

# PREPARATION PHYSIQUE

## Echauffement:

### Jumping jacks



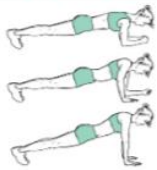
### Lever genou



Faire chaque exercice pendant 1',  
repos 30 " X 3 séries

## CIRCUIT DE RENFORCEMENT MUSCULAIRE

### Planche mains coudes



### Squats



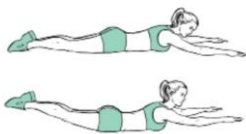
### Pompes



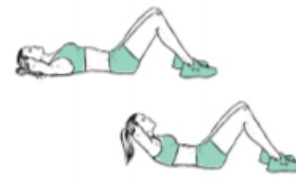
Série de 15 pour chaque Atelier.

Faire 3 fois le circuit

### Superman



### Crunch



### Dips

pompes à l'envers



*Vincent Gizardin*