

S2 09/11/20-15/11/20 GYM TONIC

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

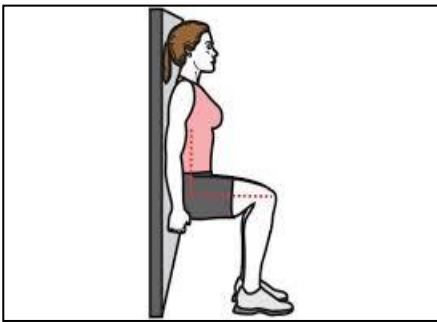
Par jour, réaliser les 5 exercices.

LUNDI



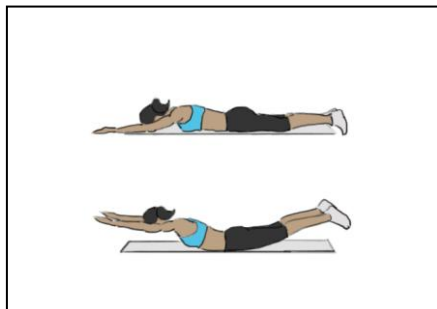
Gainage ventral.

2x30"/30"
(soit 30" de gainage ventral suivi de 30" de pause, à réaliser 2 fois de suite).



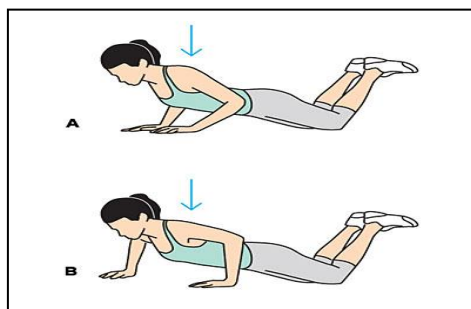
Chaise.

2x30"/30"
(soit 30" de chaise suivi de 30" de pause, à réaliser 2 fois de suite).



Gainage dorsal.

2x30"/30"
(soit 30" de gainage dorsal suivi de 30" de pause, à réaliser 2 fois de suite).



Pompes.

2x30"/30"
(soit 30" de pompes suivi de 30" de pause, à réaliser 2 fois de suite).



Fessiers.

2x30"/30"
(soit 30" de lever de jambes suivi de 30" de pause, à réaliser 2 fois de suite).

MARDI



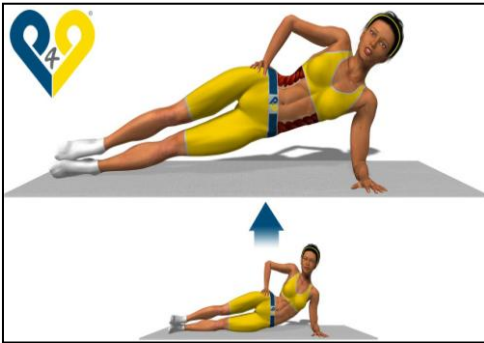
Gainage ventral.

2x30''/30''



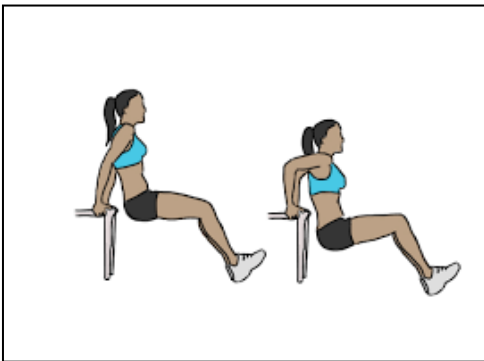
Fentes avant.
Alterner D/G.

2x30''/30''



Gainages costal
Alterner D/G.

30''côté Droit/30''côté
Gauche



Dips.

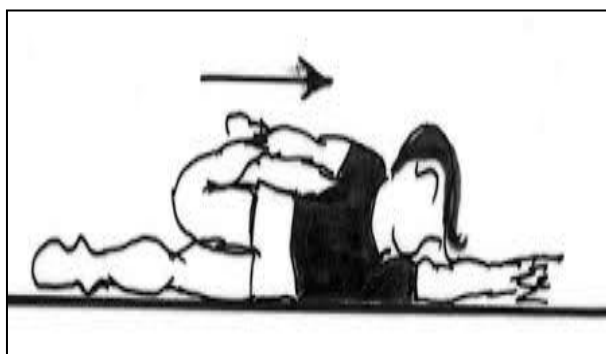
2x30''/30''



Fessiers.

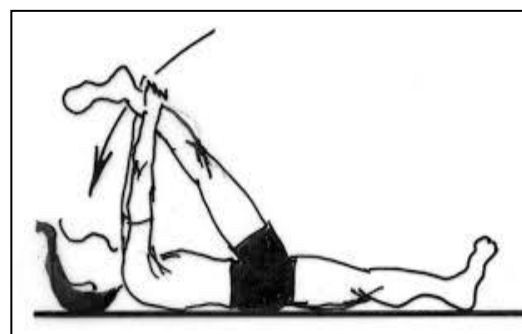
2x30''D/30''G

MERCREDI



Etirements
quadriceps.

2x30''D/30''G



Etirements
quadriceps et
psoas.

2x30''D/30''G



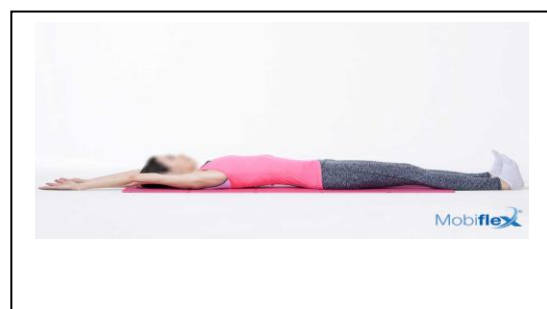
Etirements
ischios.

