



ROTATION BRAS				1	5 Min	INTENSITE PROGRESSIVE			
FENTES LATERALES DROITE et GAUCHE				10+10		EXECUTION LENTE ET CONTROLEE			

DOS TIRAGE HORIZONTAL INVERSE				MONTEES DE BANC AVANT JAMBE HAUTE							
	12		r = 10''		6+6		r = 2'				
	12		r = 10''		6+6		r = 2'				
	12		r = 10''		6+6		r = 2'				
	12		r = 10''		6+6		r = 2'				
JAMBES DEMI SQUAT SUR DYNAIRS				MONTEES DE BANC AVANT JAMBE HAUTE ELEV FRONT HALTERES							
	6+6		r = 10''		6+6		r = 2'				
	6+6		r = 10''		6+6		r = 2'				
	6+6		r = 10''		6+6		r = 2'				
	6+6		r = 10''		6+6		r = 2'				
GAINAGE COTE				MONTEES DE BANC AVANT JAMBE HAUTE				GAINAGE FACE			
	2X30 Sec		r = 10''		3		r = 10''		30 Sec		r = 2'30
	2X30 Sec		r = 10''		3		r = 10''		30 Sec		r = 2'30
	2X30 Sec		r = 10''		3		r = 10''		30 Sec		r = 2'30
	2X30 Sec		r = 10''		3		r = 10''		30 Sec		r = 2'30

FORME

PERFORMANCE

MENTAL

ALIMENTATION