




10 ABDOS RAMEUR			3			
10 SOULEVE DE TERRE						
10 BURPEES						

ABDOS RAMEUR				FESSIERS RELEVÉ DE BASSIN				FENTES DIAGONALE			
	10		r = 15"		6	10 KGS	r = 15"		8+8		r = 15"
	17		r = 30"		8	10 KGS	r = 30"		10+10		r = 30"
	25		r = 45"		10	10 KGS	r = 45"		12+12		r = 45"
	17		r = 30"		8	10 KGS	r = 30"		10+10		r = 30"
	10		r = 15"		6	10 KGS	r = 15"		8+8		r = 15"

DOS SOULEVE DE TERRE				JAMBES SQUAT 1 JAMBE				GAINAGE ARAIGNEE			
	6	2 KGS	r = 15"		6+6		r = 15"		15 Sec		r = 15"
	8	2 KGS	r = 30"		8+8		r = 30"		30 Sec		r = 30"
	10	2 KGS	r = 45"		10+10		r = 45"		45 Sec		r = 45"
	8	2 KGS	r = 30"		8+8		r = 30"		30 Sec		r = 30"
	6	2 KGS	r = 15"		6+6		r = 15"		15 Sec		r = 15"

FORME

PERFORMANCE

MENTAL

ALIMENTATION