



ΡΣΓΑΣΣ





# \_SEMAINE.2

•//séance\_1

(EMOM 12 / 20 Min)

Chaque minutes faire :

5 Squats Sautés ✓

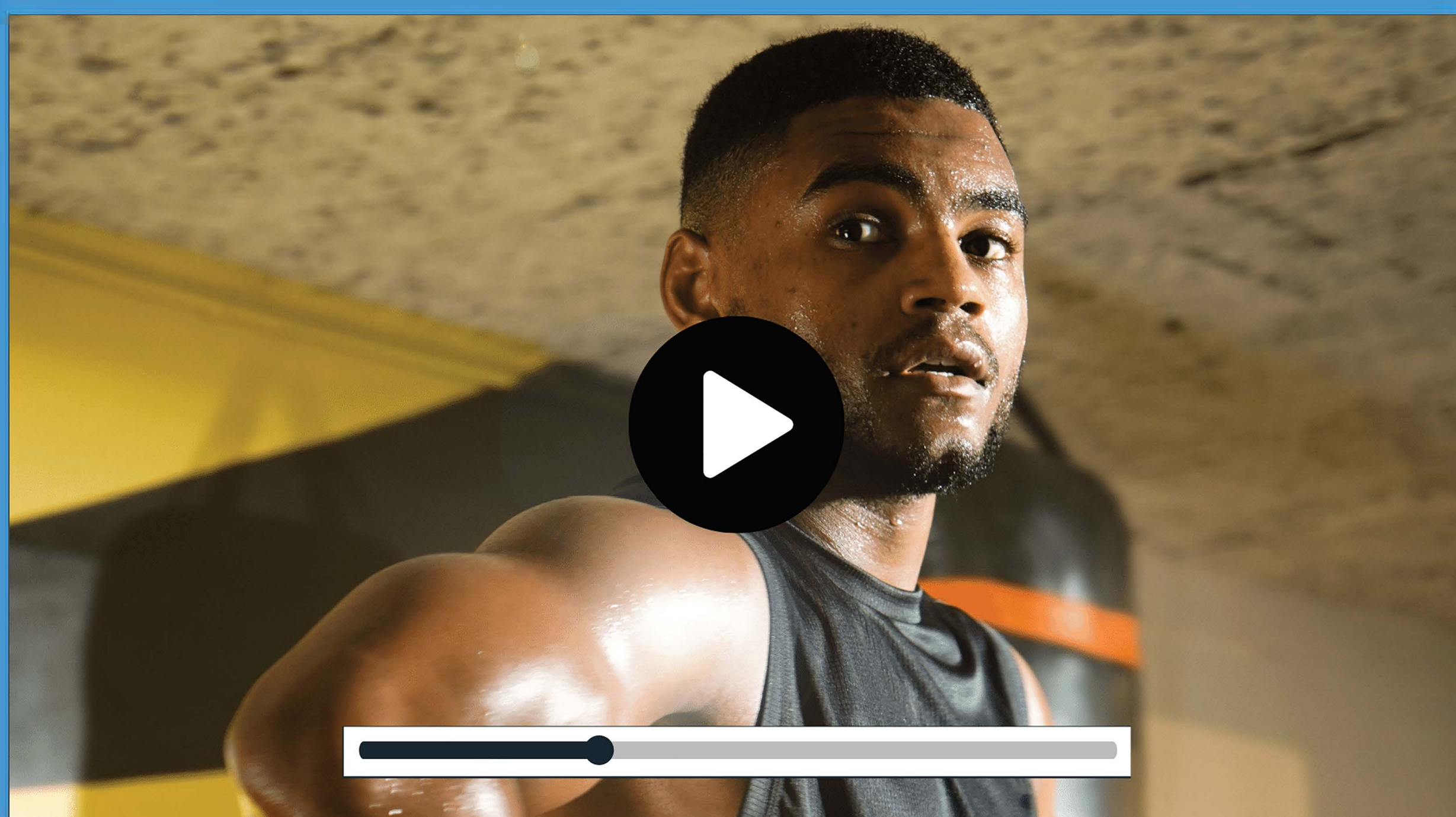
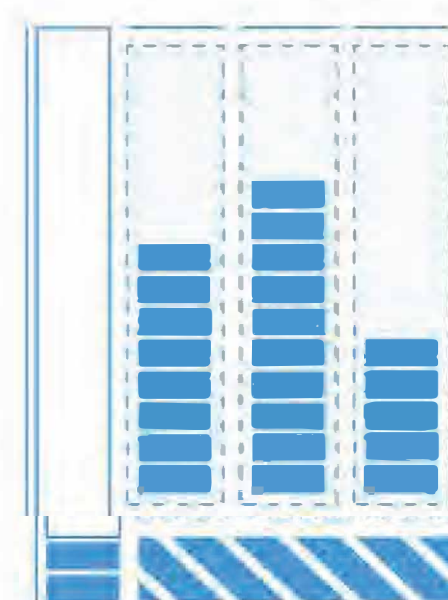
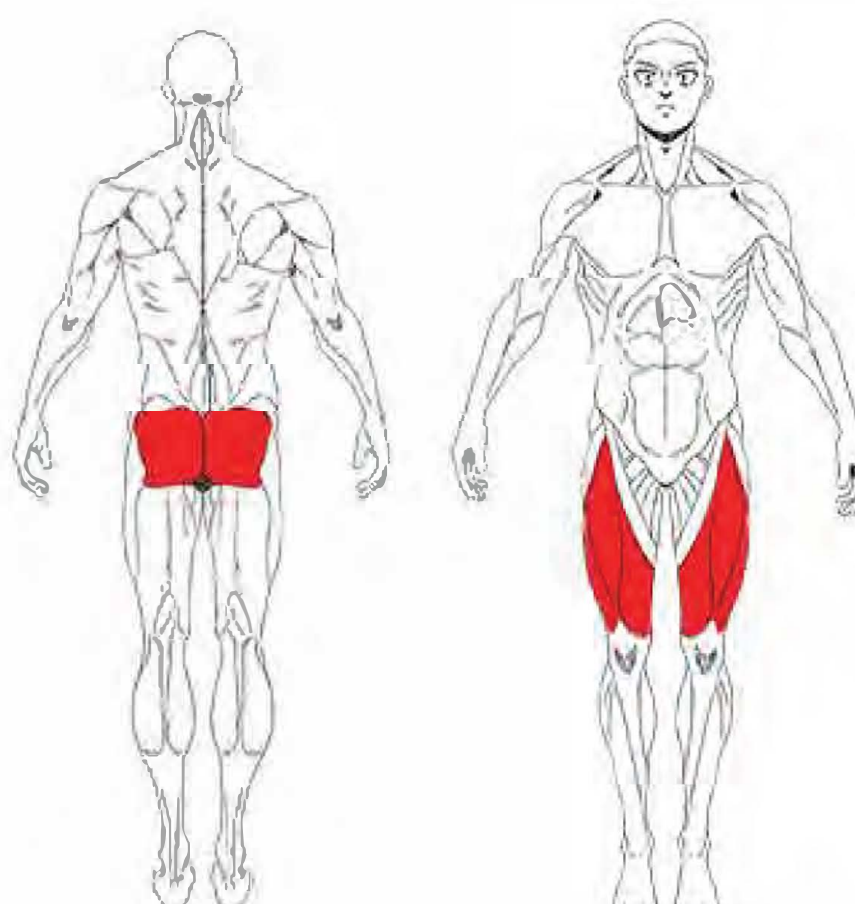
5 Pompes ✓

