

-Echauffement :

-course pendant 1 minute

10 squats + 10 développés militaire → 10 fentes latérales + 10 élévations latérales/
frontales
10 fentes frontales + 10 mouvements dos → 10 squats sumo + 10 biceps
(A répéter 4 fois)

-Corps de séance

Squat



Boxing



Fentes



Boxing



Squat côté



Boxing



Boxing



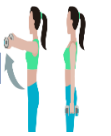
Développé
Militaire



Boxing



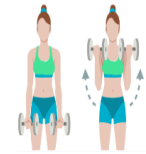
Élévation
Frontale



Boxing



Biceps



Jumping
Jack



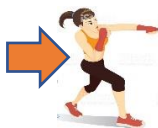
Boxing



Course



Boxing



Squat
Jump



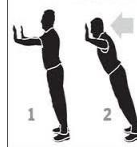
Boxing



Boxing



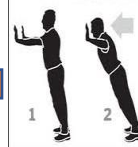
Pompes



Boxing



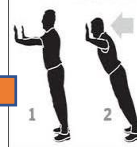
Pompes



Boxing



Pompes



Repos 30 secondes



-Réalisez le circuit 3 fois
-30 secondes effort/ 10 secondes repos