
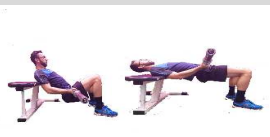






10 ABDOS RAMEUR		3		
10 SOULEVE DE TERRE				
10 BURPEES				

ABDOS RAMEUR				FESSIERS RELEVÉ DE BASSIN				FENTES DIAGONALE			
	10		r = 15"		6	20 KGS	r = 15"		8+8		r = 15"
	17		r = 30"		8	15 KGS	r = 30"		10+10		r = 30"
	25		r = 45"		10	10 KGS	r = 45"		12+12		r = 45"
	17		r = 30"		8	15 KGS	r = 30"		10+10		r = 30"
	17		r = 15"		6	20 KGS	r = 15"		8+8		r = 15"
DOS SOULEVE DE TERRE				JAMBES DEMI SQUAT 1 JAMBE SUR DYNAIR				GAINAGE ARAIGNEE			
	8	20 KGS	r = 15"		8+8		r = 15"		15 Sec		r = 15"
	10	15 KGS	r = 30"		10+10		r = 30"		30 Sec		r = 30"
	12	10 KGS	r = 45"		12+12		r = 45"		45 Sec		r = 45"
	10	15 KGS	r = 30"		10+10		r = 30"		30 Sec		r = 30"
	8	20 KGS	r = 15"		8+8		r = 15"		15 Sec		r = 15"

FORME

PERFORMANCE

MENTAL

ALIMENTATION