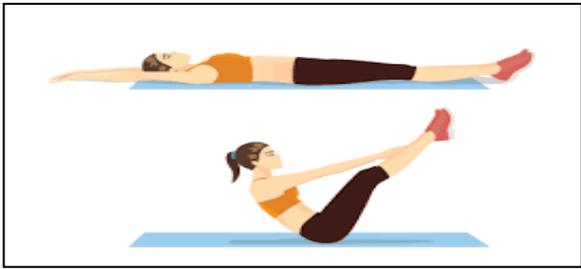
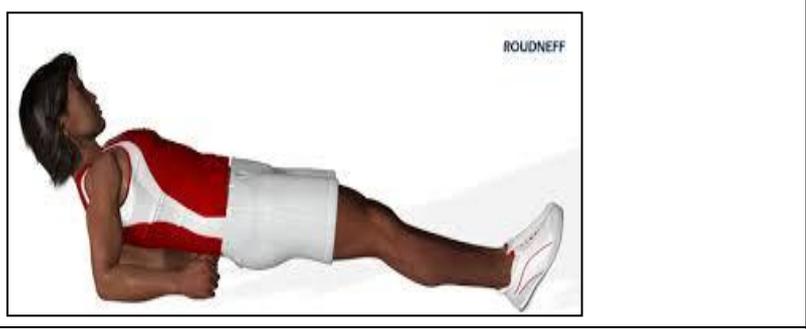
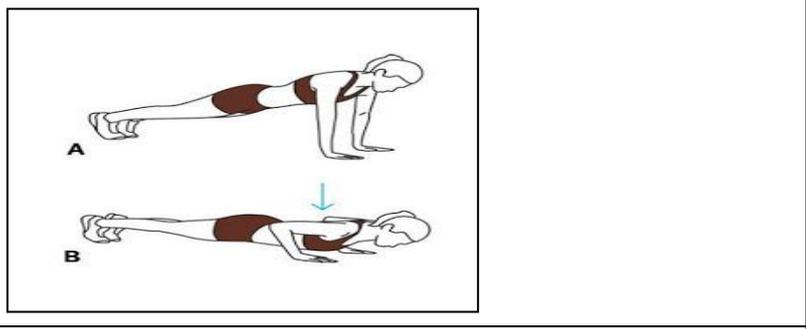


## S3 16/11/20-22/11/20 GYM TONIQUE

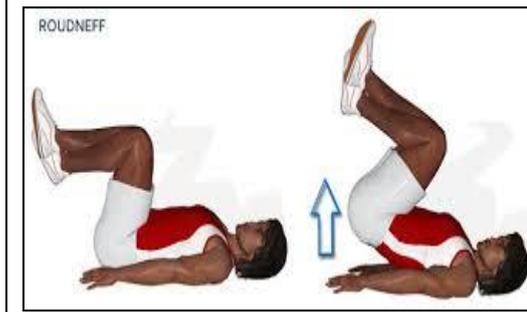
Alterner 30 secondes d'exercices suivis de 30 secondes de pauses.

Par jour, réaliser les 5 exercices.

### LUNDI (RENFO)

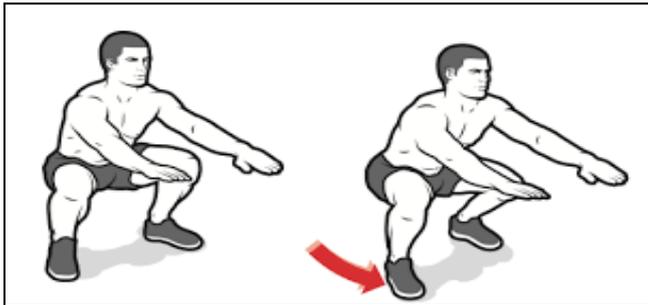
	Abdos.	3x30''/30'' (soit 30'' d'abdos suivi de 30'' de pause, à réaliser 3 fois de suite).
	Fentes chaise.	3x30''/30'' (soit 30'' de chaise suivi de 30'' de pause, à réaliser 3 fois de suite).
	Gainage dorsal.	3x30''/30'' (soit 30'' de gainage dorsal suivi de 30'' de pause, à réaliser 3 fois de suite).
	Pompes.	3x30''/30'' (soit 30'' de pompes suivi de 30'' de pause, à réaliser 3 fois de suite).
	Fessiers.	3x30''D/30''idem jbe G (soit 30'' de lever de bassin ac jbe D suivi de 30'' de pause idem jbe G, à réaliser 3 fois de suite).

# MARDI (RENFO)



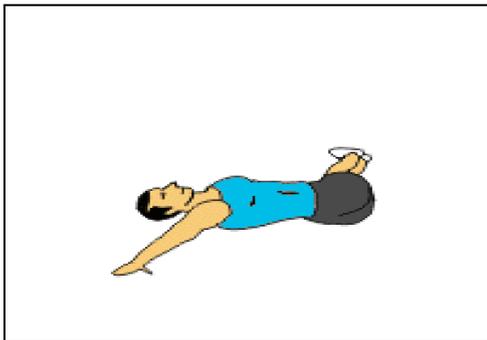
Abdos.

