

PREPARATION PHYSIQUE

Echauffement:

Jumping jacks



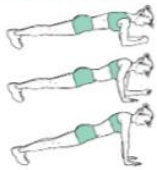
Lever genou



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

CIRCUIT DE RENFORCEMENT MUSCULAIRE

Planche mains coudes



Squats



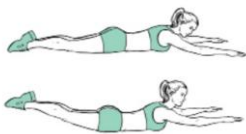
Pompes



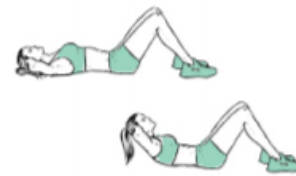
Série de 20 pour chaque Atelier.

Faire 3 fois le circuit

Superman



Crunch



Dips

pompes à l'envers



Vincent Gizardin