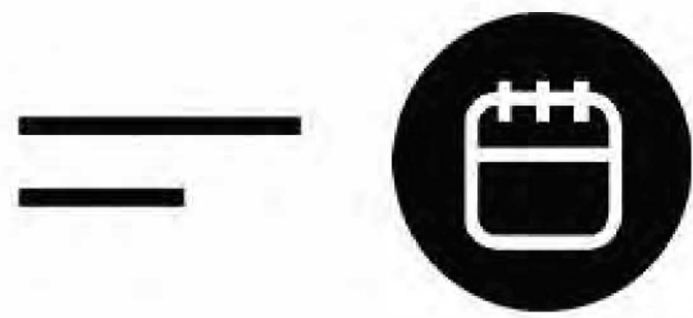




ΡΣΓΑΣΣ



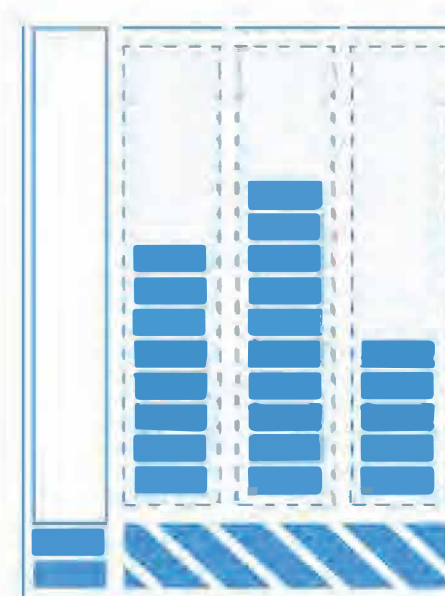
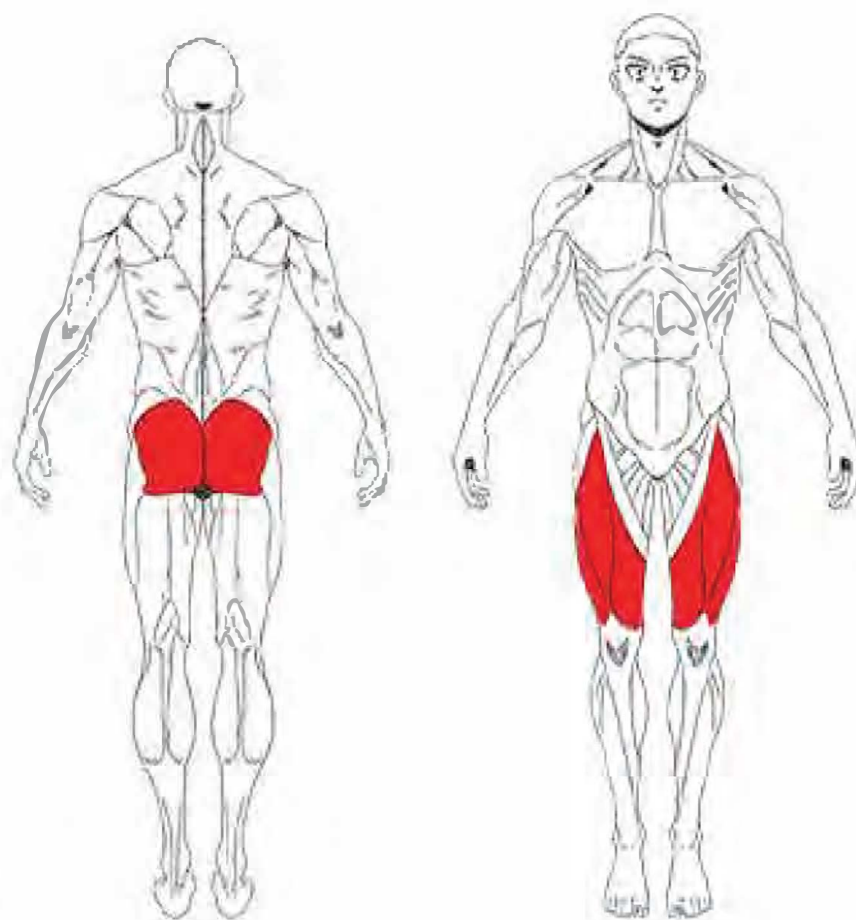
_SEMAINE.3

