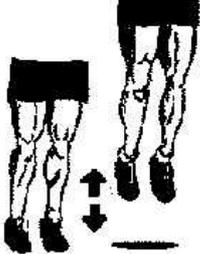
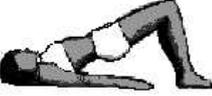
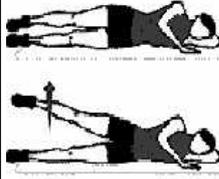
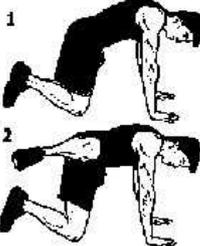
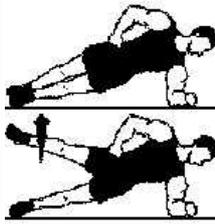
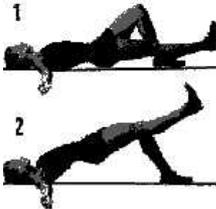
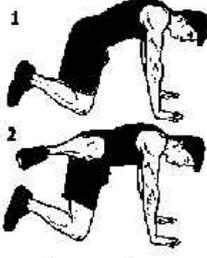
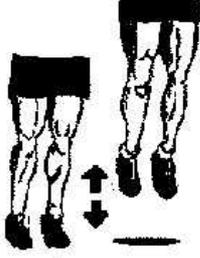
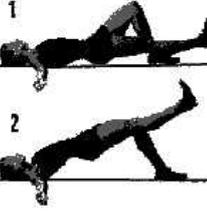
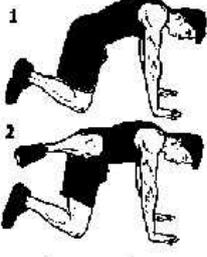
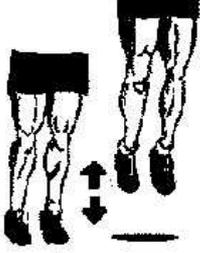
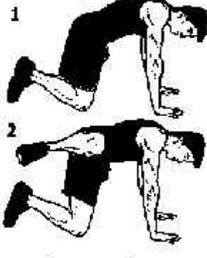
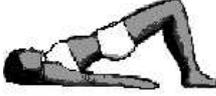


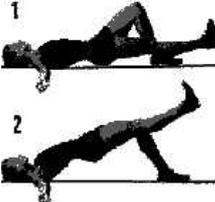
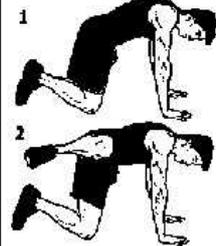
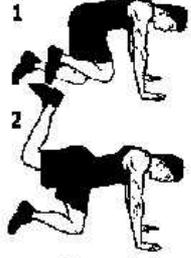
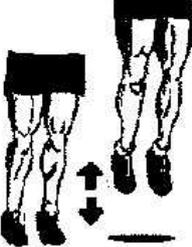
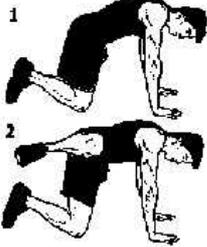
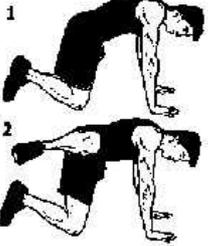
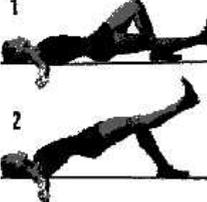
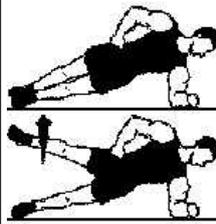
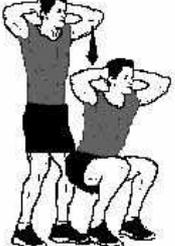
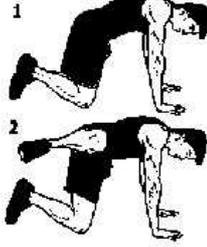
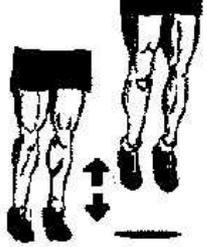
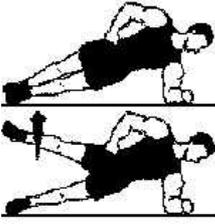
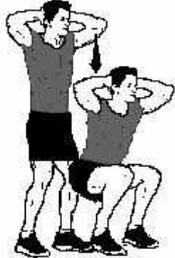
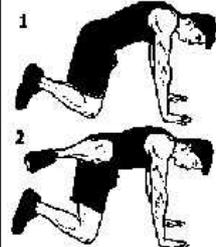
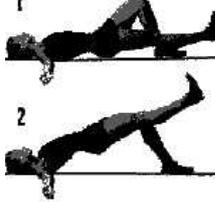
30 jours pour muscler les fessiers

