



10 POMPES GENOUX		4		
10 SQUAT				
10 TIRAGE BUSTE PENCHE				

JAMBES SQUAT POIDS DE CORPS				DOUBLE SAUT				HAUT DU CORPS POMPE MAINS SERREES			
	3		r = 5"		5		r = 1'30		3		r = 5"
	3		r = 5"		5		r = 1'30		3		r = 5"
	3		r = 5"		5		r = 1'30		3		r = 5"
	3		r = 5"		5		r = 1'30		3		r = 5"
	3		r = 5"		5		r = 1'30		3		r = 5"
3.1.1											
MEDECINE BALL LANCER DE MB AU NIVEAU DU TORSE FACE				DOS TIRAGE POITRINE BUSTE PENCHE HALTERES				YTW			
	5		r = 1'30		15		r = 5"		45 Sec		r = 1'
	5		r = 1'30		15		r = 5"		45 Sec		r = 1'
	5		r = 1'30		15		r = 5"		45 Sec		r = 1'
	5		r = 1'30		15		r = 5"		45 Sec		r = 1'
	5		r = 1'30		15		r = 5"		45 Sec		r = 1'
DOS GOOD MORNING JAMBES TENDUES				PREVENTIF EXCENTRIQUE ISCHIOS SEUL							
	20		r = 5"		10+10		r = 1'				
	20		r = 5"		10+10		r = 1'				
	20		r = 5"		10+10		r = 1'				
	20		r = 5"		10+10		r = 1'				
	20		r = 5"		10+10		r = 1'				

FORME

PERFORMANCE

MENTAL

ALIMENTATION

