

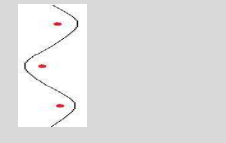


10 SQUATS		3							
10 ACCELERATION PROGRESSIVE									
30 SEC GAINAGE DE FACE									

SQUAT JUMP DIAGONALE 1 JAMBE			GAINAGE FACE + JBE FLECHIE COTE ALTERNE			COURSE SPRINT SLALOM			
	10+10	No r		30 Sec	No r		5	15 M	r = 1'30
	10+10	No r		30 Sec	No r		5	15 M	r = 1'30
	10+10	No r		30 Sec	No r		5	15 M	r = 1'30

JAMBES SQUAT EGGER HALTERES			GAINAGE FACE BRAS TENDUS			DOS PAPILLON INVERSE HALTERES			
	20	No r		30 Sec	No r		12	2 KGS	r = 1'30
	20	No r		30 Sec	No r		12	2 KGS	r = 1'30
	20	No r		30 Sec	No r		12	2 KGS	r = 1'30


FORME

PERFORMANCE

MENTAL

ALIMENTATION