
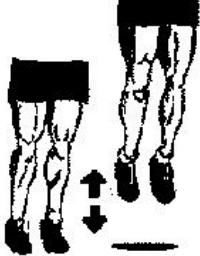
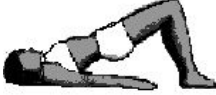

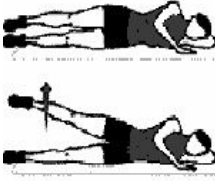


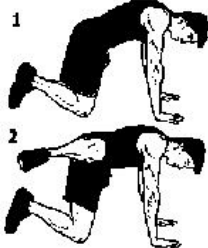

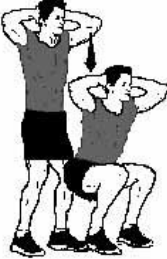
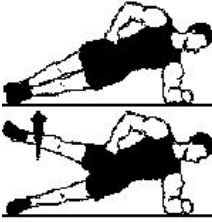








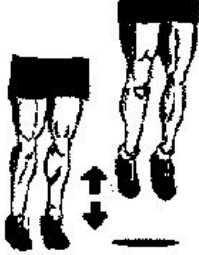








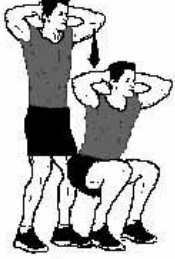


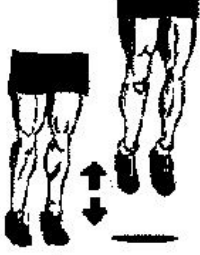








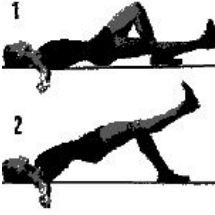

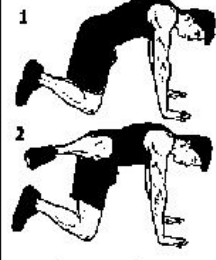
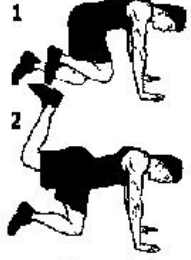



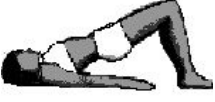
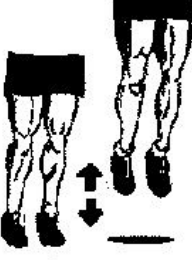
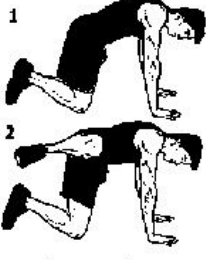


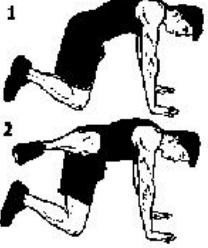
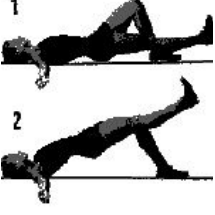
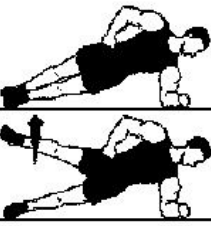




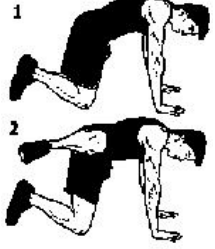
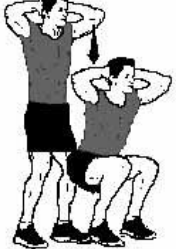
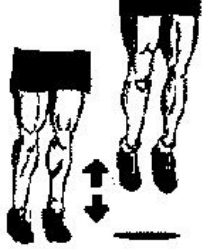


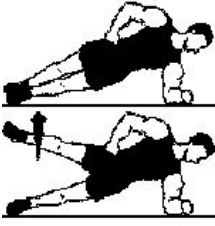

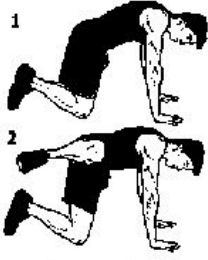
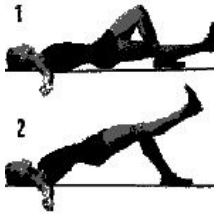