5 Squats Sautés ✓

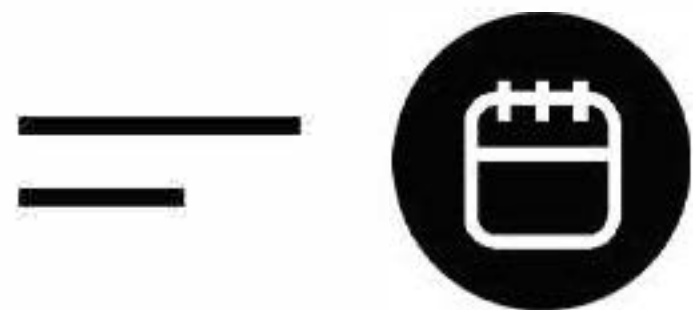
Ensuite FINISHER :

Tabata Air squats

(20 sec de travail, 10 sec de repos pendant 4min)







# \_SEMAINE.2

•//séance\_2

(AMRAP 15 min)

20 Air Squats



12 Pompes



20 Sit Ups

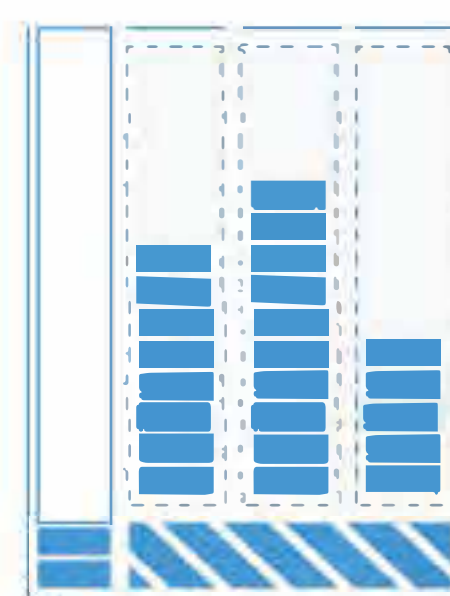
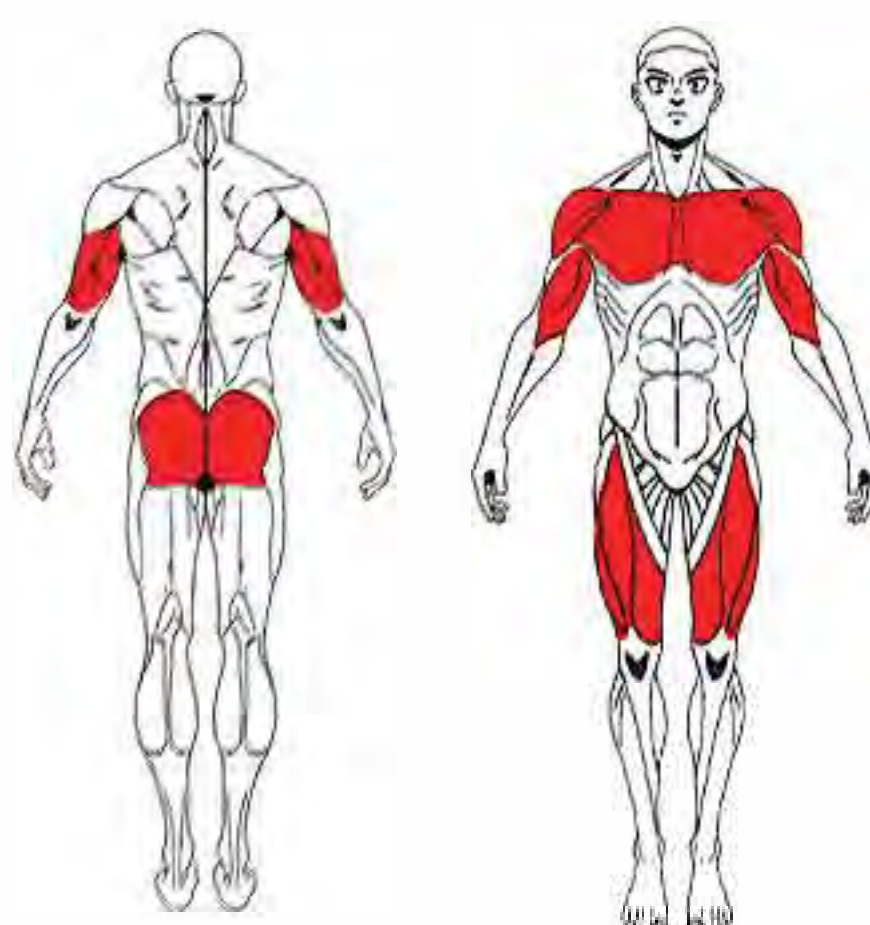


12 Burpees



Ensuite FINISHER :

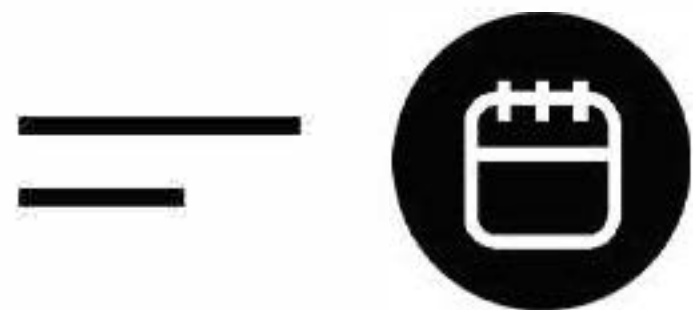
Tabata Burpees



IDENTIFICATION







# \_SEMAINE.2

•//séance\_3

(Entre 5 et 10 tours)



5 Tractions ou Rowing Inversé ✓

200 Mètres Sprint ✓

10 Pompes ✓

5 Dips ✓

