				DOS PAPILLON INVERSE HALTERES			
	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