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	 Fire Hydrant	 Squat	 Ecarté Gainage	 Soulevé Fesses	 Étirement 3
3	 Étirement 2	 Squat	 Fire Hydrant	 Gainage Dos	 Thrust Up	 Étirement 2
4	 Étirement 1	 Donkey Kicks	 Soulevé Fesses	 Fire Hydrant	 Squat	 Étirement 1
5	 Étirement 3	 Thrust Up	 Fire Hydrant	 Squat	 Gainage Dos	 Étirement 3

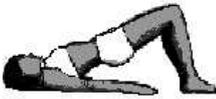
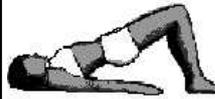
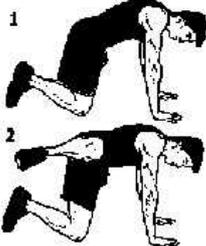
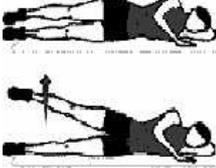
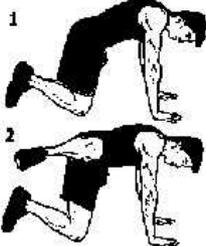
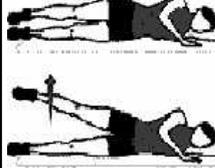
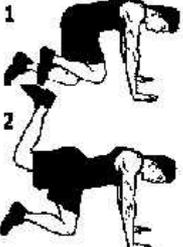
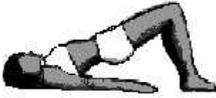
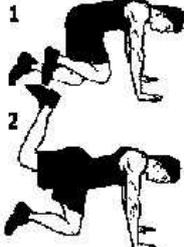
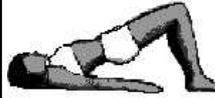
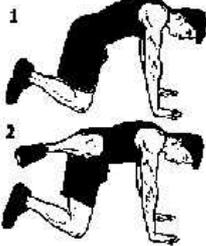
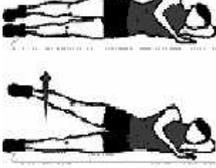
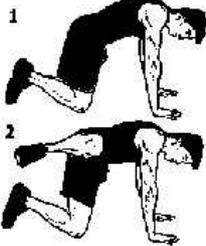
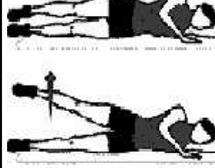
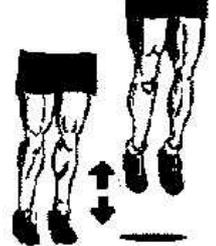
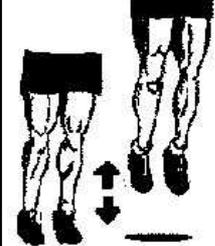
30 jours pour muscler les fessiers

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

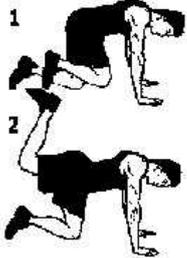
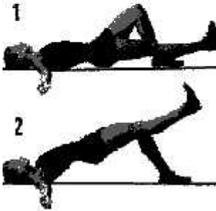
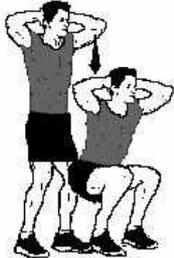
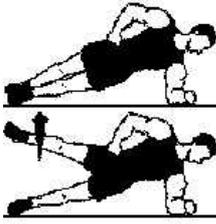
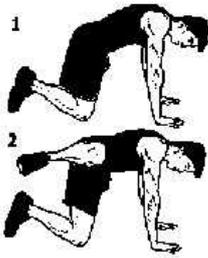
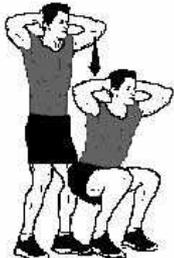
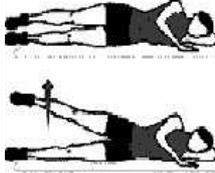
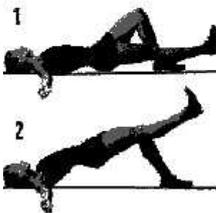
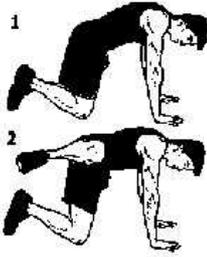
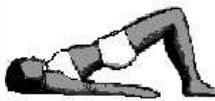
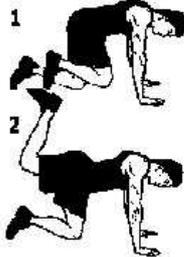
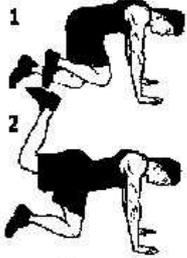
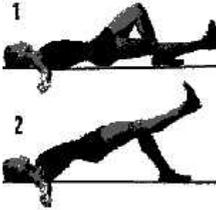
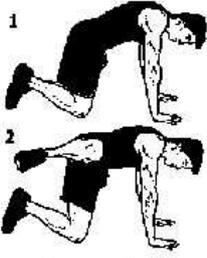
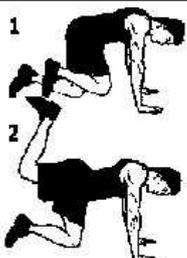
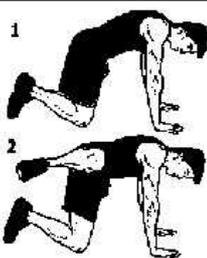
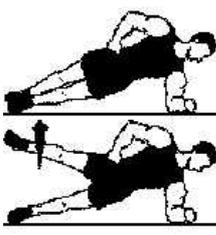
30 jours pour muscler les fessiers