30 jours pour muscler les fessiers

Jour 1 à Jour 5

JOUR	Étirement actif 5'	4 séries par exercice 30'' effort + 30'' repos				Étirement passif 5'
1	 Étirement 1	 Thrust Up	 Gainage Dos	 Squat	 Ecarté Allongé	 Étirement 1
2	 Étirement 3	 1  2 Fire Hydrant	 Squat	 Ecarté Gainage	 1  2 Soulevé Fesses	 Étirement 3
3	 Étirement 2	 Squat	 1  2 Fire Hydrant	 Gainage Dos	 Thrust Up	 Étirement 2
4	 Étirement 1	 1  2 Donkey Kicks	 1  2 Soulevé Fesses	 1  2 Fire Hydrant	 Squat	 Étirement 1
5	 Étirement 3	 Thrust Up	 1  2 Fire Hydrant	 Squat	 Gainage Dos	 Étirement 3


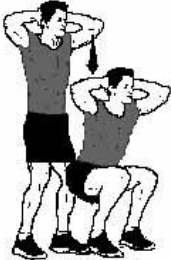


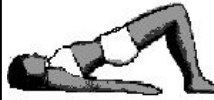


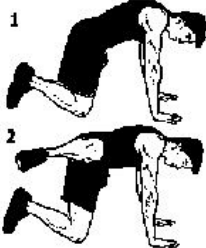

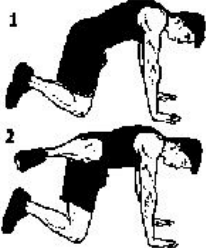



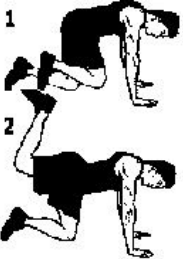

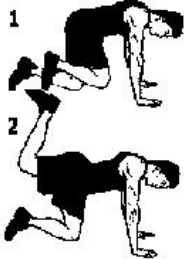
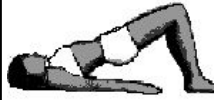


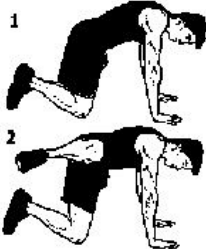

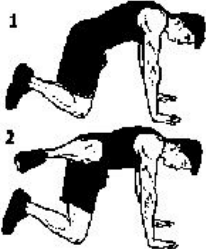



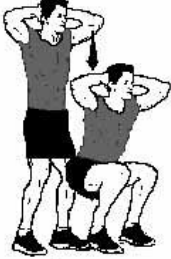
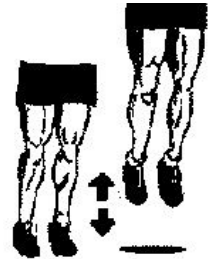

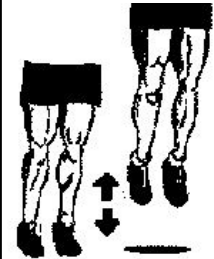

30 jours pour muscler les fessiers

Jour 6 à Jour 10

JOUR	Étirement actif 5'	4 séries par exercice 30'' effort + 30'' repos				Étirement passif 5'
6	 Étirement 2	 Soulevé Fesses	 Squat	 Fire Hydrant	 Donkey Kicks	 Étirement 2
7	 Étirement 1	 Squat	 Gainage Dos	 Thrust Up	 Fire Hydrant	 Étirement 1
8	 Étirement 3	 Fire Hydrant	 Soulevé Fesses	 Écarté Gainage	 Squat	 Étirement 3
9	 Étirement 2	 Gainage Dos	 Fire Hydrant	 Squat	 Thrust Up	 Étirement 2
10	 Étirement 1	 Écarté Gainage	 Squat	 Fire Hydrant	 Soulevé Fesses	 Étirement 1






