



<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>				

<b>DOS</b> <b>TIRAGE HORIZONTAL INVERSE</b>				<b>PREVENTIF</b> <b>DOS CIRUIT COUCHE</b>						
	12		r = 10''		45 Sec		r = 1'30			
	12		r = 10''		45 Sec		r = 1'30			
	12		r = 10''		45 Sec		r = 1'30			
	12		r = 10''		45 Sec		r = 1'30			

<b>FENTES</b> <b>DIAGONALE AVC DEPLACEMENT MB HAUT</b>				<b>HAUT DU CORPS</b> <b>ELEVATIONS LAT, FRONT, PAP INVERSE HALTERES</b>						
	10+10		r = 10''		15+15+15		r = 1'30			
	10+10		r = 10''		15+15+15		r = 1'30			
	10+10		r = 10''		15+15+15		r = 1'30			
	10+10		r = 10''		15+15+15		r = 1'30			

<b>MEDECINE BALL</b> <b>ASSIS, PASSE MB AVEC PARTENAIRE</b>				<b>PREVENTIF</b> <b>FIXATEURS HOMOPLATES BALLON</b>				<b>GAINAGE</b> <b>FACE</b>			
	45 Sec		r = 10''		45 Sec		r = 10''		1 Min		r = 1'30
	45 Sec		r = 10''		45 Sec		r = 10''		1 Min		r = 1'30
	45 Sec		r = 10''		45 Sec		r = 10''		1 Min		r = 1'30
	45 Sec		r = 10''		45 Sec		r = 10''		1 Min		r = 1'30