3x30''/30''



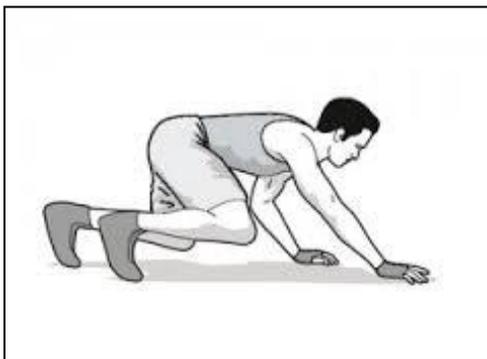
Marche canard.

3x30''/30''



Abdos (en mvts  
alterner D/G) .

3x30''/30''



Marche à 4  
pattes.

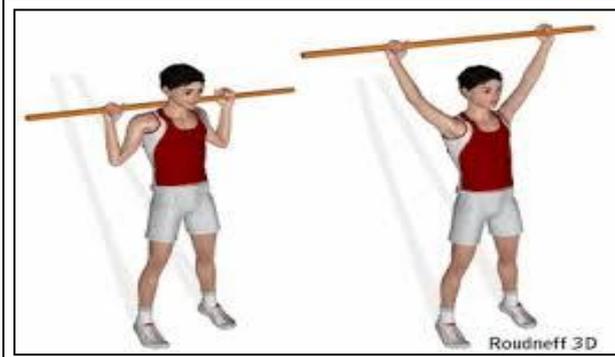
3x30''/30''



Fessiers.

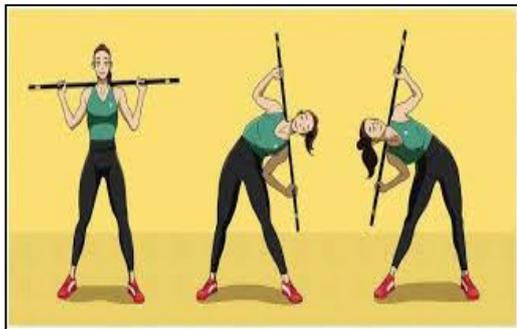
3x30''D/30''G

# MERCREDI (ETIREMENTS)



Etirements bras.

3x30''/30''



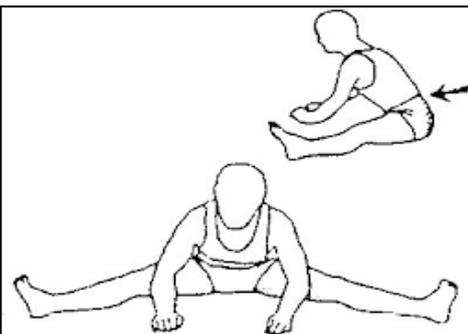
Etirements dos.

3x30''/30''



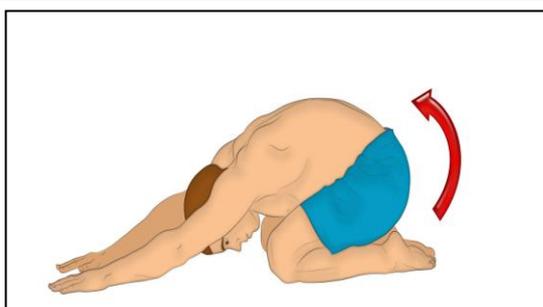
Etirements bras.

3x30''D/30''G



Etirements  
adducteurs.

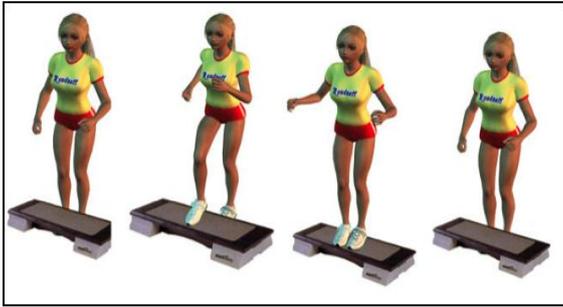
3x30''/30''



Etirements  
bras/dos

3x30''/30''

# JEUDI (CARDIO)



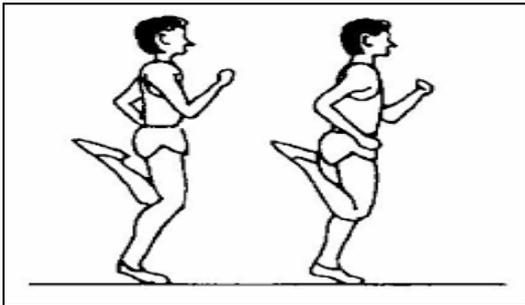
Monter sur une marche.