•//séance_1

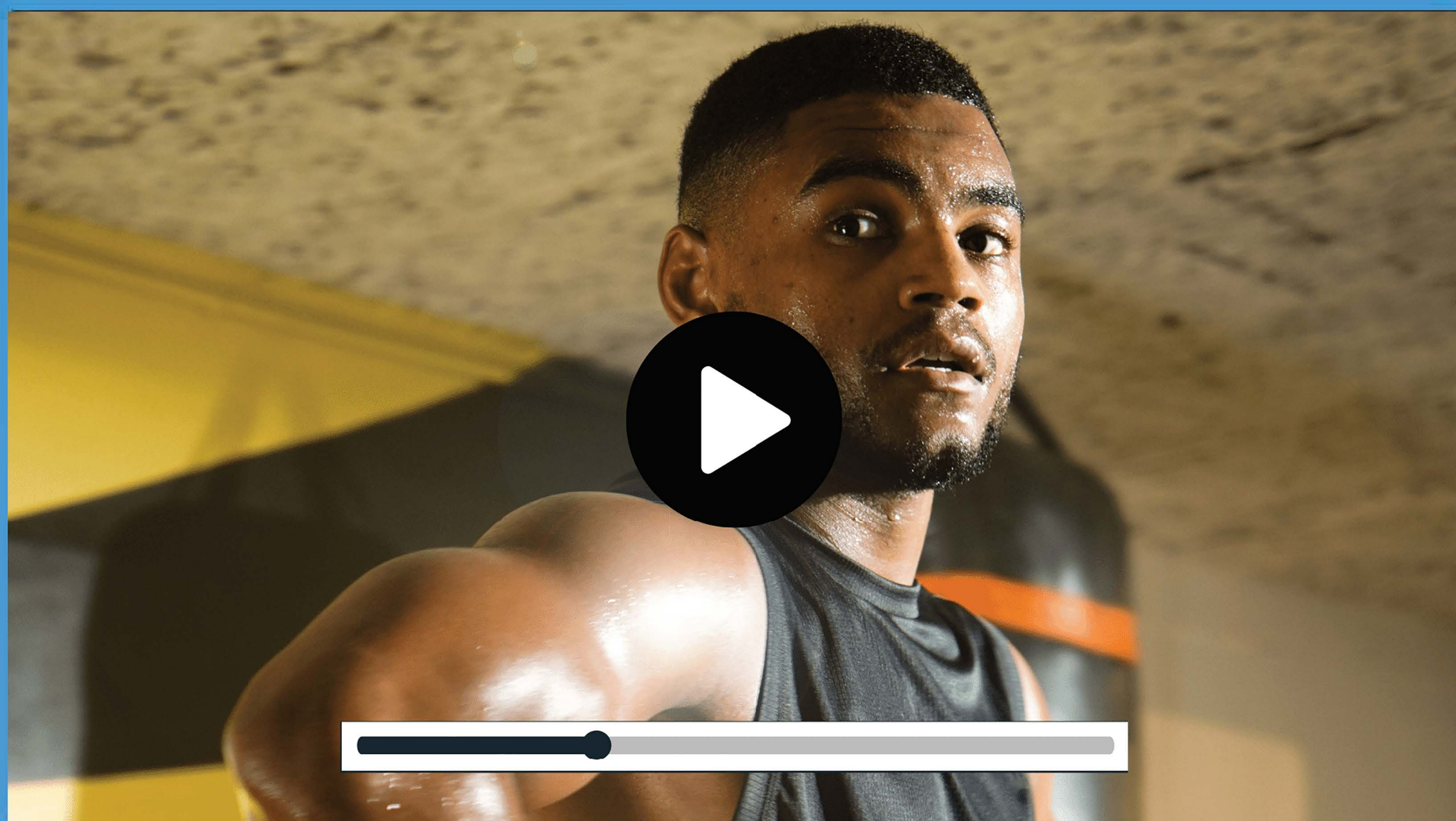
(Entre 3 et 7 tours)



