

10 SQUATS											
10 POMPES CLASSIQUES				3							
8 RAMEUR											

JAMBES DEMI SQUAT 1 JAMBE SUR DYNAIR				DOS TIRAGE HORIZONTAL 1 BRAS				HAUT DU CORPS POMPE MAINS SURELEVEES			
	6+6		r = 15"		8+8	2 KGS	r = 15"		6		r = 15"
	8+8		r = 30"		10+10	2 KGS	r = 30"		8		r = 30"
	10+10		r = 45"		12+12	2 KGS	r = 45"		10		r = 45"
	8+8		r = 30"		10+10	2 KGS	r = 30"		8		r = 30"
	6+6		r = 15"		8+8	2 KGS	r = 15"		6		r = 15"
DOS SOULEVE DE TERRE JAMBES TENDUES				ABDOS RAMEUR				FENTES LATERALE HEIDEN MB HAUT			
	8	20 KGS	r = 15"		10		r = 15"		8+8		r = 15"
	10	15 KGS	r = 30"		14		r = 30"		10+10		r = 30"
	12	10 KGS	r = 45"		18		r = 45"		12+12		r = 45"
	10	15 KGS	r = 30"		14		r = 30"		10+10		r = 30"
	8	20 KGS	r = 15"		10		r = 15"		8+8		r = 15"

FORME

PERFORMANCE

MENTAL

ALIMENTATION