

DOS SOLIDE

SÉANCE 1



ÉCHAUFFEMENT GAINAGE COUDE/MAIN

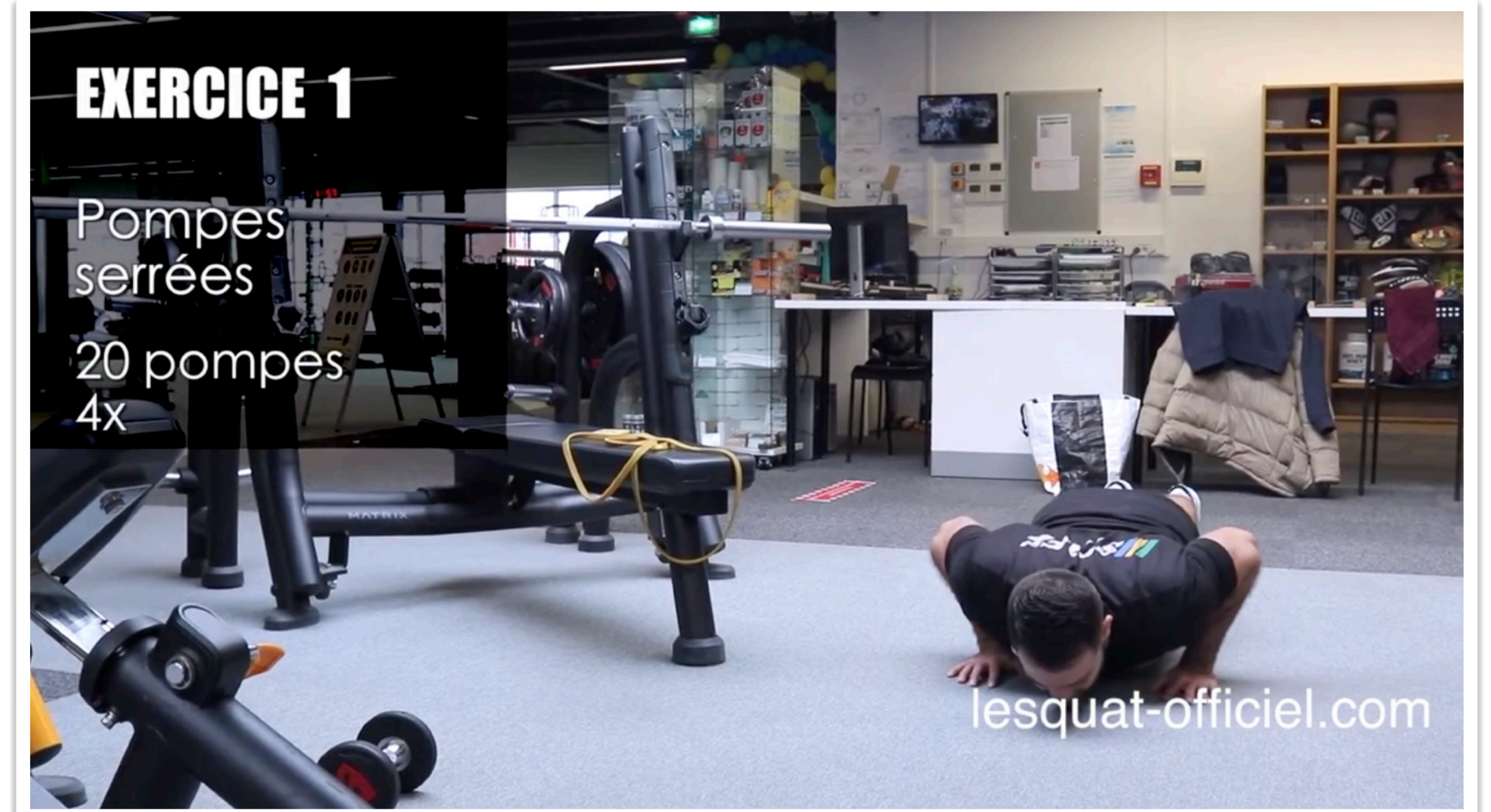
