



|                           |  |          |  |  |  |  |  |
|---------------------------|--|----------|--|--|--|--|--|
| <b>GRANDS</b>             |  |          |  |  |  |  |  |
| <b>10 BURPEES</b>         |  | <b>3</b> |  |  |  |  |  |
| <b>10 FENTES AVANT</b>    |  |          |  |  |  |  |  |
| <b>10 RELEVÉ DE BUSTE</b> |  |          |  |  |  |  |  |

| SQUAT JUMP BLOC                          |    |  |  | DOS TIRAGE HORIZONTAL INVERSE |        |  |  | GAINAGE SUPERMAN |        |  |  |
|--|----|--|--|-------------------------------|--------|--|--|------------------|--------|--|--|
|  | 16 |  |  |                               | 16     |  |  |                  | 30 Sec |  |  |
|  | 16 |  |  |                               | 16     |  |  |                  | 30 Sec |  |  |
|  | 16 |  |  |                               | 16     |  |  |                  | 30 Sec |  |  |
|  | 16 |  |  |                               | 16     |  |  |                  | 30 Sec |  |  |
|  | 16 |  |  |                               | 16     |  |  |                  | 30 Sec |  |  |
| HAUT DU CORPS REPULSION 1 BANC OU CHAISE |    |  |  | SHUUTLE RUN + PASSAGE AU SOL  |        |  |  | V up             |        |  |  |
|  | 16 |  |  |                               | 30 Sec |  |  |                  | 16     |  |  |
|  | 16 |  |  |                               | 30 Sec |  |  |                  | 16     |  |  |
|  | 16 |  |  |                               | 30 Sec |  |  |                  | 16     |  |  |
|  | 16 |  |  |                               | 30 Sec |  |  |                  | 16     |  |  |
|  | 16 |  |  |                               | 30 Sec |  |  |                  | 16     |  |  |
|  |    |  |  |                               |        |  |  |                  |        |  |  |
|  |    |  |  |                               |        |  |  |                  |        |  |  |
|  |    |  |  |                               |        |  |  |                  |        |  |  |
|  |    |  |  |                               |        |  |  |                  |        |  |  |

FORME

PERFORMANCE

MENTAL

ALIMENTATION