2x30''/30''



Etirements
adducteurs.

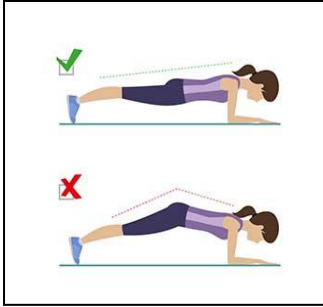
2x30''/30''



Etirements
bras/dos

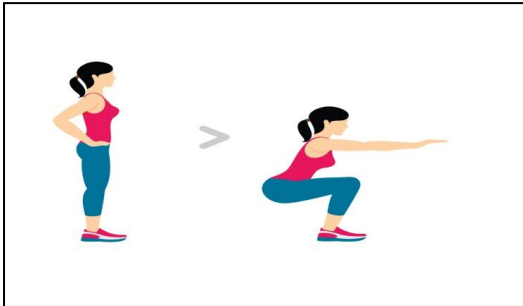
2x30''/30''

JEUDI



Gainage ventral.

3x30''/30''



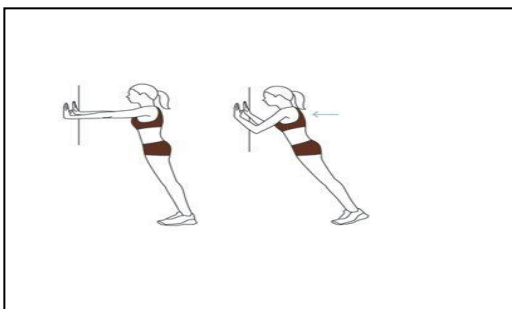
Squats.

3x30''/30''



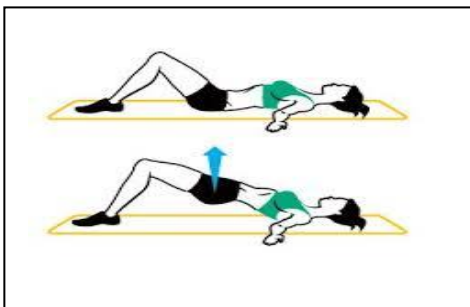
Gainage dorsal.

3x30''/30''



Pompes.

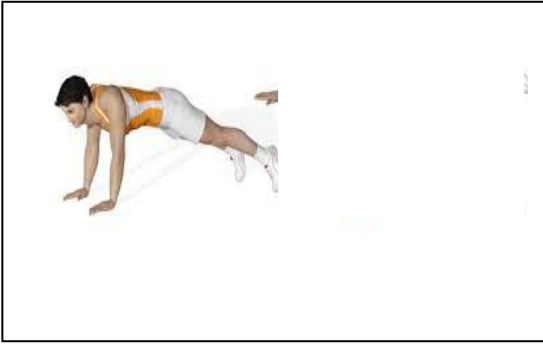
3x30''/30''



Fessiers.

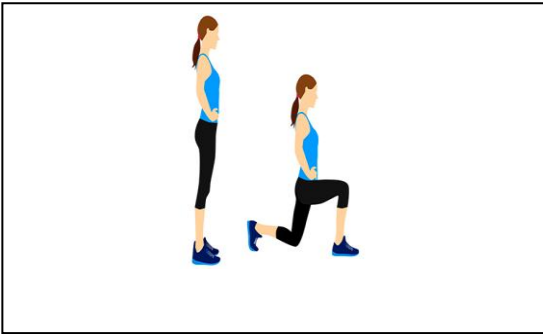
3x30''/30''

VENDREDI



Gainage ventral.

3x30''/30''



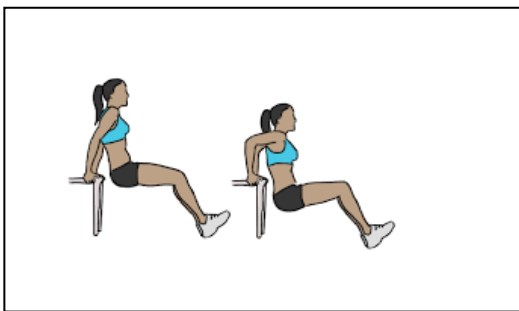
Fentes avant.
Alterner D/G.

3x30''/30''



Gainage costal.
Alterner D/G.

3x30''D/30''G



Dips.

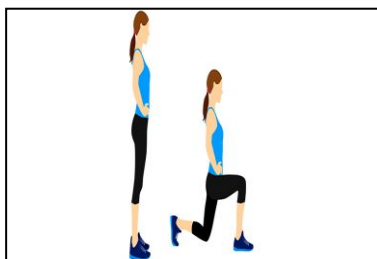
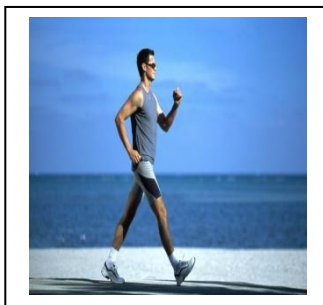
3x30''/30''



Fessiers.

3x30''D/30''G

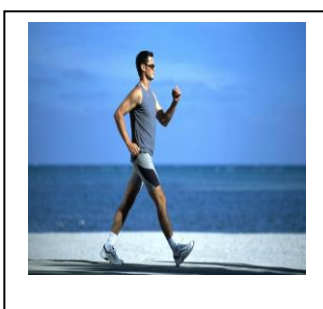
SAMEDI



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

Toutes les 10' faire 10 fentes.

DIMANCHE



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

10' marche/5' marche rapide.

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