



10 POMPES GENOUX		4		
10 SQUAT				
10 TIRAGE BUSTE PENCHE				

JAMBES SQUAT POIDS DE CORPS				FENTES ARRIERE				DOS TIRAGE HORIZONTAL INVERSE			
	15		r = 5''		20		r = 1'		15		r = 5''
	15		r = 5''		20		r = 1'		15		r = 5''
	15		r = 5''		20		r = 1'		15		r = 5''
	15		r = 5''		20		r = 1'		15		r = 5''
	15		r = 5''		20		r = 1'		15		r = 5''
DOS PAPILLON INVERSE HALTERES				FLOOR PRESS				HAUT DU CORPS POMPE MAINS SERREES			
	20		r = 1'		15		r = 5''		20		r = 1'
	20		r = 1'		15		r = 5''		20		r = 1'
	20		r = 1'		15		r = 5''		20		r = 1'
	20		r = 1'		15		r = 5''		20		r = 1'
	20		r = 1'		15		r = 5''		20		r = 1'
FERMETURE UNILATERAL				CUILLERE							
	10+10		r = 5''		45 Sec		r = 1'				
	10+10		r = 5''		45 Sec		r = 1'				
	10+10		r = 5''		45 Sec		r = 1'				
	10+10		r = 5''		45 Sec		r = 1'				
	10+10		r = 5''		45 Sec		r = 1'				

FORME

PERFORMANCE

MENTAL

ALIMENTATION

