

		<b>10 SQUATS</b>									
		<b>10 POMPES CLASSIQUES</b>		<b>3</b>							
		<b>10+10 ESSUIE GLACE</b>									

JAMBES DEMI SQUAT 1 JAMBE SUR DYNAIR				MEDECINE BALL LANCER MB HAUT				HAUT DU CORPS POMPE MAINS SUR MB ALTERNE 1 BRAS, 2 BRAS			
	6+6		No r		8	2 KGS	r = 45"		6+6		No r
	6+6		No r		8	2 KGS	r = 30"		6+6		No r
	6+6		No r		8	2 KGS	r = 15"		6+6		No r
	6+6		No r		8	2 KGS	r = 30"		6+6		No r
	6+6		No r		8	2 KGS	r = 45"		6+6		No r
HAUT DU CORPS REPULSION 1 BANC OU CHAISE				ABDOS ESSUIS GLACE JAMBES TENDUES				GAINAGE MAIN D-PIED G / MAIN G-PIED D			
	8	10 KGS	r = 45"		12+12		No r		20+20	2 KGS	r = 45"
	8	15 KGS	r = 30"		12+12		No r		20+20	2 KGS	r = 30"
	8	20 KGS	r = 15"		12+12		No r		20+20	2 KGS	r = 15"
	8	15 KGS	r = 30"		12+12		No r		20+20	2 KGS	r = 30"
	8	10 KGS	r = 45"		12+12		No r		20+20	2 KGS	r = 45"

FORME

PERFORMANCE

MENTAL

ALIMENTATION