

-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

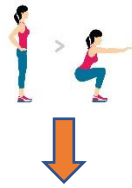
(A répéter 4 fois)

**-Réalisez le circuit
2 ou 3 fois**

**Prenez 1 min de repos
à la fin du circuit**

-Corps de séance

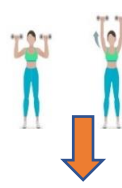
20 Squats



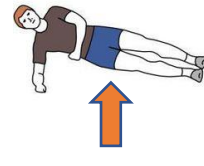
20 squats



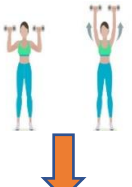
20 développés militaire



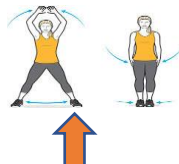
30 "gainage latéral



20 développés militaire



20 jumpings jack



20 Boxing



30 " gainage frontal



20 fentes latérales



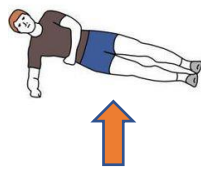
20 fentes latérales



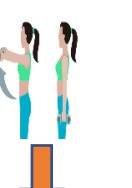
20 élévations frontales



30 " gainage latéral



20 élévations frontales



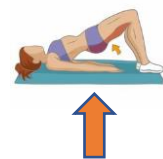
20 squats jump



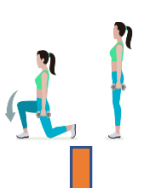
20 boxing



30" gainage dos



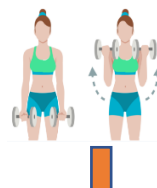
20 fentes frontales



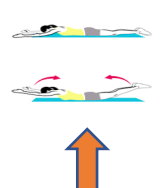
20 fentes frontales



20 biceps



30 " superman



20 Biceps



20 montées de genoux



20 boxing



30 " gainage frontal



