

SEMAINE
11

VENDREDI TOTAL CORPS

SUMO SQUAT



30 REPS

COMMANDO



20 REPS

TRICEPS DIPS



20 REPS

CIRCUIT 1 - TOTAL : 10MN

DONKEY KICK



30 LENTES
20 RAPIDES

JUMP LUNGES



20 REPS

PLANCHE



2X1 MINUTE
(15SEC REPOS ENTRE)

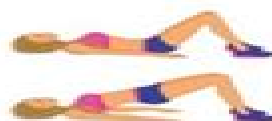
CIRCUIT 2 - TOTAL : 10MN

JUMP SQUAT



2X20 REPS
(1MN REPOS ENTRE)

BRIDGE*



30 REPS LENTES
30 REPS RAPIDES

CIRCUIT 3 - TOTAL : 10MN

STRAIGHT LEG JACKKNIFES



2X20 REPS
(30SEC REPOS ENTRE)

* Ajouter du poids sur le bassin si besoin

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M Lipman

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