- 10 Pompes ✓
- 10 Shoulders Taps ✓
- 5 Plank Walkout ✓
- 20 Fentes ✓
- 20 Squats ✓
- 10 Climbers Taps ✓



IDENTIFICATION





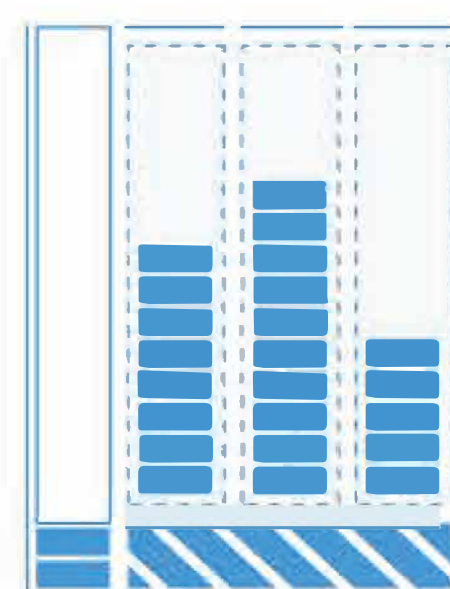
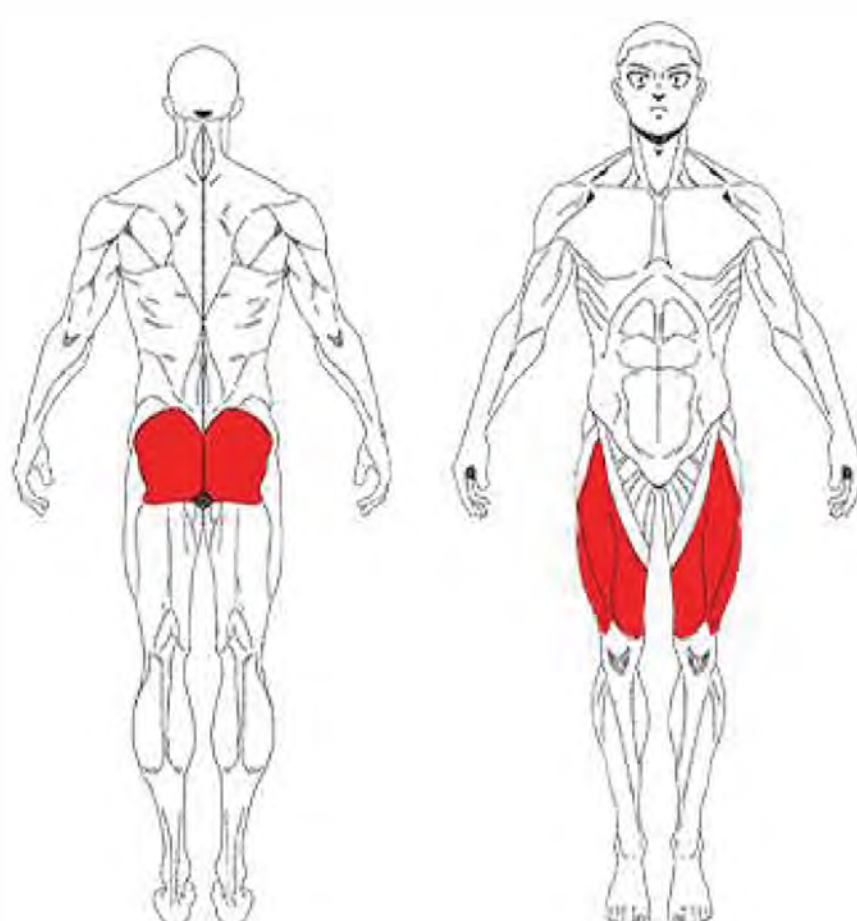
_SEMAINE.3

