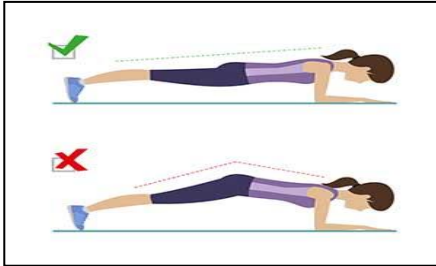


S4 23/11/20-29/11/20 GYM TONIC

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

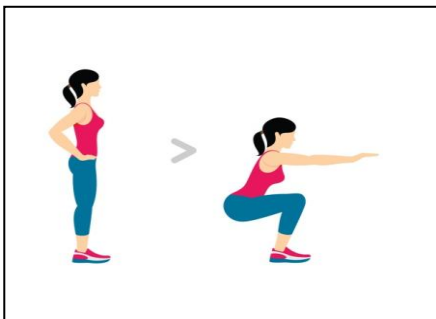
Par jour, réaliser les 5 exercices.

LUNDI



Gainage ventral.

3x30''/30''
(soit 30'' de gainage ventral suivi de 30'' de pause, à réaliser 3 fois de suite).



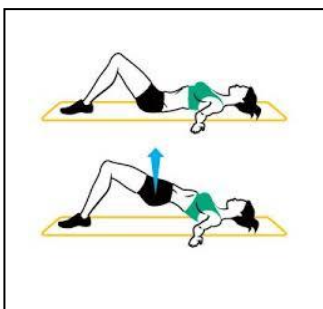
Squats.

3x30''/30''
(soit 30'' de squats 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).



Fessiers.

3x30''/30''
(soit 30'' de lever et descente de bassins suivi de 30'' de pause, à réaliser 3 fois de suite).

MARDI



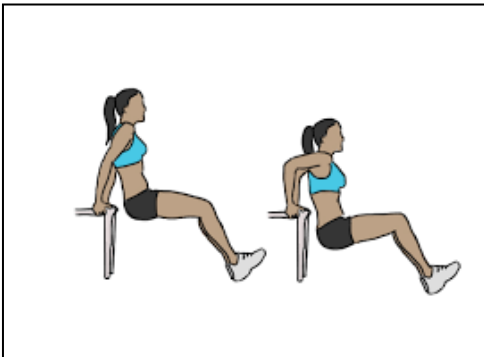
Gainage ventral.

3x30"/30"



Gainages costal
Alterner D/G.

3x30" côté
Droit/30" côté Gauche



Dips.

3x30"/30"



Fessiers.

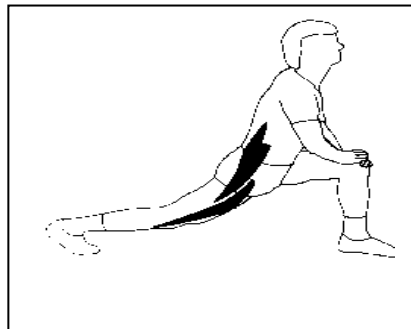
3x30"D/30"G

MERCREDI



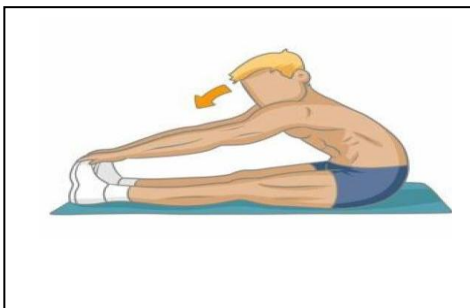
Etirements
quadriceps.

3x30''D/30''G



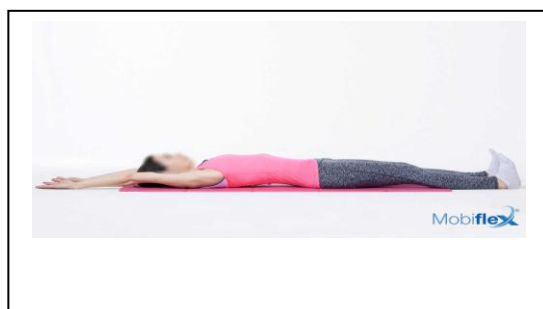
Etirements
quadriceps et
psoas.

3x30''D/30''G



Etirements
ischios.

