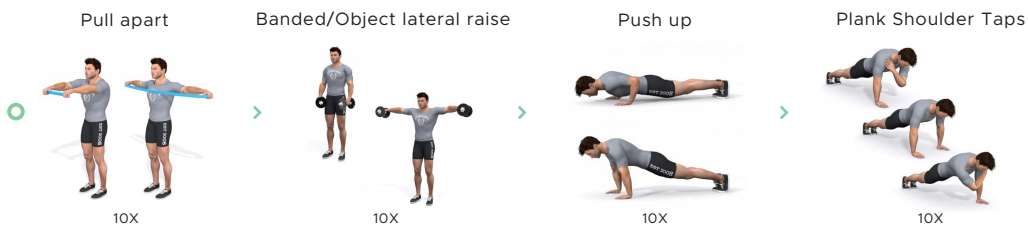


PROGRAMME MENSUEL | AVRIL

Renforcement haut du corps

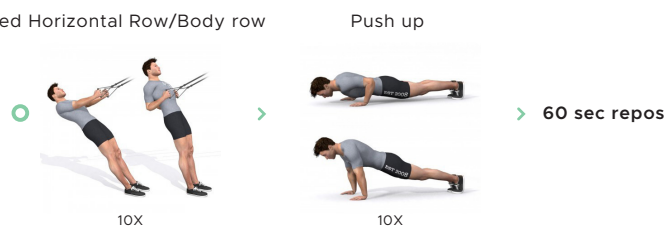
1. Activation

1X



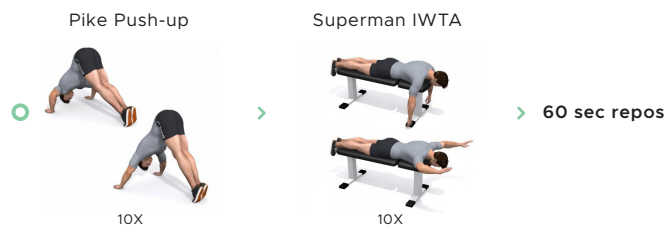
2. Renforcement 1

4X



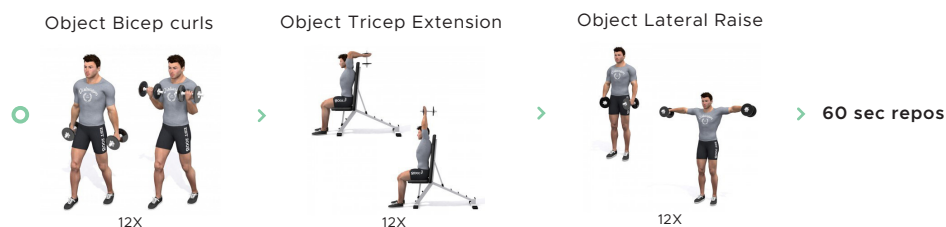
3. Renforcement 2

4X



4. Renforcement 3

4X



5. Gainage

4X



PROGRAMME MENSUEL | AVRIL

Renforcement bas du corps

1. Échauffement

10MIN



Marche rapide



ou

Spinning



2. Activation

1X



Good morning



10X



Back lunges



10X



Air squat



10X



Hand walk



5x

3. Renforcement 1

4X



Sumo deadlift



12X



Hip Thrusts



12X

Hold 2sec on top

> 60 sec repos

4. Renforcement 2

4X



Alternate lunges



16X



Good morning with charge



12X

Hold 2sec on flexion

> 60 sec repos

5. Gainage

3X



Plank hold



30sec

> 15sec pause >

Hollow Hold



30sec

> 60 sec repos

PROGRAMME MENSUEL | AVRIL

Intensité cardio/muscu

1. Échauffement

10MIN



Marche rapide



ou

Spinning



2. Activation

2X



Back lunges



10X

>

Air squat



10X

>

Hand walk



5X

>

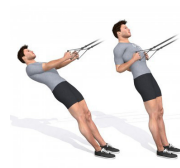
Push-ups



5x

>

rowing



5x

Exécuter pour chaque exercice (en répétitions) : 5 - 10 - 15 - 20 - 15 - 10 - 5

3. Circuit

1X

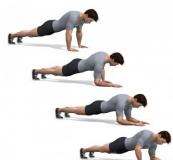


Jump squat



>

Planche coudes-mains



reps/côté

>

Shuffle Stair taps



reps/côté

> Pas de pause entre les 7 séries

> 5 rep

10 rep

15 rep

20 rep

15 rep

10 rep

5 rep

5 rep

10 rep

15 rep

20 rep

15 rep

10 rep

5 rep

5 rep

10 rep

15 rep

20 rep

15 rep

10 rep

5 rep

4. Gainage

3X



alternate Mountain Climber



20X

>

alternate Flutter kick



20X

>

Leg Raise



10X

>

1/2 Crunch



10x

PROGRAMME MENSUEL | AVRIL

Endurance musculaire

1. Échauffement

10MIN



Marche rapide



ou

Spinning



2. Activation

2X



Back lunges



10X



Air squat



10X



Hand walk



5X



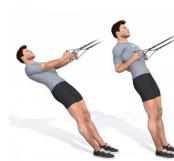
Push-ups



5x



rowing



5x

3. Cardio/muscu 1

4X



Air squat



30 sec max rep



alternate Flutter kick



30 sec max rep



Object Ground to overhead



30 sec max rep



Max Object OH Fentes



30 sec max rep

> 60 sec repos

4. Cardio/muscu 2

4X



Air squat



30 sec max rep



alternate Flutter kick



30 sec max rep



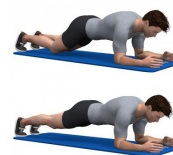
Object Ground to overhead



30 sec max rep



Max Object OH Fentes



30 sec max rep

> 60 sec repos