

# Circuit Training

## FULL BODY

### 15 min



**PLANCHE**  
2 X 30 SEC



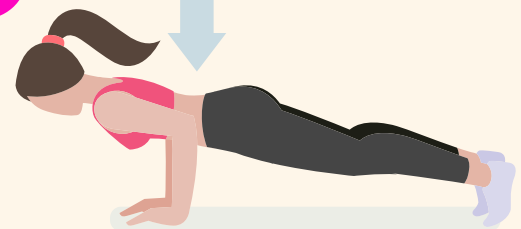
**MONTÉES DE GENOUX**  
2 X 15 SEC



**PETITS SQUATS**  
2 X 15 SEC



**POMPES**  
2 X 20 SEC



**SQUATS**  
2 X 20 SEC



**FENTES UNILATERALES**  
2 X 40 SEC



**ABDUCTION  
DES OMOPLATES**  
2 X 20 SEC



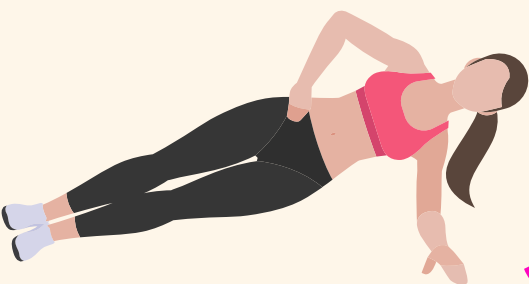
2 MIN ECHAUFFEMENT - 1 MIN ETIREMENT - 15 SEC PAUSE ENTRE CHAQUE EXERCICE

# Circuit Training

## ABDOS

### 12 min

**GAINAGE LATÉRALE**  
2 X 30 SEC



**MOUNTAIN CLIMBER**  
2 X 30 SEC



**PLANCHE**  
2 X 30 SEC



**RELEVÉS DE BASSIN**  
2 X 30 SEC



**CRUNCHS CROISÉS**  
2 X 30 SEC

