

10 SQUATS		3	
SUPER MAN DYNAMIQUE (30 sec)			
10 DOS CIRCUIT COUCHE			

MONTEES DE GENOUX ALTERNE				GAINAGE FACE JAMBES TENDUES SUR FITBALL + 2 MB				HAUT DU CORPS ELEVATIONS LAT, FRONT, PAP INVERSE HALTERES			
	45 Sec		r = 45"		45 Sec		r = 45"		45 Sec		r = 45"
	30 Sec		r = 30"		30 Sec		r = 30"		30 Sec		r = 30"
	20 Sec		r = 20"		20 Sec		r = 20"		20 Sec		r = 20"
MONTEES DE GENOUX SIMULTANE				GAINAGE SUPERMAN				DOS PULL OVER APPUI HOMOPLATE HALTERE			
	45 Sec		r = 45"		45 Sec		r = 45"		45 Sec	2 KGS	r = 45"
	30 Sec		r = 30"		30 Sec		r = 30"		30 Sec	2 KGS	r = 30"
	20 Sec		r = 20"		20 Sec		r = 20"		20 Sec	2 KGS	r = 20"

DYNAMIQUE

FORME

PERFORMANCE

MENTAL

ALIMENTATION