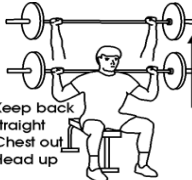


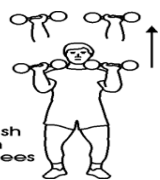
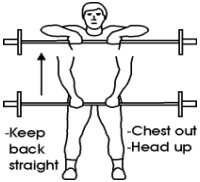
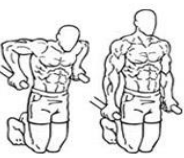
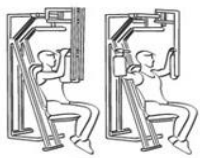
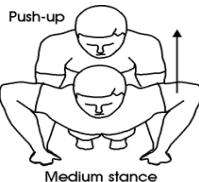
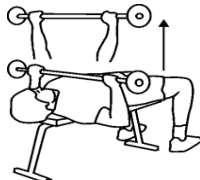


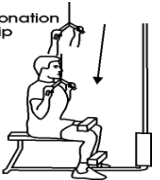
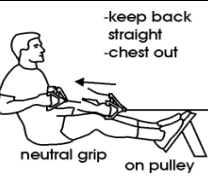
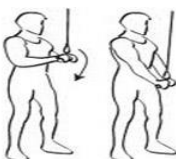

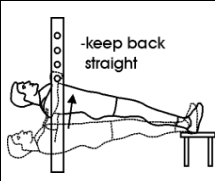

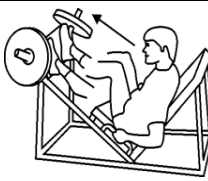

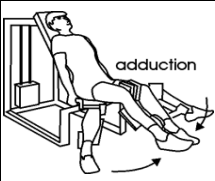

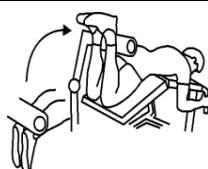

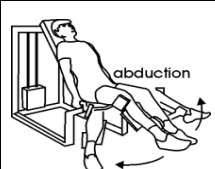



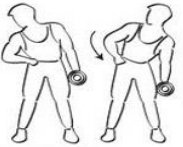


PROGRAMME D'ENTRAINEMENT NIVEAU 2

FULLBODY - Renforcement général

Séance 1		Séance 2		Séance 3		Séance 4	
Echauffement	5 min	Echauffement	5 min	Echauffement	5 min	Echauffement	5 min
DEVELOPPE MILITAIRE		TRACTION		DEVELOPPE INCLINE		DEVELOPPE HALTERE	
 -Keep back straight -Chest out -Head up	Série 4 Repet 10		Série 5 Repet 10		Série 4 Repet 10	 Push on knees	Série 4 Repet 10
ROWING MENTON		DIPS		BUTERFLY		POMPES	
 -Keep back straight -Chest out -Head up	Série 4 Repet 10		Série 5 Repet 10		Série 3 Repet 15	 Medium stance	Série 4 Repet 20
DEVELOPPE COUCHE		BICEPS CURL		SHURG + POINTE DE PIED		TIRAGE VERTICAL	
	Série 4 Repet 10		Série 3 Repet 12		Série 5 Repet 10	 pronation grip	Série 4 Repet 10
ROWING HORIZONTAL		TRICEPS POULIE HAUTE		PULL OVER poulie haute		TIRAGE TRX	
 -keep back straight -chest out neutral grip on pulley	Série 4 Repet 10		Série 3 Repet 12	 on pulley -keep arms straight	Série 4 Repet 10	 -keep back straight	Série 4 Repet 20
SQUAT		PRESS JAMBES		DEADLIFT		ADDUCTEURS	
 Full Squat Medium Stance	Série 5 Repet 10		Série 5 Repet 10		Série 5 Repet 10	 adduction	Série 4 Repet 10
LEG EXTENTION		LEG CURL		FENTES		ABDUCTEURS	
	Série 4 Repet 10		Série 4 Repet 10		Série 4 Repet 10	 abduction	Série 4 Repet 10
ABDOS		ABDOS		ABDOS		ABDOS	
	Série 5 Repet 1min		Série 5 TEMPS 20	 MAINTENIR LA POSITION	Série 5 Repet 1min		Série 5 Repet 20/coté

Si une des machines n'est pas disponible demandez à tourner avec celui qui l'utilise.