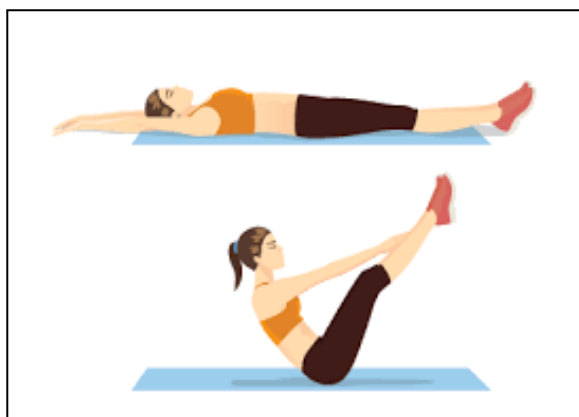


S11 25/01/21-31/01/21 GYM ENTRETIEN

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

Par jour, réaliser les 3 exercices.

LUNDI (ABDOS)



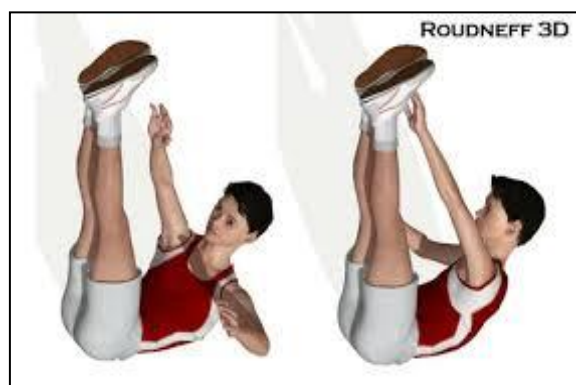
Abdos.

5x30"/30"
(soit 30" d'abdos suivi de 30" de pause, à réaliser 5 fois de suite).



Gainage dorsal.

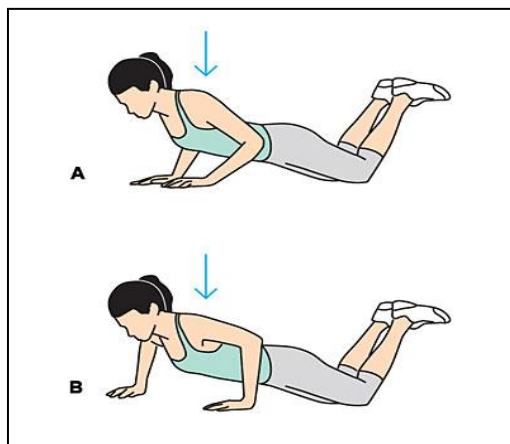
3x30"/30"
(soit 30" de gainage dorsal suivi de 30" de pause, à réaliser 5 fois de suite).



Abdos.

5x30"/30"
(soit 30" de pompes suivi de 30" de pause, à réaliser 5 fois de suite).

MARDI (BRAS)



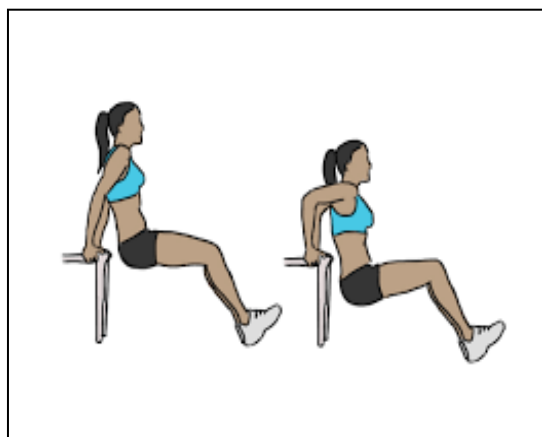
Pompes.

5x30''/30''



Marcher sur
mains et pieds.

5x30''/30''



Dips.

5x30''/30''

MERCREDI (FESSIERS)



Fessiers.

5x30''D/30''
3x30''G/G



Fessiers.

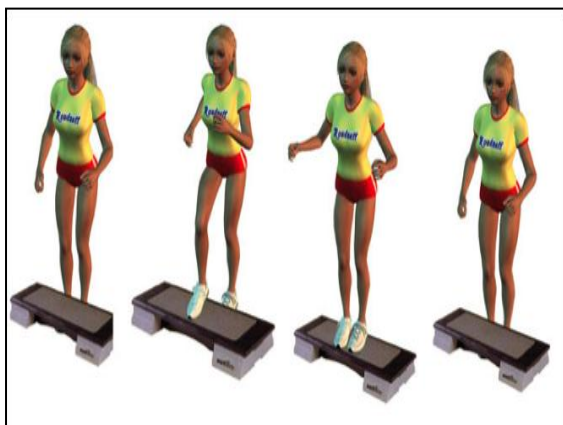
5x30''D/30''
3x30''G/30''



Fessiers.

