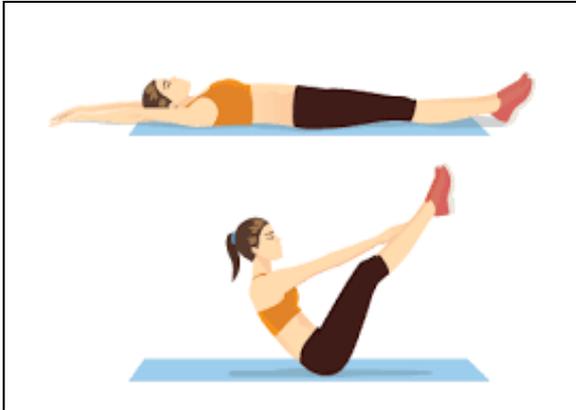


S6 07/12/20-13/12/20 GYM ENTRETIEN

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

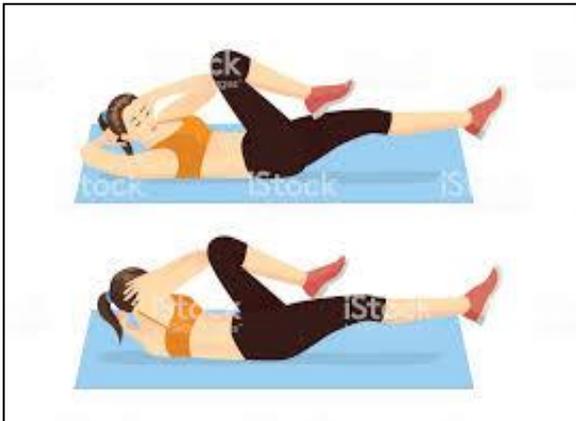
Par jour, réaliser les 5 exercices.

LUNDI (ABDOS)



Abdos.

3x30"/30"
(soit 30" d'abdos suivi de 30" de pause, à réaliser 3 fois de suite).



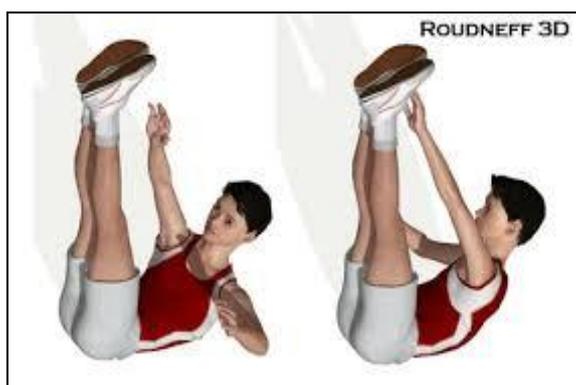
Abdos.

3x30"/30"
(soit 30" de chaise suivi de 30" de pause, à réaliser 3 fois de suite).



Gainage dorsal.

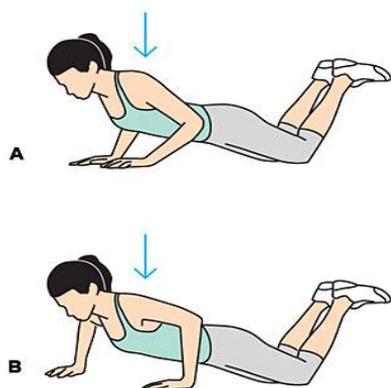
3x30"/30"
(soit 30" de gainage dorsal suivi de 30" de pause, à réaliser 3 fois de suite).



Abdos.

3x30"/30"
(soit 30" de pompes suivi de 30" de pause, à réaliser 3 fois de suite).

MARDI (BRAS)



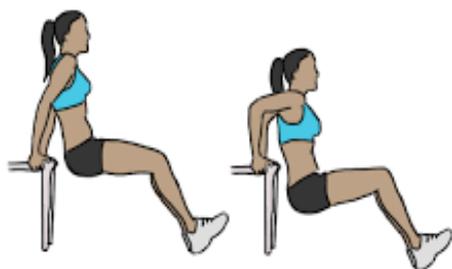
Pompes.

