



GRANDS									
10 BURPEES									
10 SQUAT									
GAINAGE PLANCHE (30 sec)				3					

FENTES AVANT HALTERES				DOS SOULEVE DE TERRE KETTELBELL				GAINAGE ARRIERE			
	16				16		r = 30"		30 Sec		r = 30"
	16				16		r = 30"		30 Sec		r = 30"
	16				16		r = 30"		30 Sec		r = 30"
	16				16		r = 30"		30 Sec		r = 30"
JAMBES SQUAT EGGER HALTERES				ABDOS MONTEE DE BUSTE PIEDS SOL				DOS TIRAGE HORIZONTAL 1 BRAS			
	16				16				8+8		
	16				16				8+8		
	16				16				8+8		
	16				16				8+8		

FORME

PERFORMANCE

MENTAL

ALIMENTATION