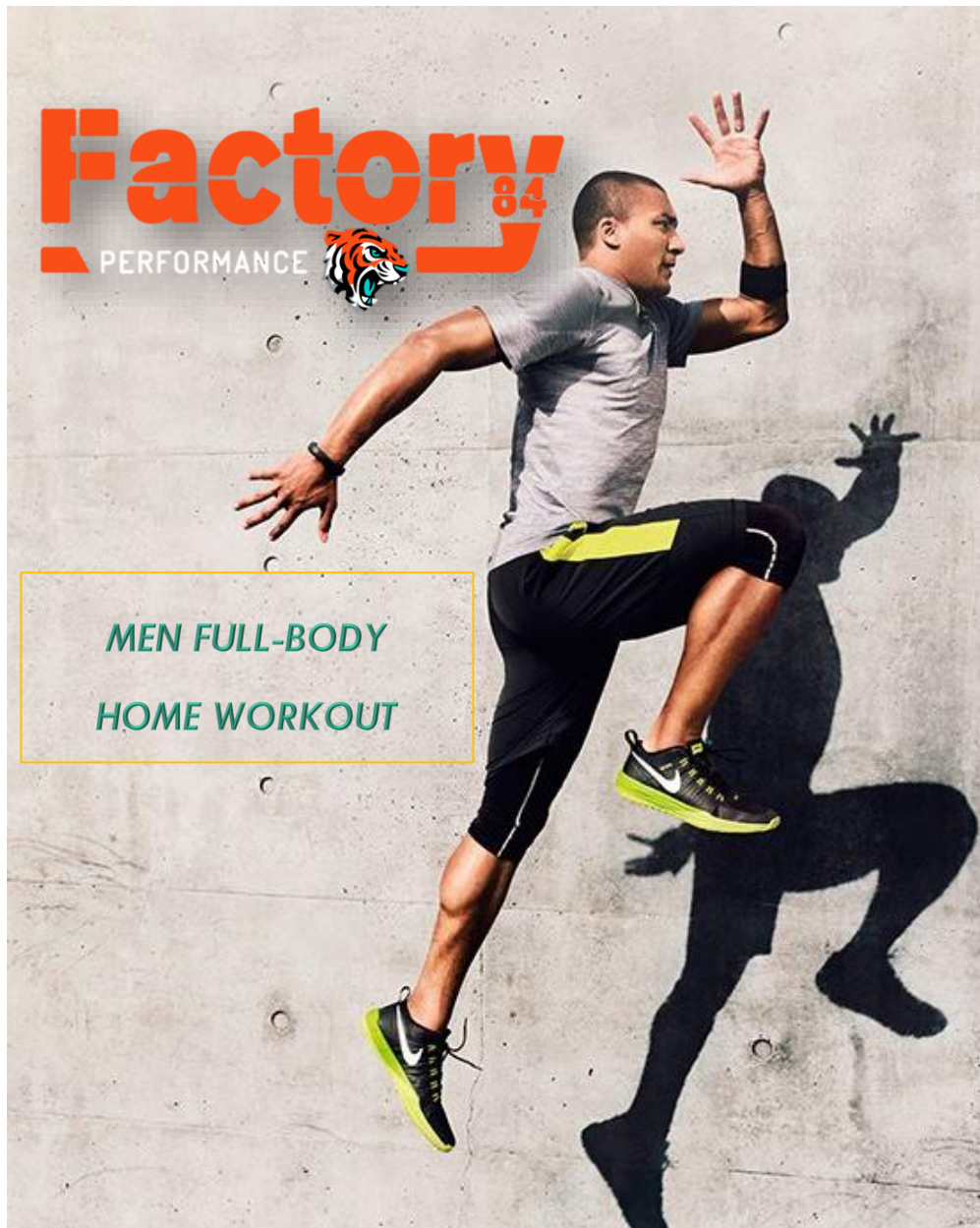


PROGRAMME



HOME WORKOUT

SANS MATERIEL

REPRODUCTION INTERDITE

WARM UP

Réaliser 10 répétitions par exercice sur 2 tours







MEMBRES INFERIEURS









MEMBRES SUPERIEURS





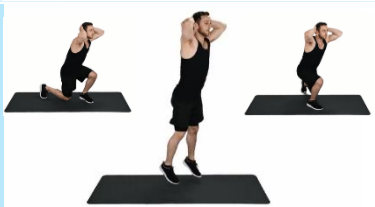
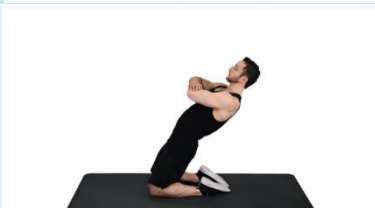


SEANCE N°1

EXERCICES	SET	REPS	REST	
Warrior pose III Chaque coté	4	10	1'00	
Plank To Squat	4	10	1'00	
Skater Chaque coté	4	10	1'00	
Leg Lift	4	10	1'00	
Side Plank Leg Raise Chaque coté	4	10	1'00	
Mountain Climbers	8	30sec	0'30	






SEANCE N°2

EXERCICES	SET	REPS	REST	
Diamond Push-up	4	10	1'00	
Push-up & T-spine Chaque côté	4	10	1'00	
Push-up & Clap	4	10	1'00	
Supine Bicycle Chaque côté	4	10	1'00	
Elevated Crunch	4	10	1'00	
Reverse Plank	8	30sec	0'30	

SEANCE N°3

EXERCICES	SET	REPS	REST	
Step-up Chaque coté	4	10	1'00	
Squat Jump	4	10	1'00	
Iron Mike Chaque coté	4	10	1'00	
Genie Sit	4	10	1'00	
Side V-crunch Chaque coté	4	10	1'00	
Wall Sit	8	30sec	0'30	

SEANCE N°4

EXERCICES	SET	REPS	REST	
Wide Push-up	4	10	1'00	
Shoulder Tap Push-up Chaque coté	4	10	1'00	
Pike Push-up	4	10	1'00	
Russian Twist Chaque coté	4	10	1'00	
Sit-up	4	10	1'00	
Hollow Hold	8	30sec	0'30	