5x30''D/30''
3x30''G/30''

JEUDI (CARDIO)



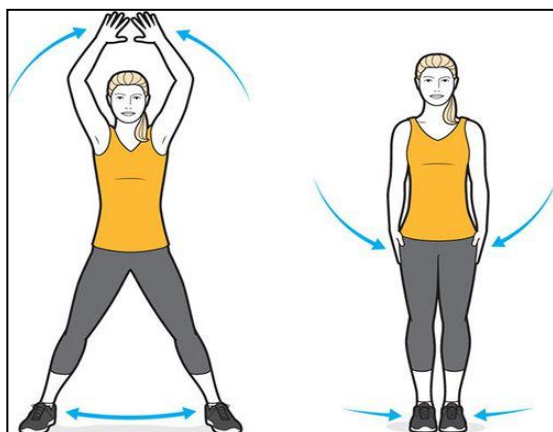
Monter sur une marche.

5x30"/30''



Montées de genoux.

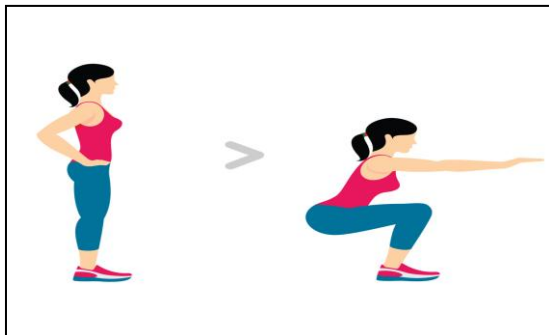
5x30"/30''



Jumping jack.

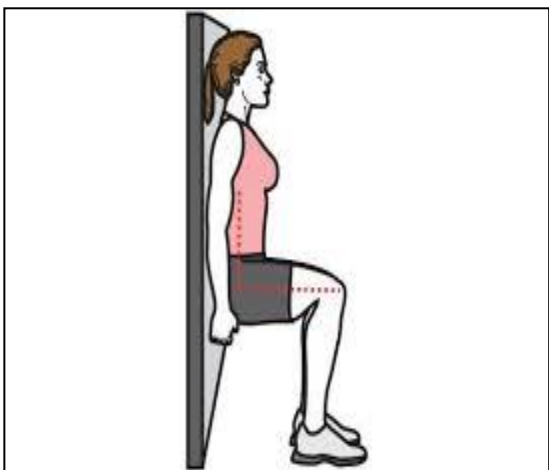
3x30"/30''

VENDREDI (CUISSSES)



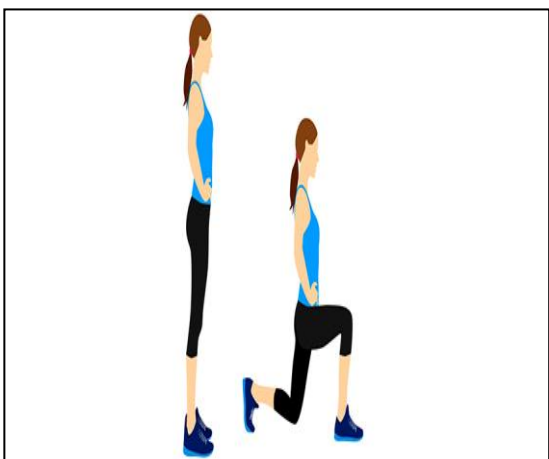
Squats.

5x30''/30''



Chaise.

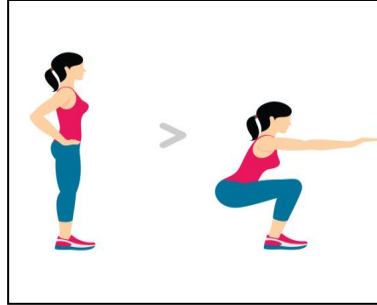
5x30''/30''



Fentes.

5x30''D/30''G

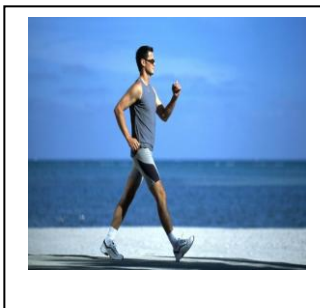
SAMEDI



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)