•//séance_2

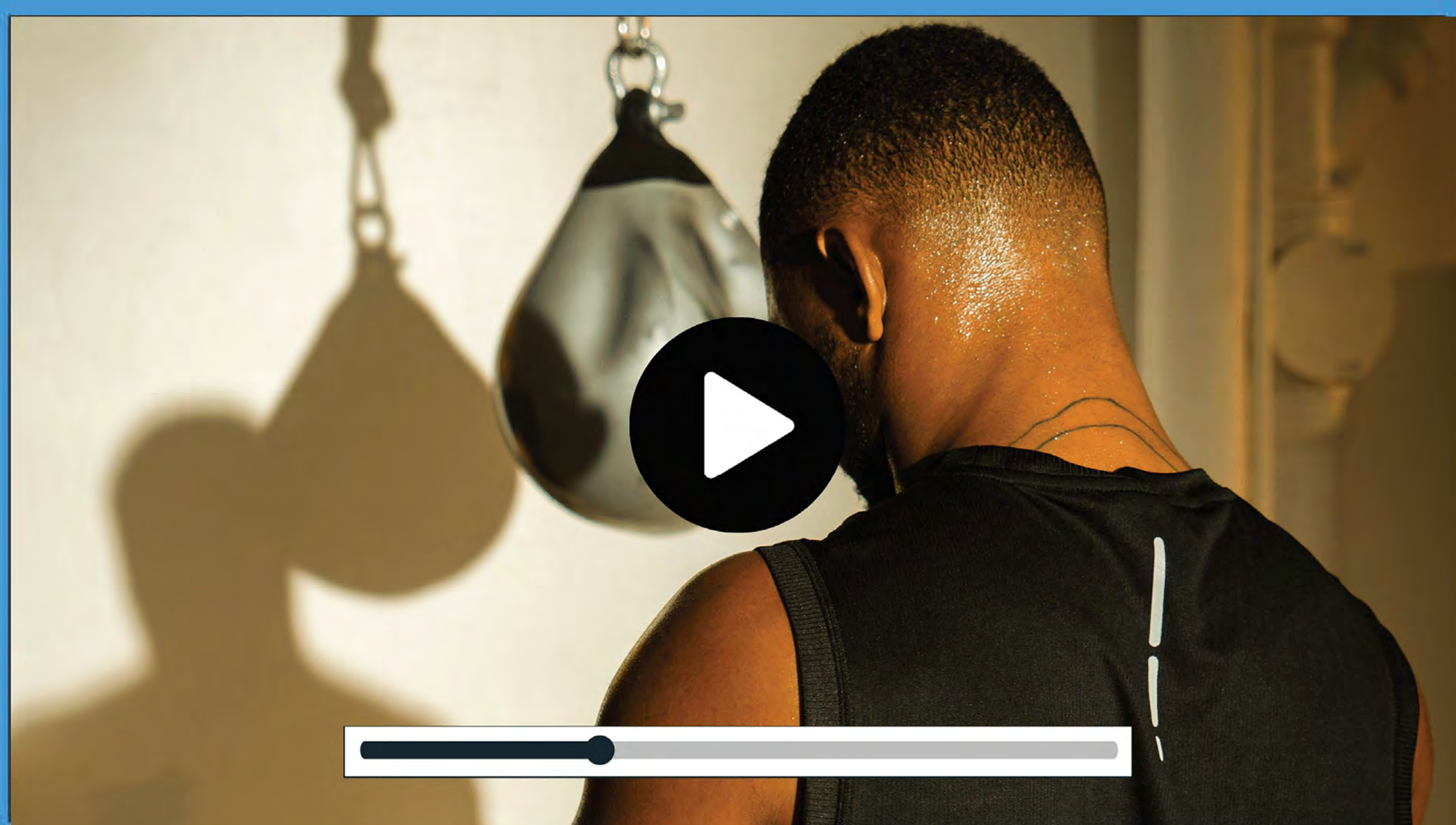
(Entre 3 et 7 tours)