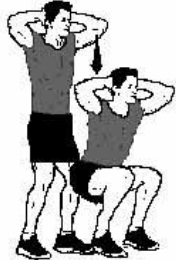








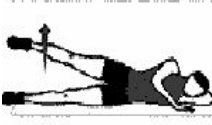


















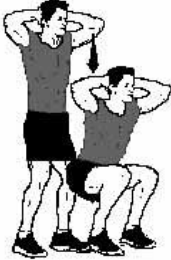










30 jours pour muscler les fessiers

Jour 11 à Jour 15

JOUR	Étirement actif 5'	5 séries par exercice 30'' effort + 30'' repos				Étirement passif 5'
11	 Étirement 1	 Squat	 Gainage Dos	 Squat	 Gainage Dos	 Étirement 1
12	 Étirement 3	 Fire Hydrant	 Ecarté Allongé	 Fire Hydrant	 Ecarté Allongé	 Étirement 3
13	 Étirement 2	 Donkey Kicks	 Gainage Dos	 Donkey Kicks	 Gainage Dos	 Étirement 2
14	 Étirement 1	 Fire Hydrant	 Ecarté Allongé	 Fire Hydrant	 Ecarté Allongé	 Étirement 1
15	 Étirement 3	 Squat	 Thrust Up	 Squat	 Thrust Up	 Étirement 3













































30 jours pour muscler les fessiers

Jour 16 à Jour 20

JOUR	Étirement actif 5'	5 séries par exercice 30'' effort + 20'' repos				Étirement passif 5'
16	 Étirement 1	 1  2 Donkey Kicks	 1  2 Soulevé Fesses	 Squat	 1  2 Ecarté Gainage	 Étirement 1
17	 Étirement 3	 1  2 Fire Hydrant	 Squat	 1  2 Ecarté Allongé	 1  2 Soulevé Fesses	 Étirement 3
18	 Étirement 2	 Squat	 1  2 Fire Hydrant	 Gainage Dos	 1  2 Donkey Kicks	 Étirement 2
19	 Étirement 1	 1  2 Donkey Kicks	 1  2 Soulevé Fesses	 1  2 Fire Hydrant	 Squat	 Étirement 1
20	 Étirement 3	 1  2 Donkey Kicks	 1  2 Fire Hydrant	 Squat	 1  2 Ecarté Gainage	 Étirement 3


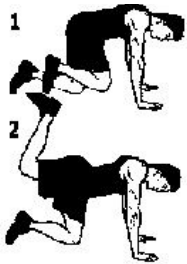
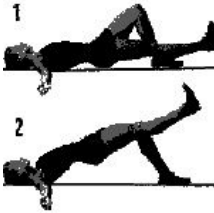

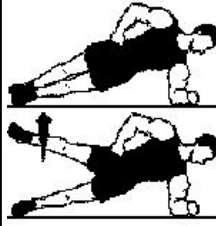


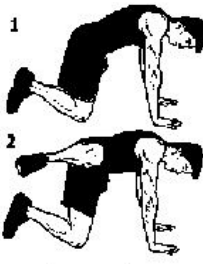

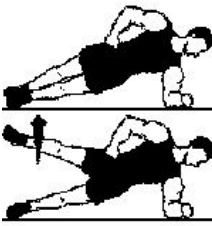
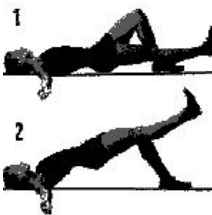


