

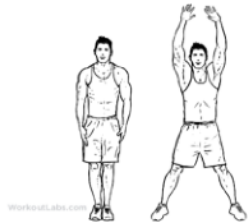
Echauffement Lundi

1



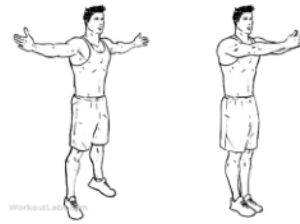
5' Course

2



Jumping Jacks

3



Seal Jacks

4



Flexions Sumo

5



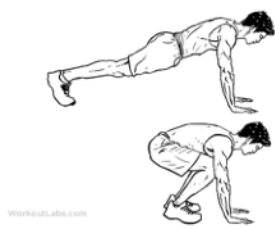
Curtsy Fentes / Squat

6



Fentes Latérales

7



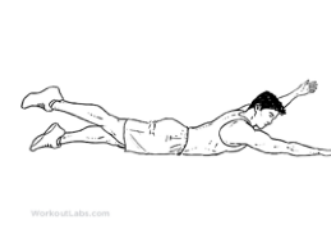
Groupés Dégroupés

8



Alpiniste Croisé

9



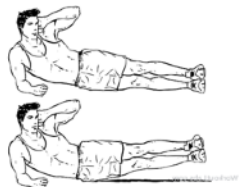
Lombaires Battement

10



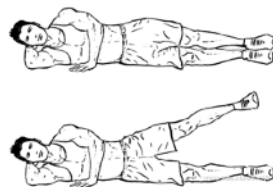
Double Crunch

11



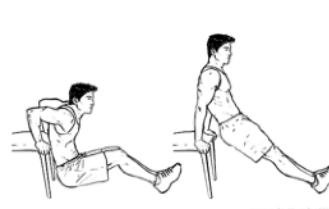
Double Crunch latéral

12



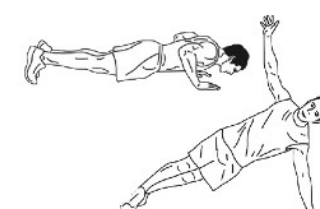
Lever de Jambes latérale

13



Dips

14



Pompes Rotation

15



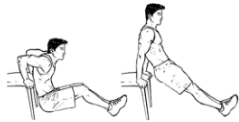
Burpees

13' échauffement / Enchaînement des exercices non-stop / Chaque exercice dure 30"

CHALLENGES Bras



Pompes
Déplacements



Triceps - Dips

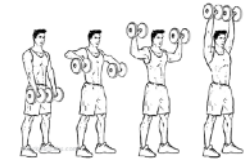


Incline Pompes

12 rep pour chaque exercice

Pompes Déplacements
Cuban Press
Dips
Biceps Bras Press
Incline Pompes
Triceps Press

Maximum de répétitions
pendant 15'



Cuban Press



Biceps - Bras Press



Triceps Press

Echauffement Mardi

1



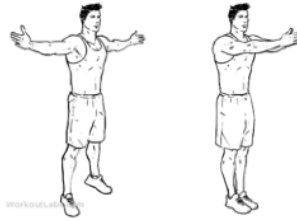
5' Course

2



Squat Jack

3



Seal Jacks

4



Split Jacks

5



Flexions

6



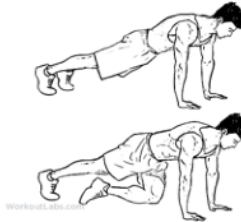
Fentes

7



Groupés Dégroupés

8



Alpinistes

9



Planche Laterale
Rotation D

10

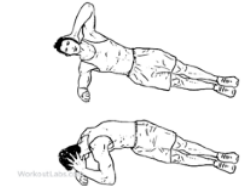


Planche Laterale
Rotation G

11



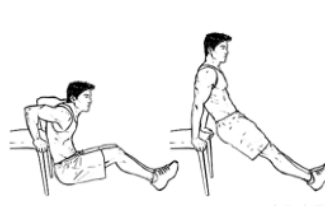
Double Crunch

12



Lombaires Superman

13



Dips

14



Pompes Genoux

15



Burpees

12' échauffement / Enchaînement des exercices non-stop / Chaque exercice dure 30"

Body CHALLENGES



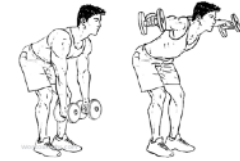
Montée Bras Avant



Russian Twist



Flexions Sumo



Bent Over - Flays



Genou-Coude



Curtsy Fentes / Squat

12 rep pour chaque exercice

Montée Bras Avant
Bent Over - Flays
Russian Twist
Genou-Coude
Flexions Sumo
Curtsy Fentes / Squat

Maximum de répétition
pendant 15'

