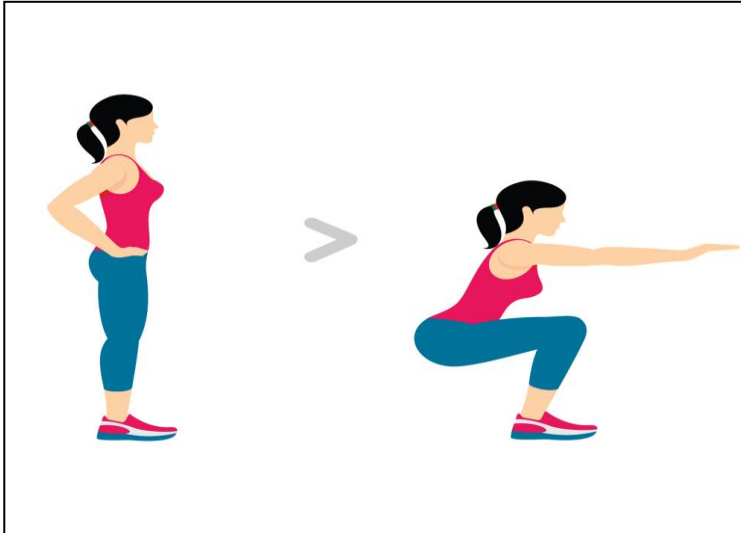


S25 26/04/21-02/05/21 GYM ENTRETIEN

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

Par jour, réaliser les 2 exercices.

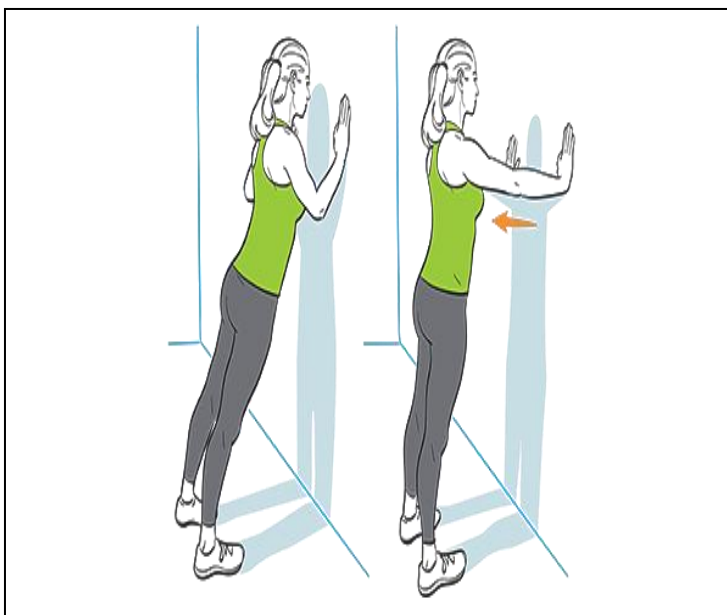
LUNDI (RENFO)



Squats.

10x30''/30''
(soit 30'' d'exercice suivi
de 30'' de pause, à
réaliser 8 fois de suite).

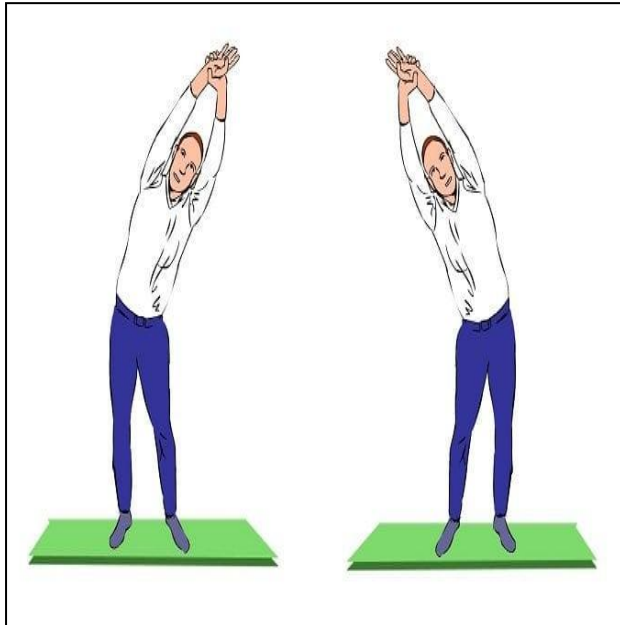
MARDI (RENFO)



Pompes.

10x30''/30''

MERCREDI (ETIREMENTS)



Etirements dos.

10x30"/30".

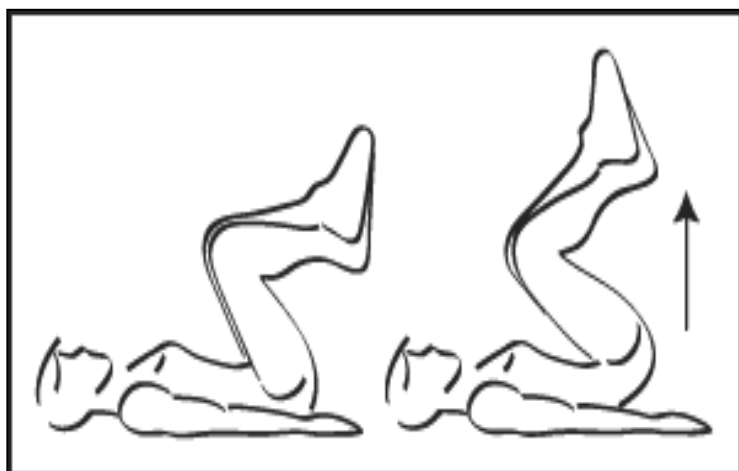
JEUDI (CARDIO)



Monter/Descendre.

10x30"/30"

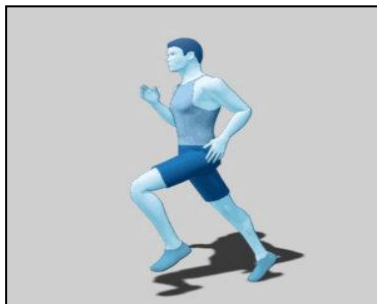
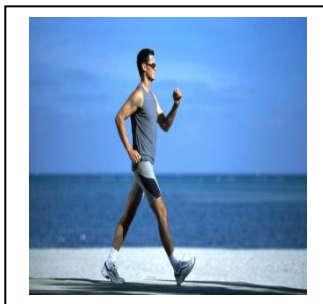
VENDREDI (ABDOS/DOS)



Abdos.

10x30''/30''

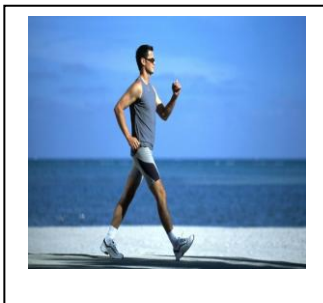
SAMEDI (MARCHE/FOOTING)



Marcher de 45' à 1h .Alternner marche et course.

Toutes les 15' faire 3' de course.

DIMANCHE (MARCHE/FOOTING)



Marcher de 45' à 1h. Alternner marche normal et rapide ou footing.

10' marche/20' marche rapide ou course footing.

ADRIEN ALIX

(EDUCATEUR SPORTIF)