

Circuit Cadet.

Début : Échauffement : 20 min footing/ergo + 10 min échauffement articulaire



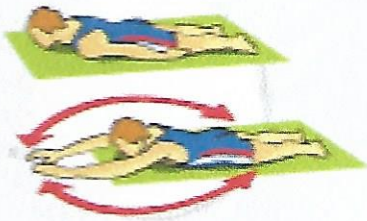
1 Sauts
30 rép



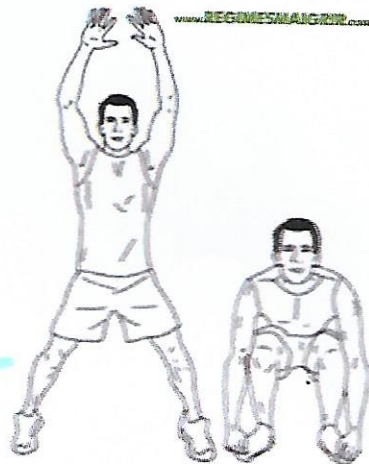
2 Tirade rowing
50 rép
20/30 Kg



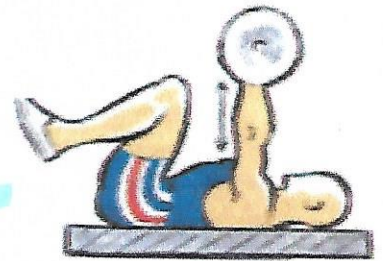
3 Touche chevilles
30 rép



6 Papillon
30 rép



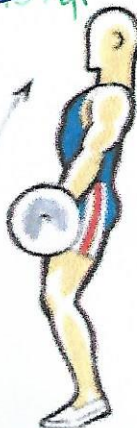
5 Squat Dynamique
30 ~~rép~~ rép



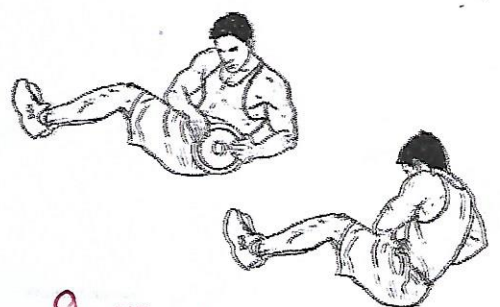
4 Développés Couché
30 rép
20/30 Kg



7. Abdo Crandelle
30 rép



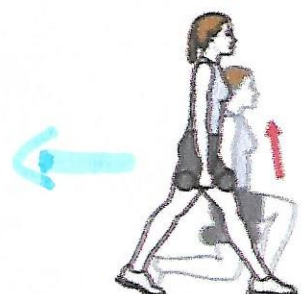
8 Épaulé
30 rép



9 Twists
60 rép total



11 Dips Banc
20/30 rép



10 Fentes
30 rép