

S7 14/12/20-20/12/20 GYM ENTRETIEN

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

Par jour, réaliser les 5 exercices.

LUNDI



Gainage ventral.

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



Squats.

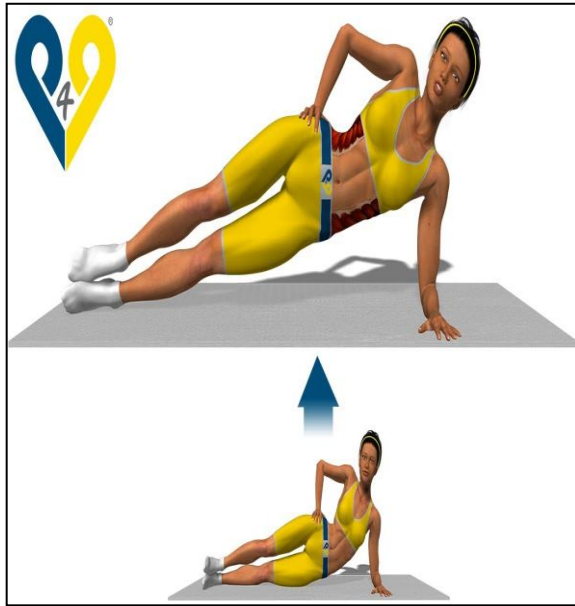
5x30"/30"
(soit 30" de squats suivi de 30" de pause, à réaliser 5 fois de suite).



Gainage dorsal.

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

MARDI



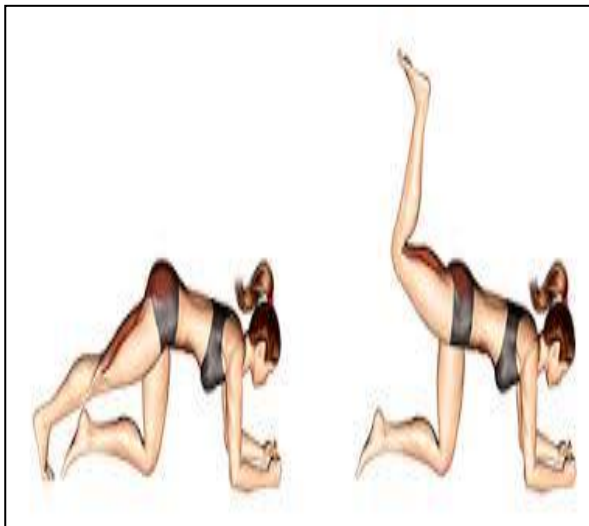
Gainages costal.

5x30'' côté
Droit/30'' côté Gauche



Dips.

5x30''/30''



Fessiers.

