

10 SQUATS		3							
10 POMPES CLASSIQUES									
10+10 ESSUIE GLACE									

PREVENTIF EXCENTRIQUE ISCHIOS SEUL				MEDECINE BALL LANCER MB HAUT				HAUT DU CORPS POMPE MAINS SERREES			
	8+8		No r		8	2 KGS	r = 1'		10		No r
	8+8		No r		8	2 KGS	r = 1'		10		No r
	8+8		No r		8	2 KGS	r = 1'		10		No r
	8+8		No r		8	2 KGS	r = 1'		10		No r
	8+8		No r		8	2 KGS	r = 1'		10		No r
MEDECINE BALL LANCER DE MB SUR LE COTE MUR				ABDOS MONTEE DE BUSTE JBES TENDUES EN L'AIR MB				GAINAGE COTE			
	6+6	2 KGS	r = 1'		12+12		No r		2X30 Sec		r = 1'
	6+6	2 KGS	r = 1'		12+12		No r		2X30 Sec		r = 1'
	6+6	2 KGS	r = 1'		12+12		No r		2X30 Sec		r = 1'
	6+6	2 KGS	r = 1'		12+12		No r		2X30 Sec		r = 1'
	6+6	2 KGS	r = 1'		12+12		No r		2X30 Sec		r = 1'

FORME

PERFORMANCE

MENTAL

ALIMENTATION