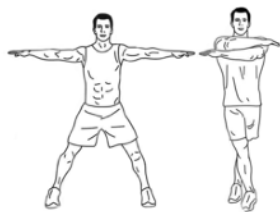
Echauffement Mercredi

1



5' Course

2



Cross Jacks

3



Jumping Jacks

4



Split Jacks

5



Flexions Sumo

6



Curtsy Fentes / Squat

7



Alpiniste Croisé

8

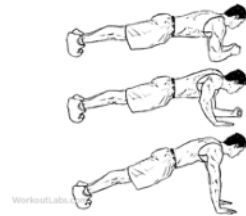


Planche Haut Bas

9



Lombaires Battements

10



Abs Touché chevilles

11



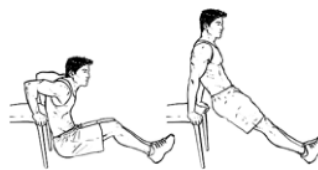
Abs Touché chevilles

12



Monté de Bassin

13



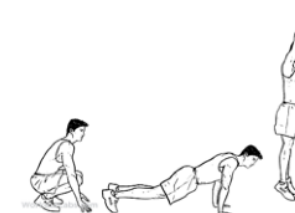
Dips

14



Pompes Genoux

15



Burpees

12' échauffement / Enchaînement des exercices non-stop / Chaque exercice dure 30"

CHALLENGES Abs



Lombaires Battements



Porte-Feuilles



Double Crunch



Hollow Rock
Battements



Porte Feuille -
Genoux Coude



Russian Twist -
Punchs

12 rep pour chaque exercice

Lombaires Battements
Hollow Rock Battements
Porte-Feuilles
Porte Feuille - Genoux Coude
Double Crunch
Russian Twist - Punchs

**Maximum de répétitions
pendant 15'**

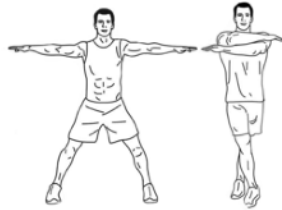
Echauffement Jeudi

1



5' Course

2



Cross Jacks

3



Squat Jack

4



Flexions

5



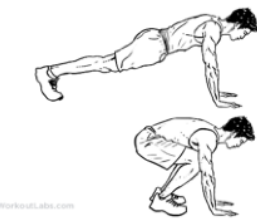
Fentes

6



Fentes Latérales

7



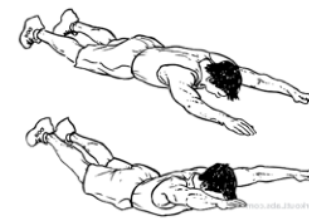
Groupés Dégroupés

8



Alpinistes

9



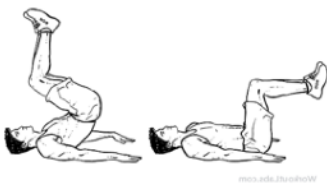
Lombaires Superman

10



Genou-Coude

11



Crunch inversé

12



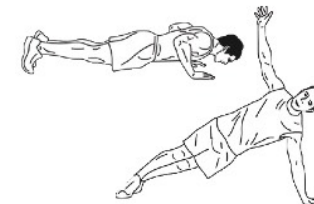
Monté de Bassin

13



Dips

14



Pompes Rotation

15



Burpees

12' échauffement / Enchaînement des exercices non-stop / Chaque exercice dure 30"

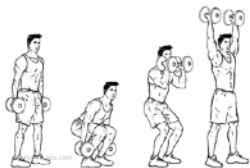
Body CHALLENGES



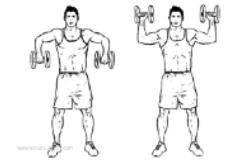
Biceps - Bras Press



Porte Feuille -
Genoux Coude



Squat, Clean, Press



Scarecrow



Russian Twist -
Punchs



Fentes, Biceps

12 rep pour chaque exercice

Biceps - Bras Press
Cuban Press
Dips
Biceps Bras Press
Incline Pompes
Triceps Press

Maximum de répétitions
pendant 15'

Echauffement Vendredi

1



5' Course

2



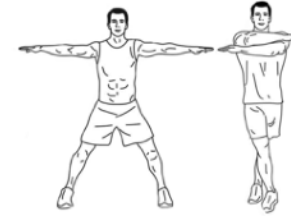
Jumping Jacks

3



Split Jacks

4



Cross Jacks

5



Curtsy Fentes / Squat

6



Fentes Latérales

7



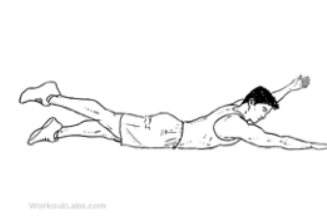
Alpiniste Croisé

8



Planche Haut Bas

9



Lombaires Battements

10



Monté de Bassin

11



Crabe Touché Cheville

12



Genou-Coude

13



Dips

14



Pompes Genoux

15



Burpees

12' échauffement / Enchaînement des exercices non-stop / Chaque exercice dure 30"

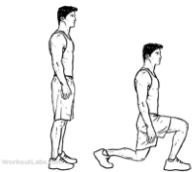
CHALLENGES Jambes



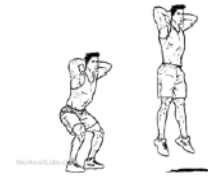
Flexions



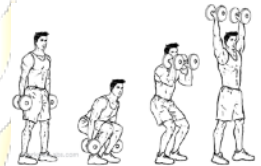
Fentes Rotations



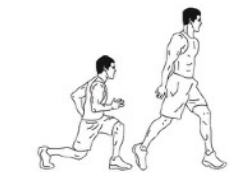
Fentes



Flex-Extensions



Squat, Clean, Press



Fentes Sautées

12 rep pour chaque exercice

Pompes Déplacements
Cuban Press
Dips
Biceps Bras Press
Incline Pompes
Triceps Press

Maximum de répétitions
pendant 15'