FFBS

FÉDÉRATION FRANÇAISE BASEBALL & SOFTBALL

FFBS **18/05/2020** **CIRCUIT TRAINING** **1**

10 SQUATS	3	
10 COURSE SHUTTLE RUN		
30 SEC GAINAGE DE FACE		

JAMBES — SQUAT POIDS DE CORPS

20		No r
20		No r
20		No r

GAINAGE — FACE DYNAMIQUE MAINS/COUDES

30 Sec		No r
30 Sec		No r
30 Sec		No r

COURSE — SHUTTLE RUN

20	5 M	r = 1'30
20	5 M	r = 1'30
20	5 M	r = 1'30

JAMBES — BURPEES

15		No r
15		No r
15		No r

GAINAGE — FACE BRAS TENDUS

30 Sec		No r
30 Sec		No r
30 Sec		No r

DOS — SOULEVE DE TERRE KETTELBELL

45 Sec		r = 1'30
30 Sec		r = 1'30
20 Sec		r = 1'30

FORME

PERFORMANCE

MENTAL

ALIMENTATION