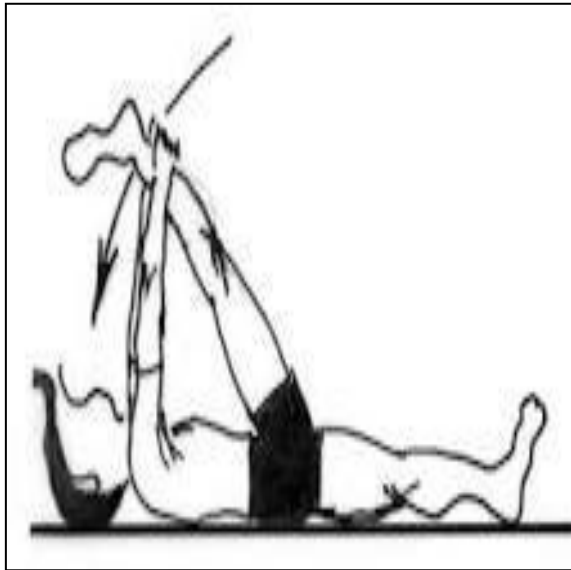
5x30''D/30''G

MERCREDI



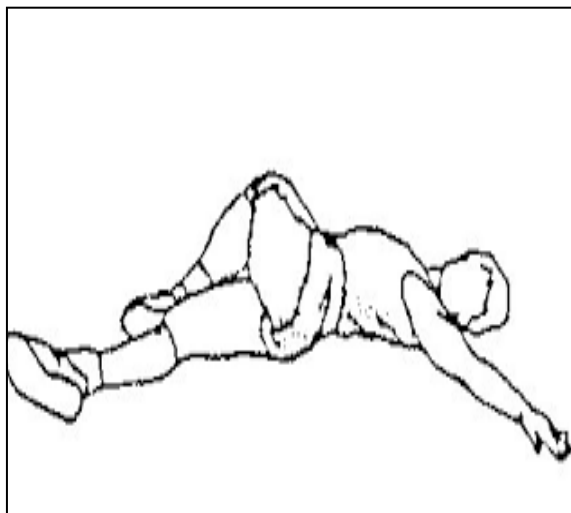
Etirements
bras/dos/jambes.

5x30''D/30''G



Etirements
ischios.

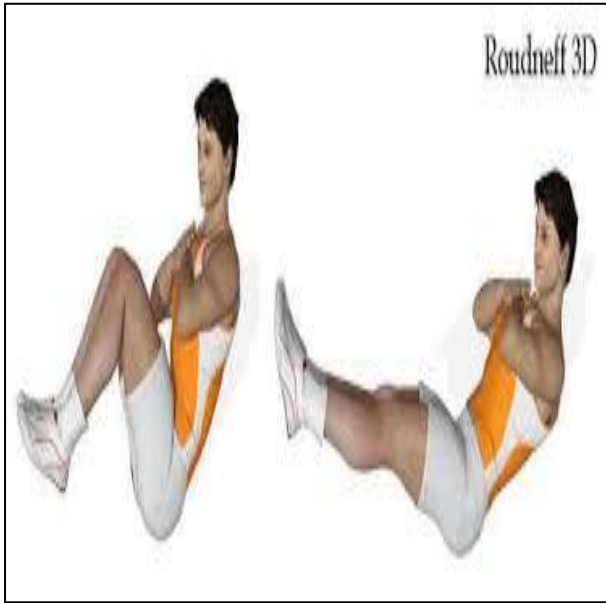
5x30''D/30''G



Etirements dos.

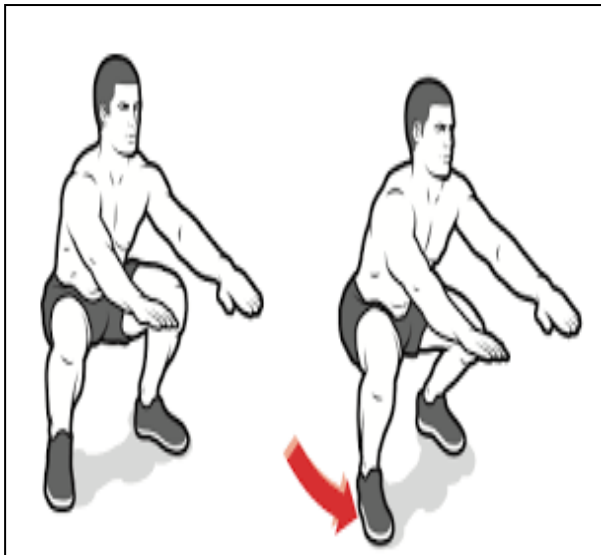
5x30''/30''

JEUDI



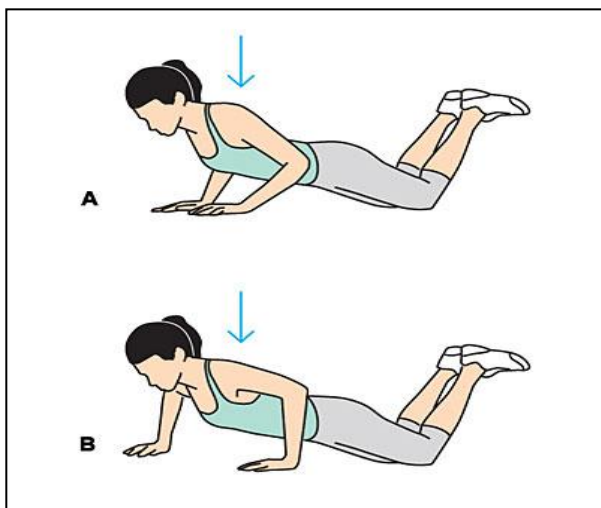
Gainage ventral.