3x30"/30''



Marcher sur
mains et pieds.

3x30"/30''



Dips.

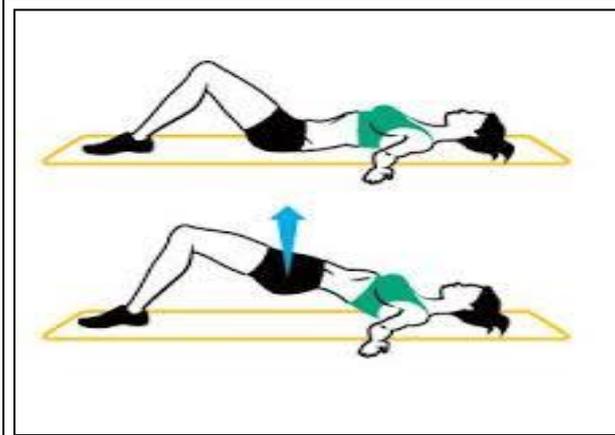
3x30"/30''



Marcher à 4
pattes.

3x30"/30''

MERCREDI (FESSIERS)



Fessiers.

3x30"/30"



Fessiers.

3x30"D/30"
3x30"G/G



Fessiers.

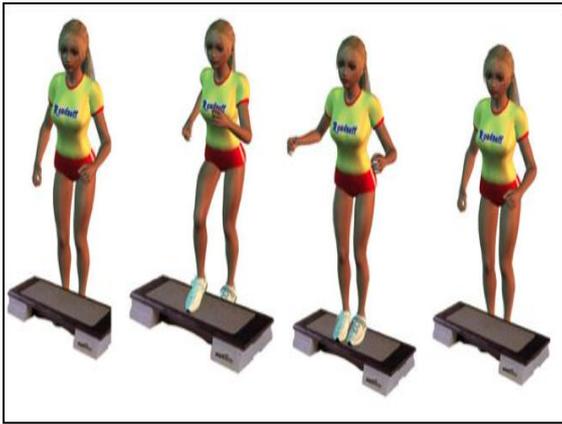
3x30"D/30"
3x30"G/30"



Fessiers.

3x30"D/30"
3x30"G/30"

JEUDI (CARDIO)



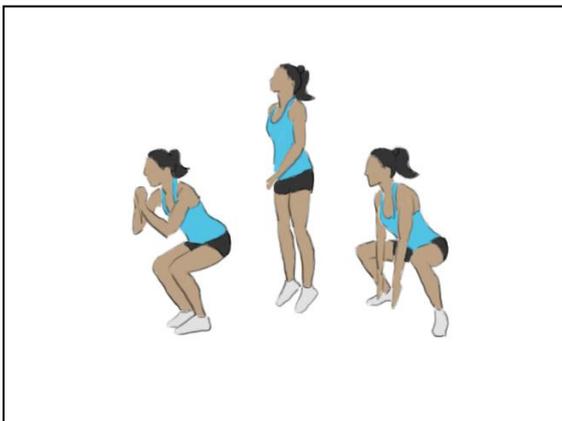
Monter sur une marche.

3x30"/30"



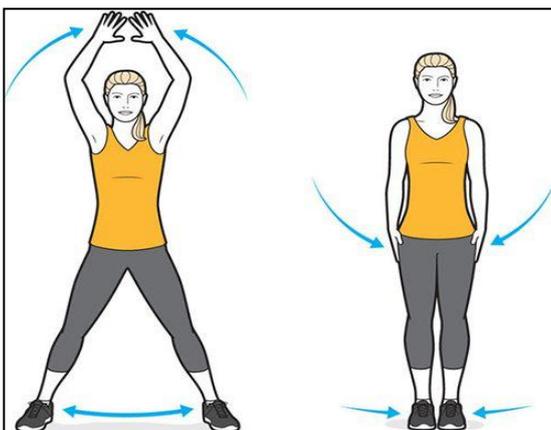
Montées de genoux.

3x30"/30"



Squats sautés (si possible, sinon squats sans sauts).