3x30"/30"



Montées de genoux.

3x30"/30"



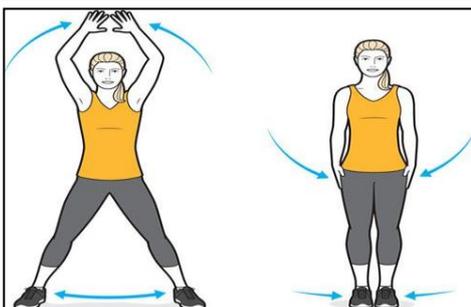
Talon fesse.

3x30"/30"



Ice man.

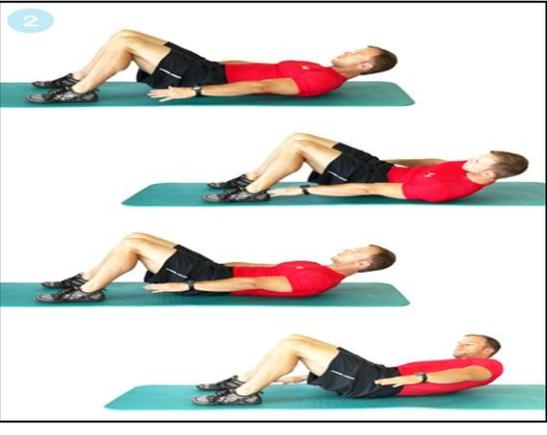
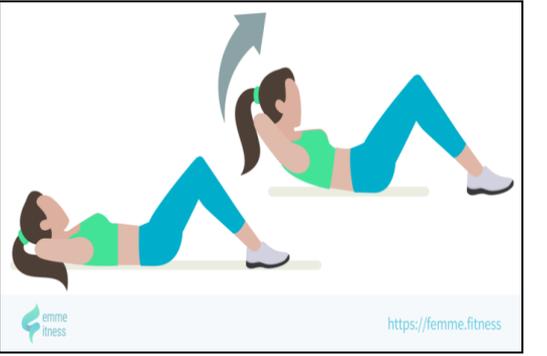
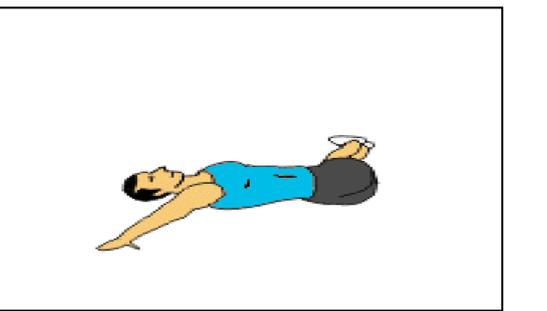
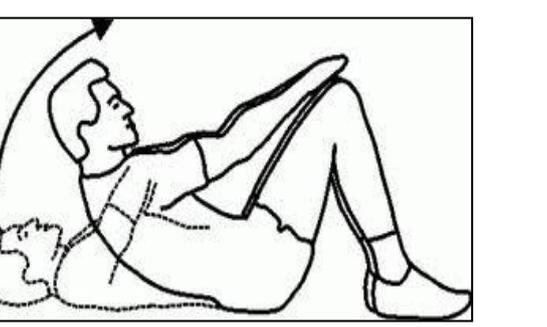
3x30"/30"



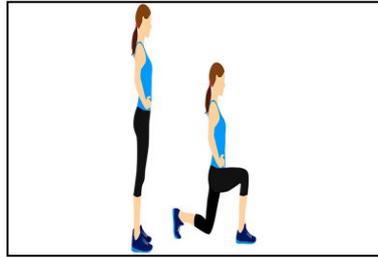
Jumping jack.

3x30"/30"

# VENDREDI (ABDOS)

 <p>1 2 3</p> <p><a href="http://entrainement-sportif.fr/abdominaux-du-bas.htm">entrainement-sportif.fr/abdominaux-du-bas.htm</a></p>		<p>Abdos.</p> <p>3x30''/30''</p>
 <p>2</p>		<p>Abdos.</p> <p>3x30''/30''</p>
 <p><a href="https://femme.fitness">https://femme.fitness</a></p>		<p>Abdos.</p> <p>3x30''D/30''G</p>
	<p>Abdos, en mvt alterner D/G.</p>	<p>3x30''/30''</p>
		<p>Abdos.</p> <p>3x30''D/30''G</p>

## **SAMEDI**



Marcher de 45' à 1h .Alterner marche et exercices.

Toutes les 10' faire 15 fentes.

## **DIMANCHE**



Marcher de 45' à 1h. Alterner marche normal et rapide.

10' marche/5' marche rapide.

**ADRIEN ALIX**

**(EDUCATEUR SPORTIF)**