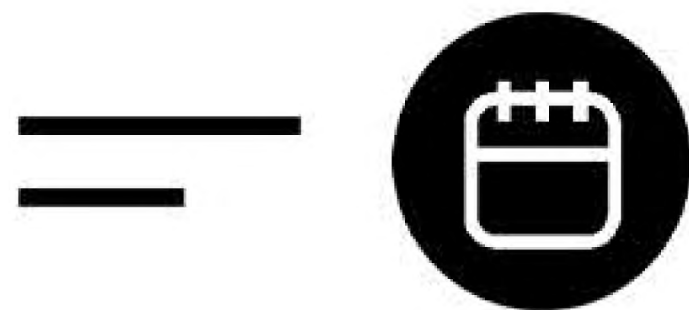


- 5 Up & Down Planks ✓
- 10 Pompes x Shoulder Taps ✓
- 10 Plank Crunch ✓
- 5 Tractions ou Rowing Inversé ✓
- 20 Sit Ups ✓
- 20 Russian Twist ✓



IDENTIFICATION





_SEMAINE.3

•//séance_3

(Entre 3 et 7 tours)



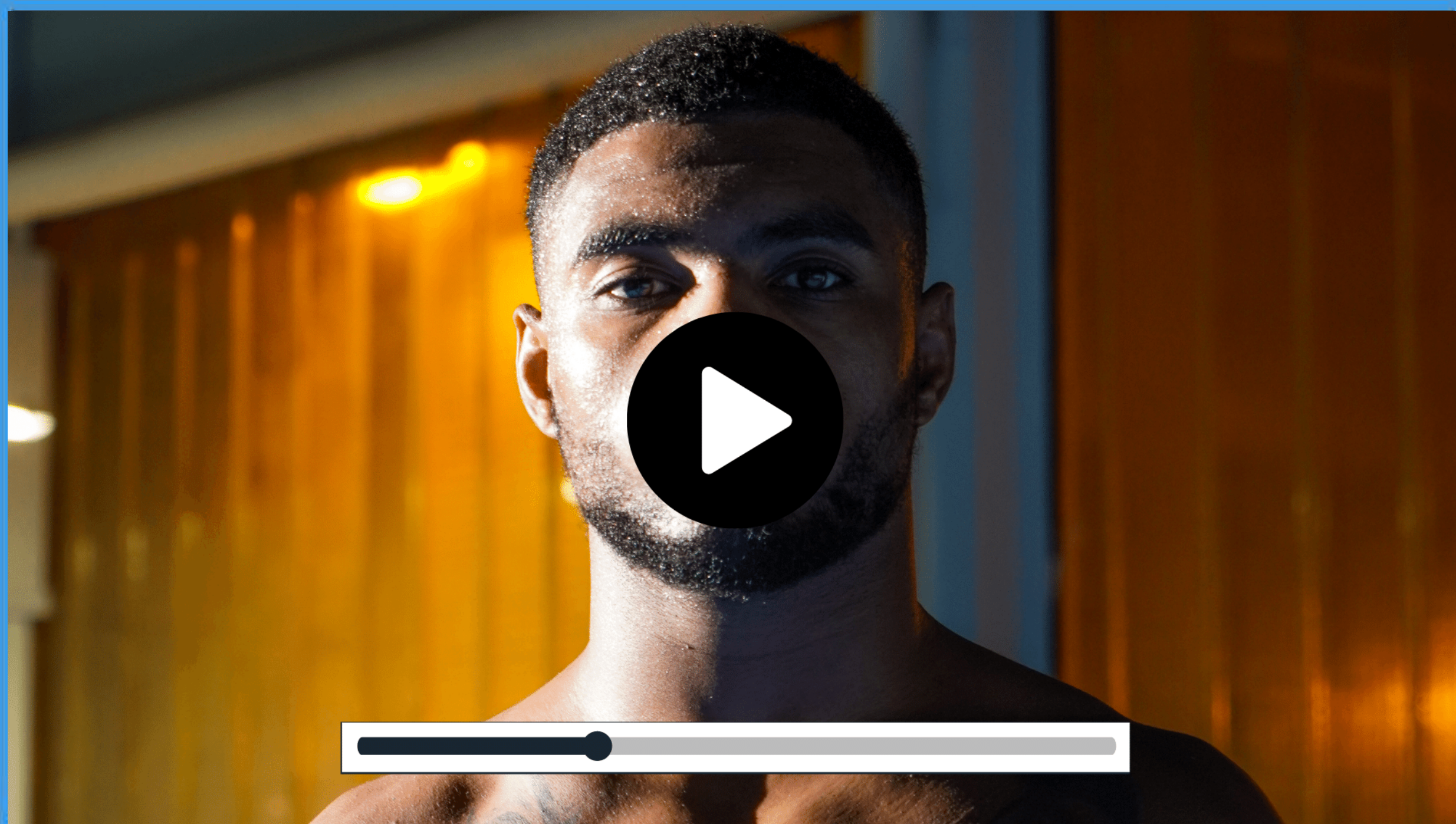
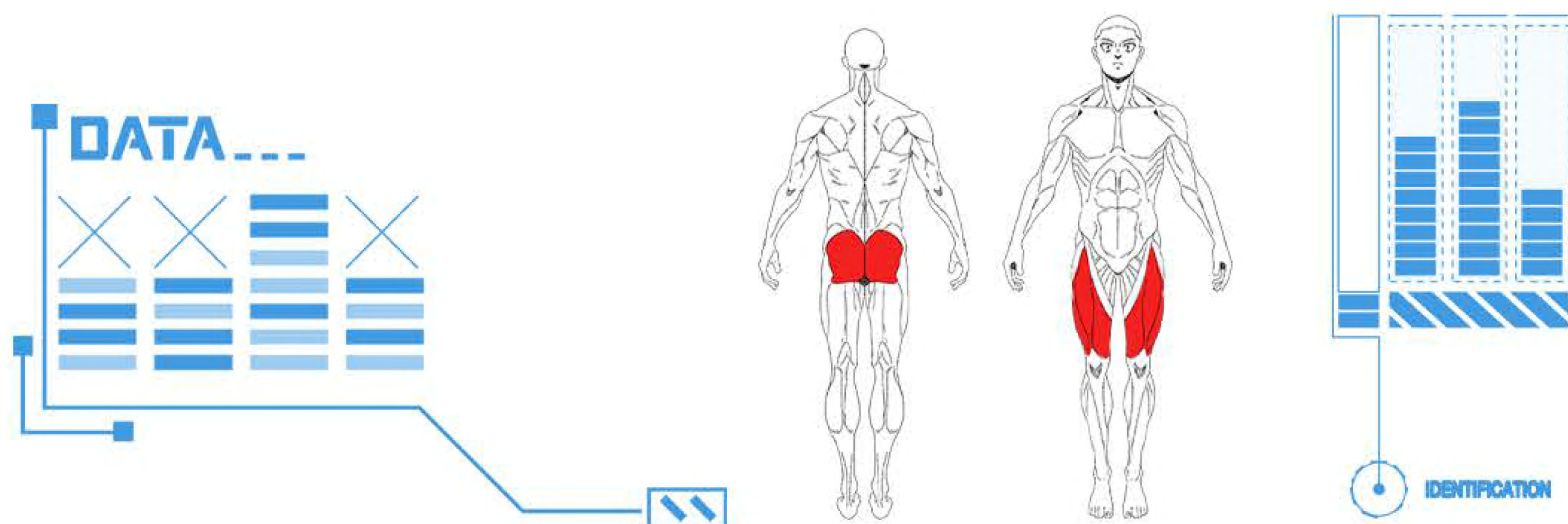
10 Pompes ✓