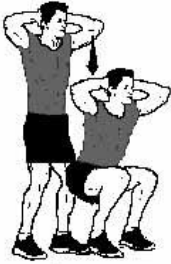
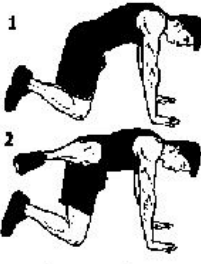
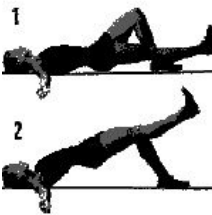
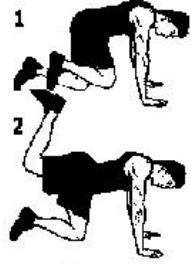


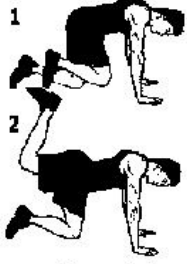
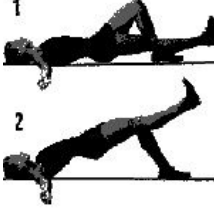
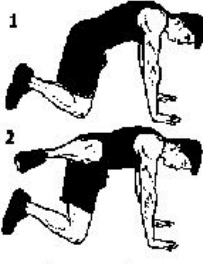



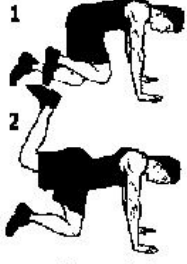
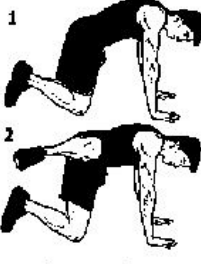
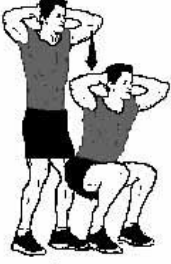
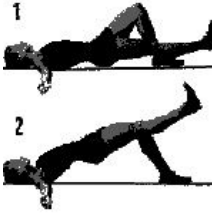

30 jours pour muscler les fessiers

Jour 21 à Jour 25

JOUR	Étirement actif 5'	6 séries par exercice 30'' effort + 20'' repos				Étirement passif 5'
21	 Étirement 1	 1  2 Donkey Kicks	 1  2 Soulevé Fesses	 Squat	 1  2 Ecarté Gainage	 Étirement 1
22	 Étirement 3	 1  2 Fire Hydrant	 Squat	 1  2 Ecarté Allongé	 1  2 Soulevé Fesses	 Étirement 3
23	 Étirement 2	 Squat	 1  2 Fire Hydrant	 1  2 Soulevé Fesses	 1  2 Donkey Kicks	 Étirement 2
24	 Étirement 1	 1  2 Donkey Kicks	 Gainage Dos	 1  2 Fire Hydrant	 Squat	 Étirement 1
25	 Étirement 3	 1  2 Donkey Kicks	 1  2 Fire Hydrant	 Squat	 1  2 Soulevé Fesses	 Étirement 3

30 jours pour muscler les fessiers

Jour 26 à Jour 30

JOUR	Étirement actif 5'	6 séries par exercice 30'' effort + 10'' repos				Étirement passif 5'
26	 Etirement 1	 Donkey Kicks	 Soulevé Fesses	 Squat	 Ecarté Gainage	 Etirement 1
27	 Etirement 3	 Fire Hydrant	 Squat	 Ecarté Gainage	 Soulevé Fesses	 Etirement 3
28	 Etirement 2	 Squat	 Fire Hydrant	 Soulevé Fesses	 Donkey Kicks	 Etirement 2
29	 Etirement 1	 Donkey Kicks	 Soulevé Fesses	 Fire Hydrant	 Squat	 Etirement 1
30	 Etirement 3	 Donkey Kicks	 Fire Hydrant	 Squat	 Soulevé Fesses	 Etirement 3



Avec Entrainement-sportif.fr , suivez plus de 50 programmes gratuits à télécharger ou imprimer pour se muscler, maigrir, se remettre en forme ou courir

Programmes CROSSFIT
Programmes FITNESS
Programmes CARDIO
Programmes de Remise en forme
Programme Triathlon débutant
Programmes Musculation

Cliquez sur le lien suivant

[Nos programmes sportifs](#)