







10 SQUATS			3
10 POMPES CLASSIQUES			
10+10 ESSUIE GLACE			

JAMBES DEMI SQUAT 1 JAMBE SUR DYNAIR				DOS PAPILLON INVERSE HALTERE 1 BRAS				HAUT DU CORPS POMPE MAINS SUR MB ALTERNE 1 BRAS, 2 BRAS			
	10+10		r = 45"		12+12	2 KGS	r = 45"		5+5+5		r = 45"
	8+8		r = 30"		10+10	2 KGS	r = 30"		3+3+3		r = 30"
	6+6		r = 15"		8+8	2 KGS	r = 15"		2+2+2		r = 15"
	8+8		r = 30"		10+10	2 KGS	r = 30"		3+3+3		r = 30"
	10+10		r = 45"		12+12	2 KGS	r = 45"		5+5+5		r = 45"

DOS SOULEVE DE TERRE KETTEL BELL				ABDOS ESSUIS GLACE JAMBES TENDUES				FENTES CIRCUIT HALTERES HAUTES			
	10	10 KGS	r = 45"		12+12		r = 45"		20+20	2 KGS	r = 45"
	8	15 KGS	r = 30"		10+10		r = 30"		15+15	2 KGS	r = 30"
	6	20 KGS	r = 15"		8+8		r = 15"		7+7	2 KGS	r = 15"
	8	15 KGS	r = 30"		10+10		r = 30"		15+15	2 KGS	r = 30"
	10	10 KGS	r = 45"		12+12		r = 45"		20+20	2 KGS	r = 45"

FORME

PERFORMANCE

MENTAL

ALIMENTATION