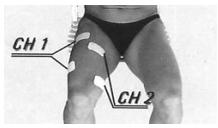
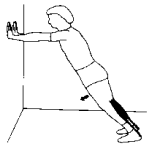
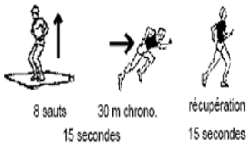
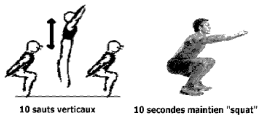
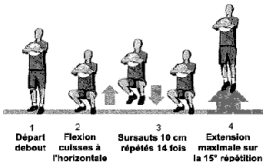
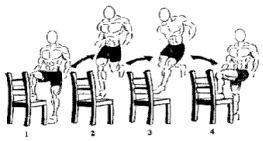
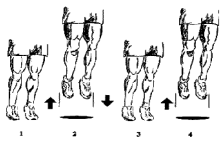
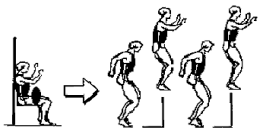
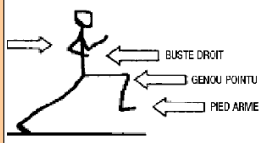
Entrainement sportif pour tous

http://entrainement-sportif.fr

Détente verticale

Semaine du..... au			Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
Squat		Masse							
		Séries							
		Répétitions							
		Volume total							
Corde à sauter		Durée							
Electro Stimulation		Fessiers							
		Quadriceps							
		Mollets							
Gainage de la ceinture abdominale		Répétitions							
		Durée							
Etirements		Fessier							
		Quadriceps							
		Mollets							
8 sauts, sprint 30 m , récup 15 "		Répétitions							
10 sauts, maintien 10"		Répétitions							
Squat hop		Séries							
Step		Séries							
		Répétitions							
Thrust up		Séries							
		Répétitions							
Dossier sans chaise et multibonds		Répétitions							
Foulées bondissantes		Séries Simple							
		Séries Mains sur tête							
		Séries avec charge							