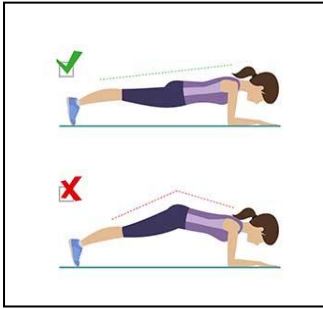
3x30''/30''



Etirements
bras/dos

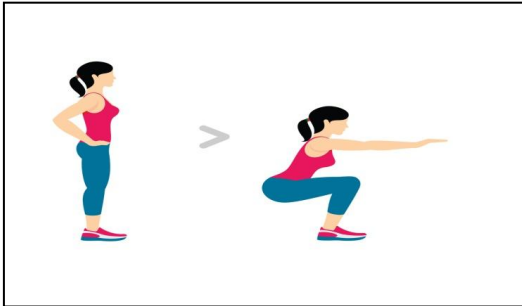
3x30''/30''

JEUDI



Gainage ventral.

3x30"/30"



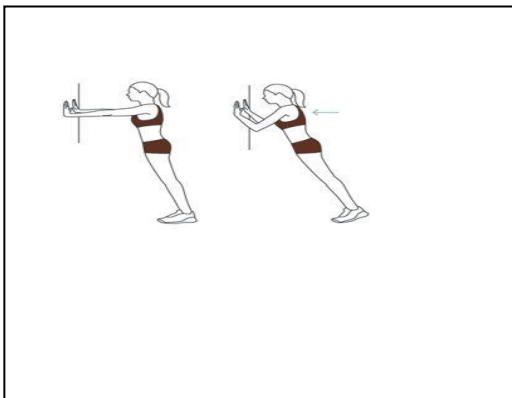
Squats.

3x30"/30"



Gainage dorsal.

3x30"/30"



Pompes.

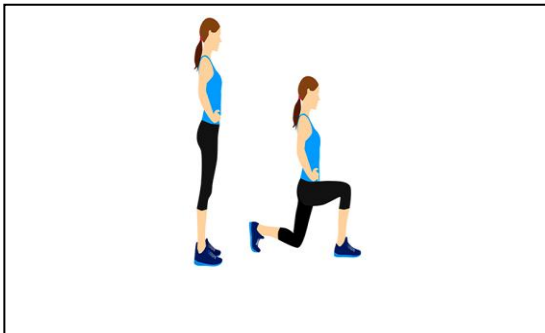
3x30"/30"

VENDREDI



Gainage ventral.

3x30"/30"



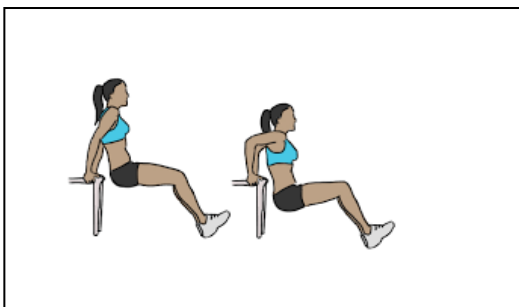
Fentes avant.
Alterner D/G.

3x30"/30"



Gainage costal.
Alterner D/G.

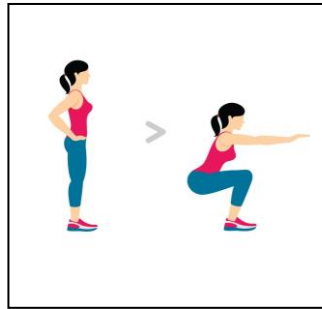
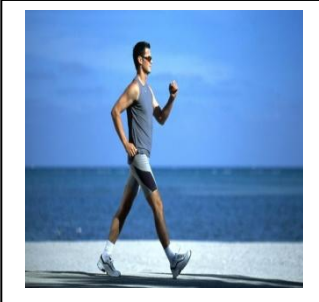
3x30"D/30"G



Dips.

3x30"/30"

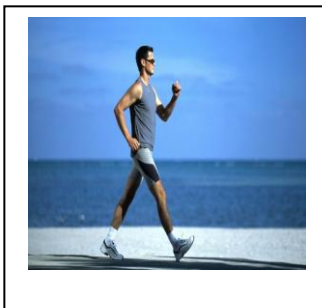
SAMEDI



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

Toutes les 10' faire 15 squats.

DIMANCHE



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

10' marche/5' marche rapide.

ADRIEN ALIX

(EDUCATEUR SPORTIF)