



<b>GRANDS</b>					
<b>POSER MAINS AU SOL, POMPES, RAMENER LES PIEDS x5</b>					
<b>FENTES ARRIERE x10</b>	4				

PREVENTIF EXCENTRIQUE ISCHIOS SEUL				PREVENTIF DOS CIRUIT COUCHE				JAMBES SQUAT POIDS DE CORPS			
	10+10		r = 5"		15		r = 1'		20		r = 5"
	10+10		r = 5"		15		r = 1'		20		r = 5"
	10+10		r = 5"		15		r = 1'		20		r = 5"
	10+10		r = 5"		15		r = 1'		20		r = 5"
HAUT DU CORPS ELEVATIONS LAT, FRONT, PAP INVERSE HALTERES				CUILLERE				FERMETURE UNILATERAL			
	10		r = 1'		30 Sec		r = 5"		10+10		r = 1'
	10		r = 1'		30 Sec		r = 5"		10+10		r = 1'
	10		r = 1'		30 Sec		r = 5"		10+10		r = 1'
	10		r = 1'		30 Sec		r = 5"		10+10		r = 1'

FORME

PERFORMANCE

MENTAL

ALIMENTATION