



<b>GRANDS</b>					
10 FENTES AVANT					
10 POMPES GENOUX		3			
10 PAPILLON INVERSE					

JAMBES SQUAT POIDS DE CORPS				HAUT DU CORPS POMPE MAINS SERREES				GAINAGE SUPERMAN			
	30 Sec		r = 30"		30 Sec		r = 30"		30 Sec		r = 30"
	30 Sec		r = 30"		30 Sec		r = 30"		30 Sec		r = 30"
	30 Sec		r = 30"		30 Sec		r = 30"		30 Sec		r = 30"
	30 Sec		r = 30"		30 Sec		r = 30"		30 Sec		r = 30"
DOS TIRAGE POITRINE BUSTE PENCHE HALTERES ROTATION				RUSSIAN SWING				ABDOS RUSSIAN TWIST			
	30 Sec		r = 30"		30 Sec		r = 30"		30 Sec		r = 30"
	30 Sec		r = 30"		30 Sec		r = 30"		30 Sec		r = 30"
	30 Sec		r = 30"		30 Sec		r = 30"		30 Sec		r = 30"
	30 Sec		r = 30"		30 Sec		r = 30"		30 Sec		r = 30"

FORME

PERFORMANCE

MENTAL

ALIMENTATION