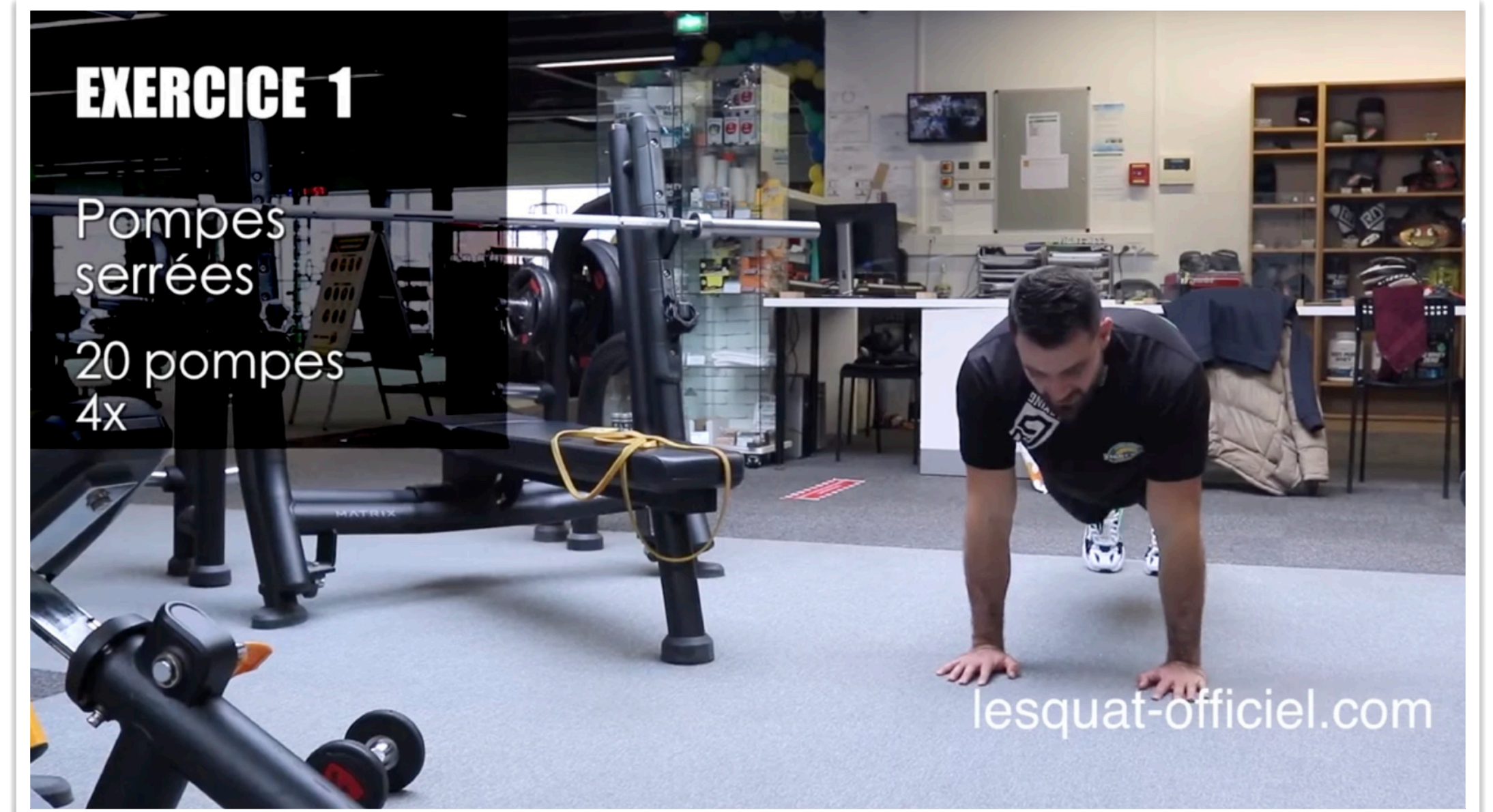
20 sec de travail
10 sec de repos
4x