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

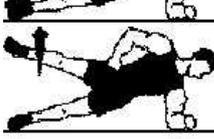
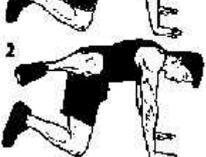
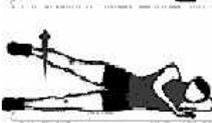
30 jours pour muscler les fessiers

Jour 16 à Jour 20

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

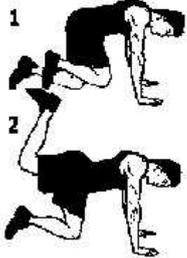
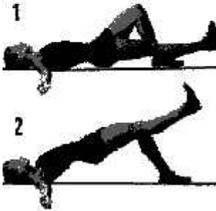
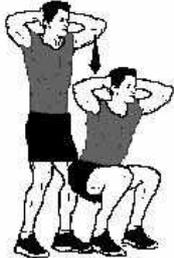
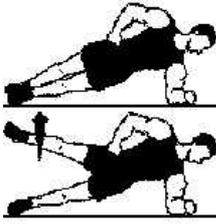
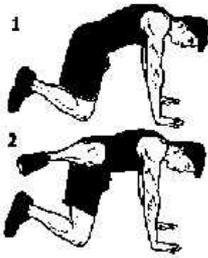
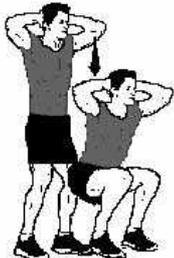
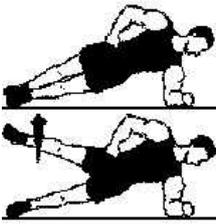
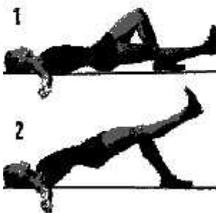
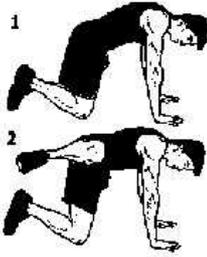
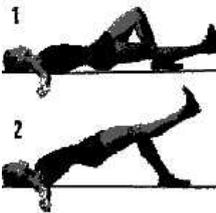
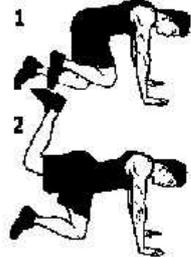
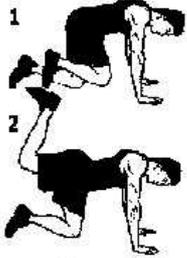
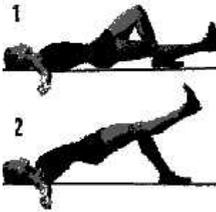
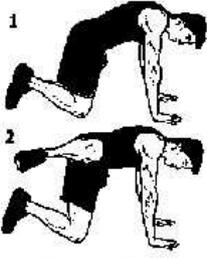
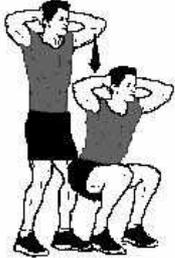
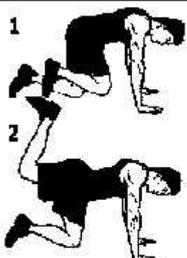
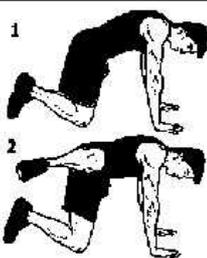
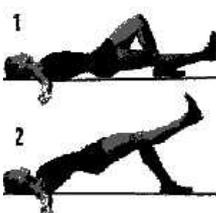
30 jours pour muscler les fessiers

Jour 21 à Jour 25

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

Programmes de Musculation

sur Entrainement-sportif.fr

Gainage de la ceinture abdominale

Haltères

Elastique de fitness

Ballon de gym Swiss Ball

Tonicité sans matériel en circuit-training

Cardio-training et Musculation

Course à pied et Musculation

Débutant abdominaux

Fessiers

Pectoraux

Ventre plat

Explosivité sans matériel

Prise de masse

Footing - Musculation pour maigrir

Boxe

Tennis