

ETIREMENTS POSSIBLES

Triceps



Ischios



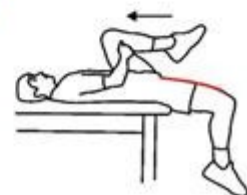
Ischios



Quadriceps



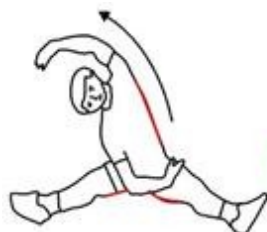
Psoas



Adducteurs



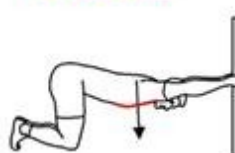
Fessiers



Dos



Pectoraux



Epaules



Epaules



Avant-bras



Cou



EXEMPLE DE SERIE

- 20 sec Squats - 10 sec. Pause



- 20 sec Jumping Jacks (intensité forte)- 10 sec. Pause



- 20 sec Gainage Planche - 10 sec. Pause



- 20 sec Triceps - 10 sec. Pause



- 20 sec - Montée de Genoux (intensité forte) - 10 sec. Pause



- 20 sec Abdos crunch - 10 sec Pause



- 20 sec Burpees - 10 sec. Pause



- 20 sec Mountain Climbers- 10 sec. Pause