EXERCICE 1

POMPES SERRÉES

20 pompes
4 séries



EXERCICE 2

POMPES ÉLASTIQUE

ISO (3 SEC)

12 pompes
4 séries

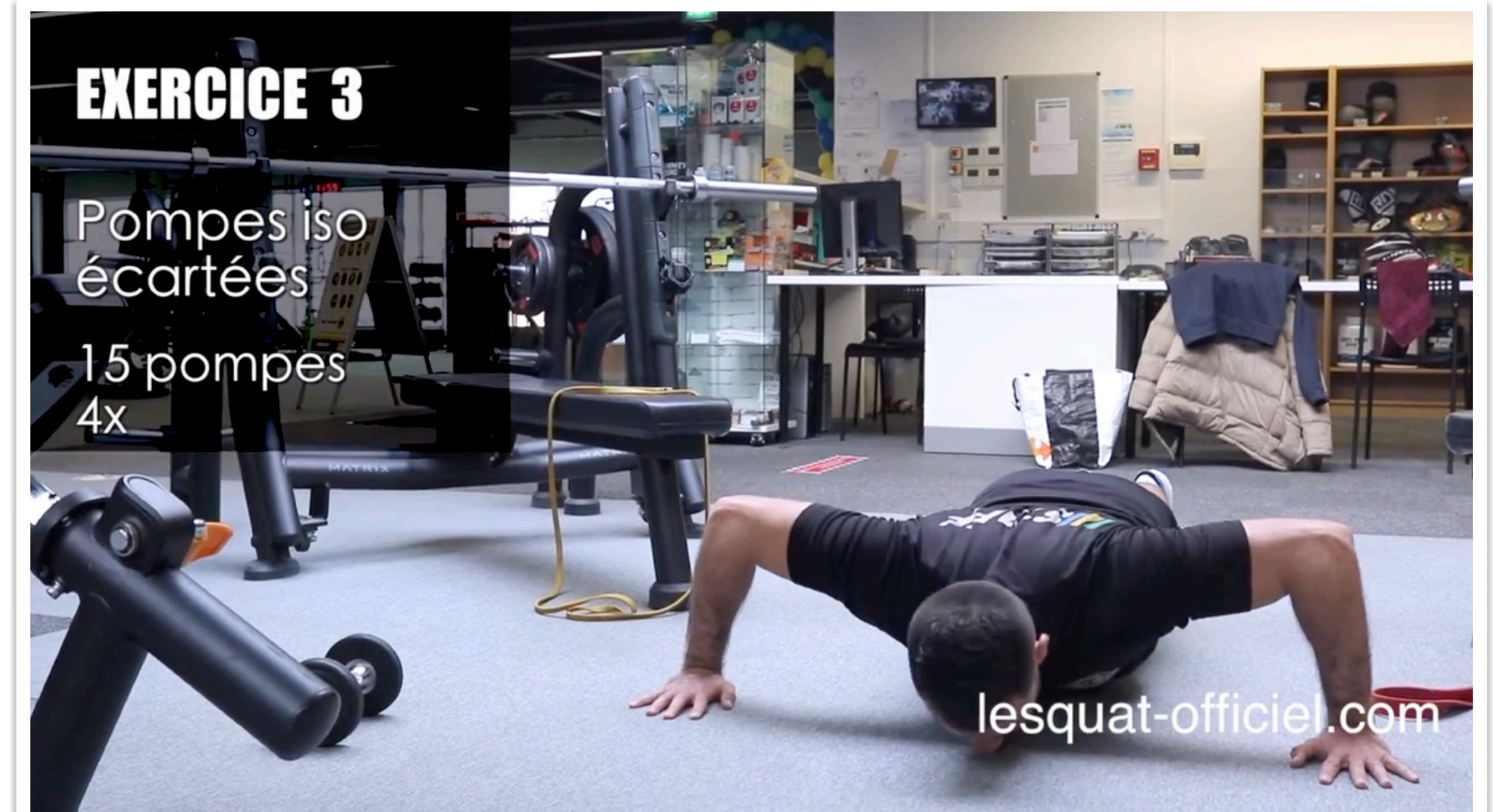
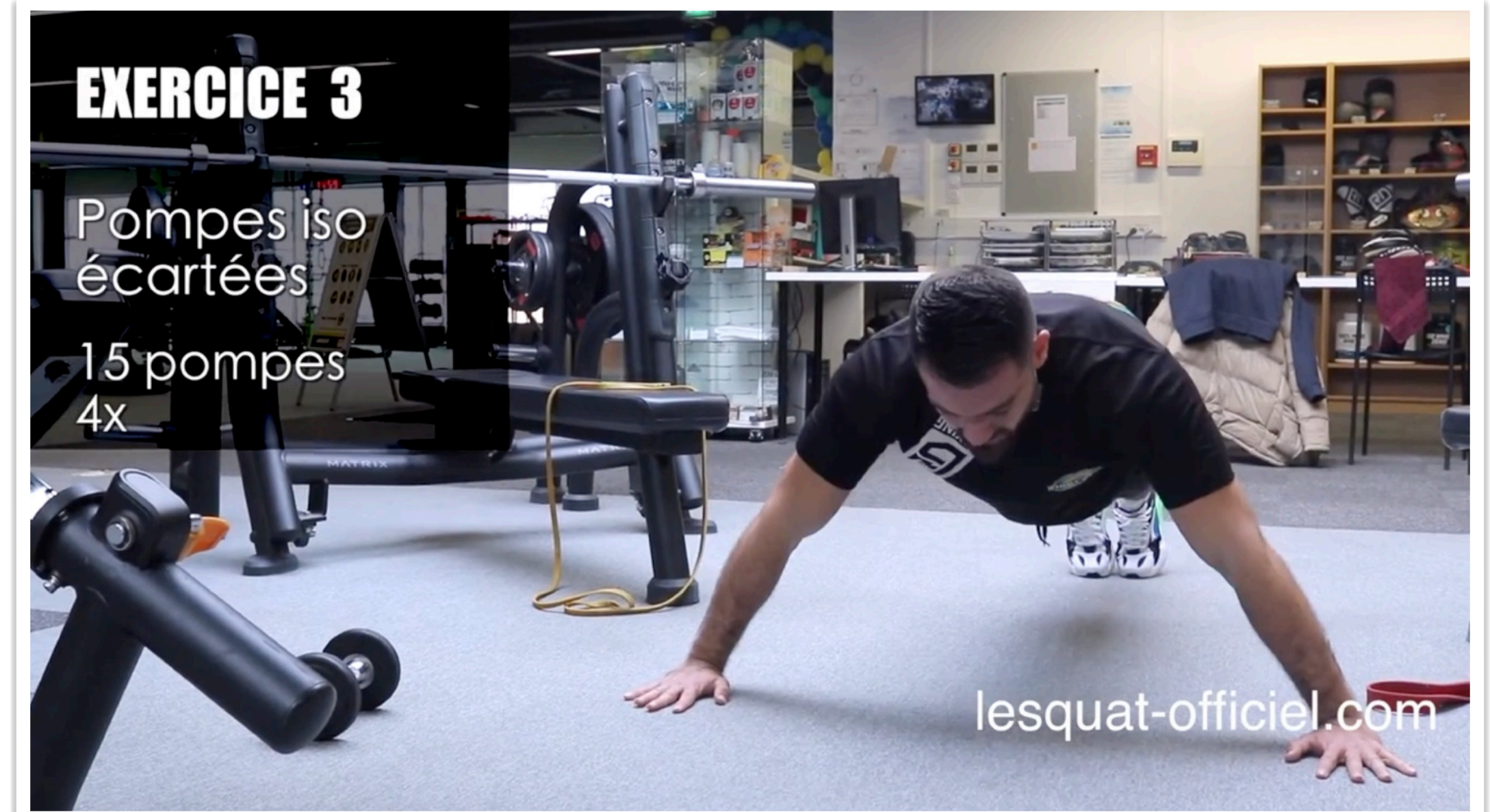


EXERCICE 3

POMPES ÉCARTÉES

ISO (3 SEC)

15 pompes
4 séries



EXERCICE 4

POMPES CLASSIQUES

20 pompes
4 séries





BRAVO SI VOUS ÊTES ENCORE EN VIE



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