

10 SQUATS		3	
SUPER MAN DYNAMIQUE (30 sec)			
10 DOS CIRCUIT COUCHE			

SQUAT JUMP CLASSIQUE				GAINAGE FACE + JBE FLECHIE CROISEE ALTERNE				HAUT DU CORPS REPULSION 1 BANC OU CHAISE			
	45 Sec		r = 45"		45 Sec		r = 45"		45 Sec		r = 45"
	30 Sec		r = 30"		30 Sec		r = 30"		30 Sec		r = 30"
	20 Sec		r = 20"		20 Sec		r = 20"		20 Sec		r = 20"
SQUAT JUMP FENTE AVANT				GAINAGE SUPERMAN				DOS PAPILLON INVERSE HALTERES			
	45 Sec		r = 45"		45 Sec		r = 45"		45 Sec	2 KGS	r = 45"
	30 Sec		r = 30"		30 Sec		r = 30"		30 Sec	2 KGS	r = 30"
	20 Sec		r = 20"		20 Sec		r = 20"		20 Sec	2 KGS	r = 20"
				DYNAMIQUE							

FORME

PERFORMANCE

MENTAL

ALIMENTATION