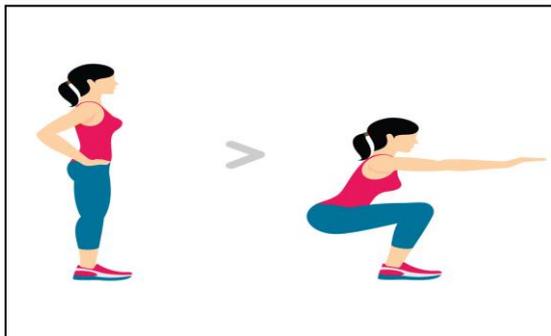
3x30"/30"



Jumping jack.

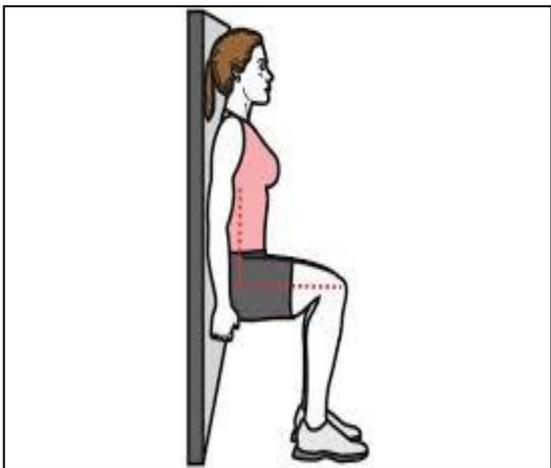
3x30"/30"

VENDREDI (CUISSSES)



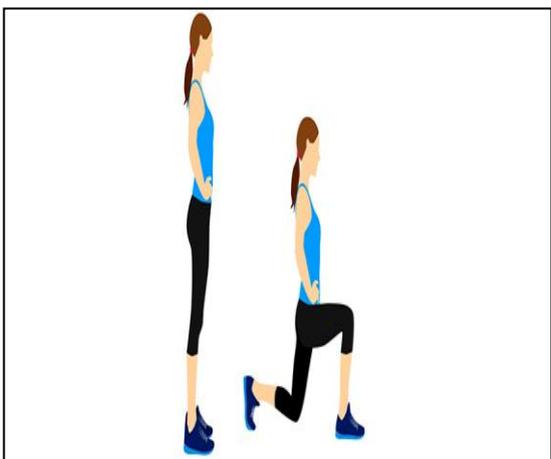
Squats.

3x30''/30''



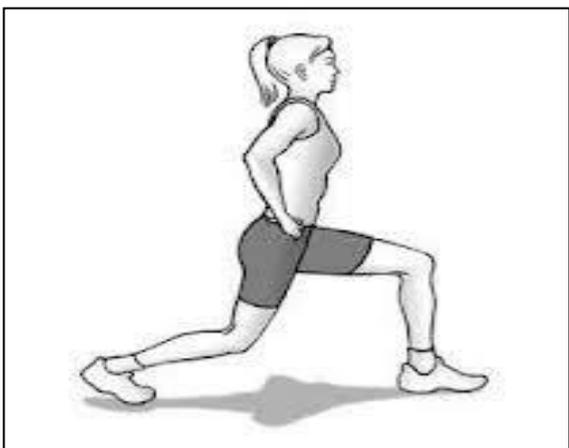
Chaise.

3x30''/30''



Fentes.

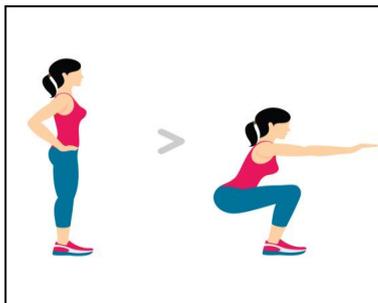
3x30''D/30''G



Fentes statiques.

3x30''D/30''
3x30''G/30''

SAMEDI



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

Toutes les 10' faire 20 squats.

DIMANCHE



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

10' marche/10' marche rapide.

ADRIEN ALIX
(EDUCATEUR SPORTIF)