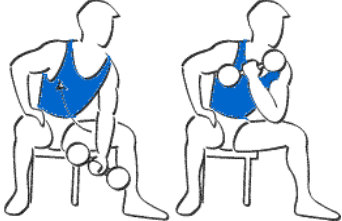
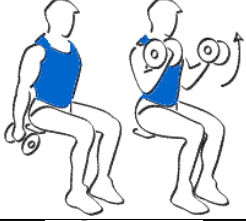
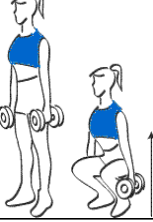
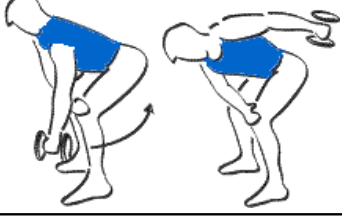
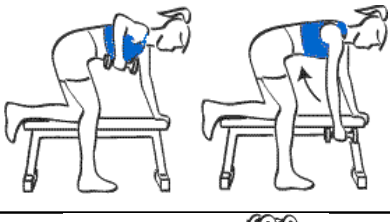
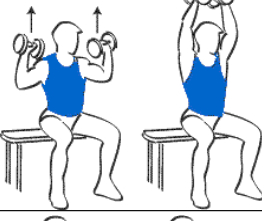
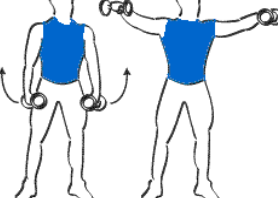
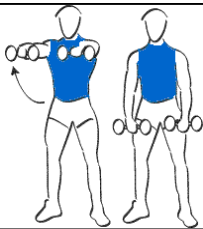
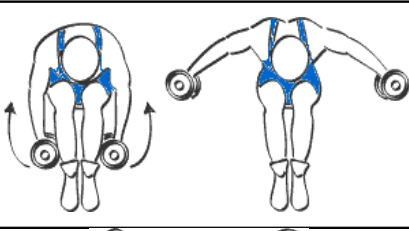
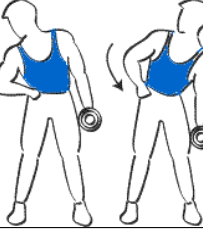
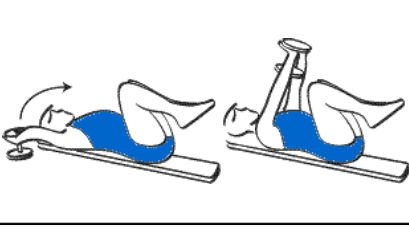
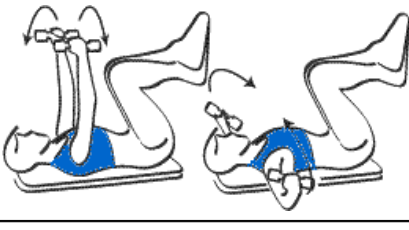
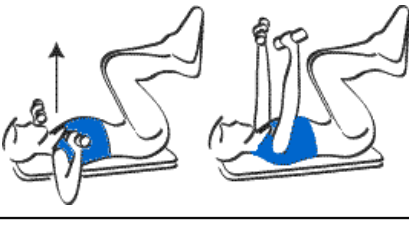
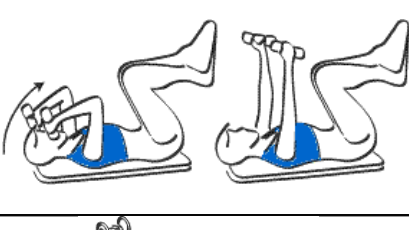
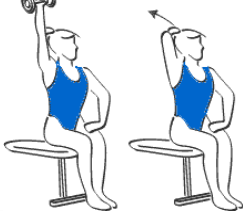


# Carnet d'entraînement mensuel avec haltères

Insérer dans les cases des exercices réalisés : le jour de l'entraînement, la charge soulevée par haltère, le nombre de séries et le nombre de répétitions. *Exemple : Lundi ; 2 X 18kg ; 3 X 12*

Mois : .....	<b>Semaine 1</b>	<b>Semaine 2</b>	<b>Semaine 3</b>	<b>Semaine 4</b>
				
				
				
				
				
				
				

<http://entrainement-sportif.fr>