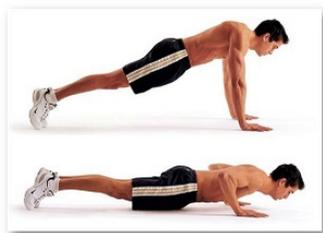


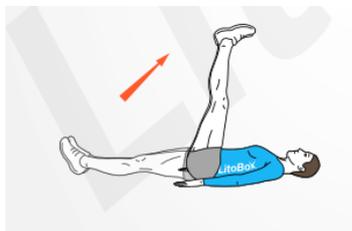
# Programme du 25/03:

Séance bras/abdos;

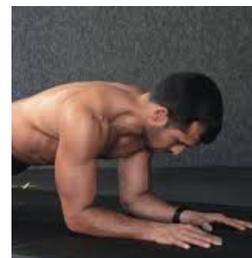
Echauffement: 5 burpees/ 15 abdos au choix/ 2 pompes/ 5 flexions extensions -> x2



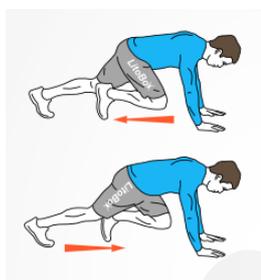
1



2



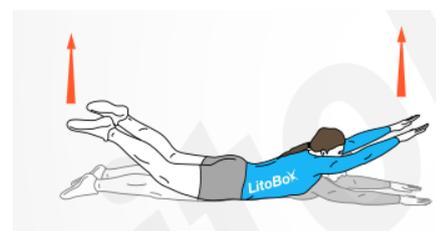
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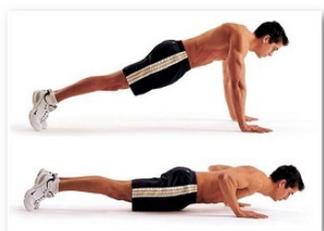
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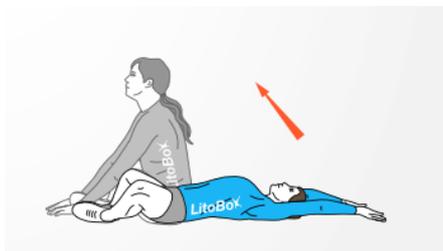
5



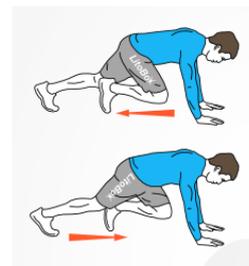
6



7



8



9

1- 15 pompes mains hauteur d'épaules

2- 30 leg ups

3- 1' triceps

4- 1' mountains climbers

5- 15 dips

6- x20 bloquer toutes les 5 répétitions

7- 15 pompes les mains rapproché

8- 30 sit ups

9- 2 pompes + 3 mountains sumo -> x5

Le circuit est à faire 3/fois pour chaque exercice il y aura deux niveau de difficulté proposé dans la vidéo de démo.