5x30''/30''



Marche du
monstre.

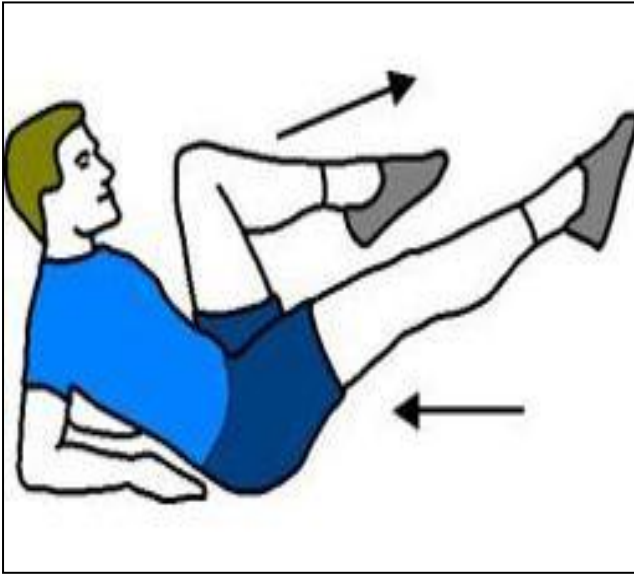
5x30''/30''



Pompes.

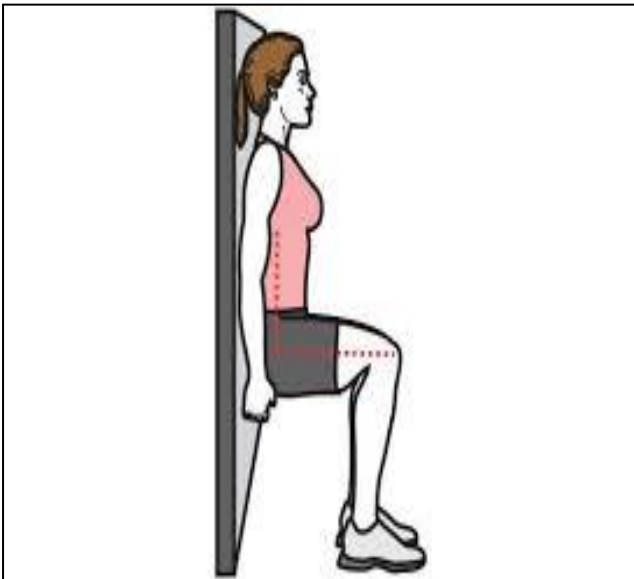
5x30''/30''

VENDREDI



Abdos pédalage.

5x30''/30''



Chaises.

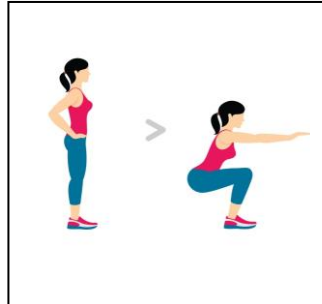
5x30''/30''



Bras.

5x30''/30''

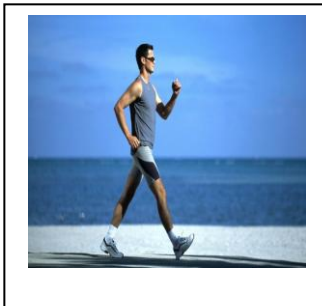
SAMEDI



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)

