



ROTATION BRAS				1	5 Min	INTENSITE PROGRESSIVE			
FENTES LATERALES DROITE et GAUCHE				10+10		EXECUTION LENTE ET CONTROLEE			

FENTES HEIDEN				HAUT DU CORPS POMPE 1 BRAS SUR 1 MB							
	12+12		r = 10''		10+10		r = 1'30				
	12+12		r = 10''		10+10		r = 1'30				
	12+12		r = 10''		10+10		r = 1'30				
	12+12		r = 10''		10+10		r = 1'30				
FENTES LATERALE HEIDEN				PREVENTIF STABILISATEURS EPAULE PASSE MB G A D							
	12+12		r = 10''		10+10		r = 1'30				
	12+12		r = 10''		10+10		r = 1'30				
	12+12		r = 10''		10+10		r = 1'30				
	12+12		r = 10''		10+10		r = 1'30				
MEDECINE BALL ASSIS, PASSE MB AVEC PARTENAIRE				PREVENTIF DOS CIRUIT COUCHE				GAINAGE MAIN D-PIED G / MAIN G-PIED D			
	25		r = 10''		30 Sec		r = 10''		30 Sec		r = 1'30
	25		r = 10''		30 Sec		r = 10''		30 Sec		r = 1'30
	25		r = 10''		30 Sec		r = 10''		30 Sec		r = 1'30
	25		r = 10''		30 Sec		r = 10''		30 Sec		r = 1'30

FORME

PERFORMANCE

MENTAL

ALIMENTATION