10" Sec Position Basse Pompes ✓

10 Pompes ✓

10 Dips ✓

Rowing inversée jusqu'à l'échec ✓





_SEMAINE.3

•//séance_4

(EMOM 20 Min)



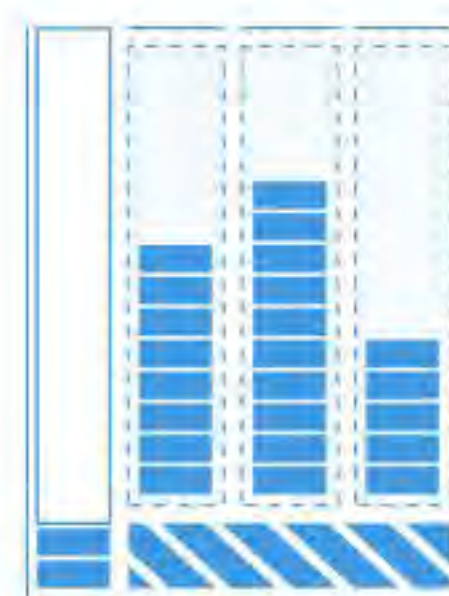
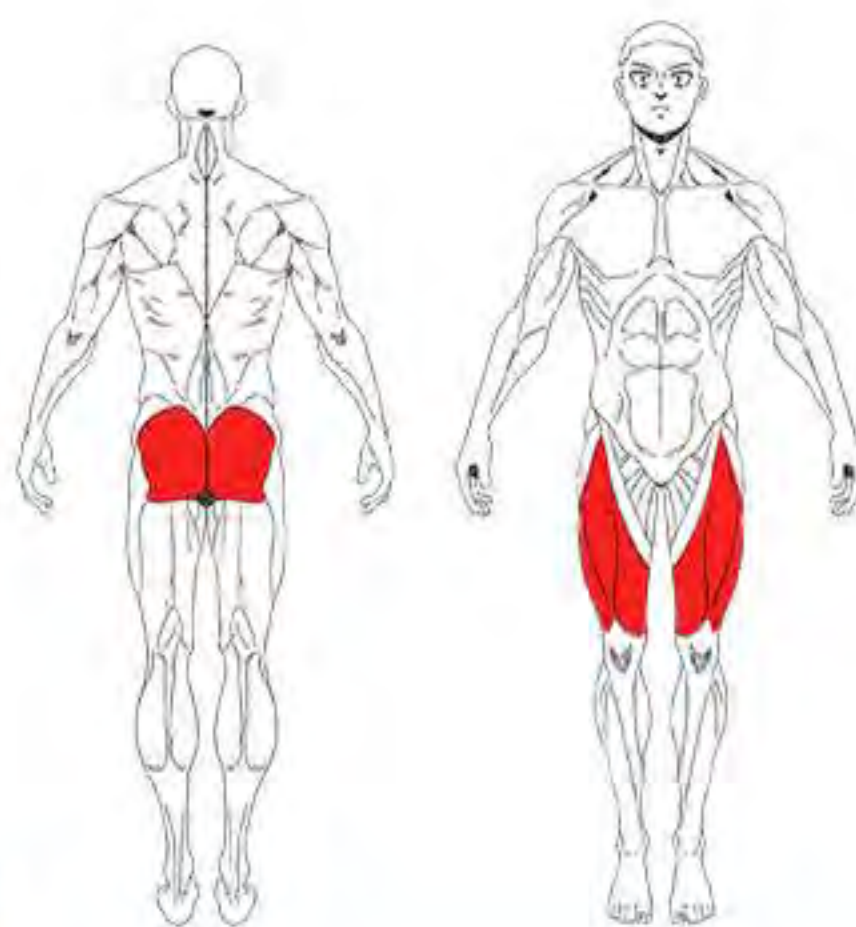
Chaque minutes faire :

12 12 Air Squats ✓

20" Gainage ✓

Ensuite FINISHER :

Tabata Moutain Climbers ✓



IDENTIFICATION

