



GRANDS					
10 SHUTTLE RUN					
10 FENTES LAT			3		
30sec cuillere					

FENTES ARRIERE				BURPEES				ABDOS MONTEE DE BUSTE PIEDS SOL			
	MAX		No r		MAX		No r		MAX		r = 1'
	MAX		No r		MAX		No r		MAX		r = 1'
	MAX		No r		MAX		No r		MAX		r = 1'
	MAX		No r		MAX		No r		MAX		r = 1'
	MAX		No r		MAX		No r		MAX		r = 5"
JAMBES SQUAT POIDS DE CORPS				SHUTTLE RUN				HOLLOW ROCK			
	MAX		No r		MAX		No r		MAX		r = 1'
	MAX		No r		MAX		No r		MAX		r = 1'
	MAX		No r		MAX		No r		MAX		r = 1'
	MAX		No r		MAX		No r		MAX		r = 1'
	MAX		No r		MAX		No r		MAX		r = 5"

FORME

PERFORMANCE

MENTAL

ALIMENTATION

