



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

HAUT DU CORPS POMPE MAINS SUR 2 MB				JAMBES DEMI SQUAT SUR DYNAIRS							
	12		r = 10"		12		r = 1'30				
	12		r = 10"		12		r = 1'30				
	12		r = 10"		12		r = 1'30				
	12		r = 10"		12		r = 1'30				
DOS TIRAGE HORIZONTAL 1 BRAS				ABDOS MONTEE DE BASSIN JAMBES FLECHIES							
	15+15		r = 10"		20		r = 1'30				
	15+15		r = 10"		20		r = 1'30				
	15+15		r = 10"		20		r = 1'30				
	15+15		r = 10"		20		r = 1'30				
MEDECINE BALL ASSIS, PASSE MB AVEC PARTENAIRE				ABDOS ROTATION BUSTE ASSIS MB 1							
	45 Sec		r = 10"		45 Sec		r = 1'30				
	45 Sec		r = 10"		45 Sec		r = 1'30				
	45 Sec		r = 10"		45 Sec		r = 1'30				
	45 Sec		r = 10"		45 Sec		r = 1'30				

FORME

PERFORMANCE

MENTAL

ALIMENTATION