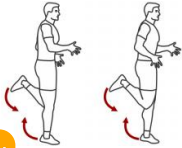


Entraînement

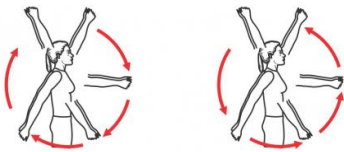
1A : Kick-back



- Hopping on the spot, bring your heels toward your buttocks alternately.

Week	Sets	rep.	Tempo
1	2	20	1-0-1

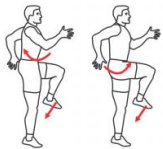
1B : Arm Rotations Forward Backward



- Do arm rotations forward and backward while keeping your back straight, head up and abs tight.

Week	Sets	rep.	Tempo
1	2	20	1-0-1

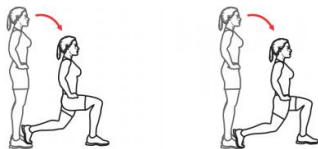
1C : High Knees On Spot



- Keep your back straight, head up and abs tight. Move your arms, front hand at shoulder height, elbows at 90 degrees. Working on the balls of your feet.

Week	Sets	rep.	Tempo
1	2	20	1-0-1

2A : Front Lunges



- Keeping the back straight, head up, chest out and abs tight, do alternating big steps forward. Knee approximately 90°.

Week	Sets	rep.	Tempo	Note
1	3	10	2-0-2	Faire 10 répétitions par jambe

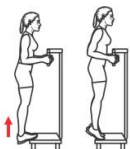
2B : Goblet Squat



- Keeping your back straight, abs tight, head up, and feet shoulder width apart, take the extremity of a dumbbell between both hands. Do the Squat.

Week	Sets	rep.	Tempo	Note	recovery
1	3	20	2-0-2	alternative: sans charge	01:00

3A : Flexion Extension de chevilles sur marche



- Knees straight, do ankle flexions and extensions. Keep your back straight and head above your feet. You can also use a wall for balance.

Week	Sets	rep.	Tempo	Note
1	3	10	1-1-1	Faire 10 répétitions par jambe

3B : Pont sur marche



- Lie on your back with both heels on the lowest step. Place hands at your side. Press through heel and lift hips towards the ceiling.

Week	Sets	rep.	Tempo
1	3	20	1-1-1

3C : Alternated Knee Pull Under Plank Position



- In plank position, alternate pulling your knees under your body. Keep abs tight and head up.

Week	Sets	Duration	recovery
1	3	01:00	01:00

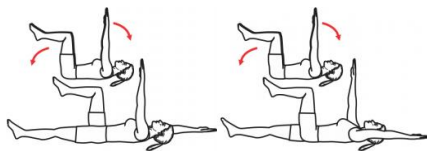
4A : Static Side Plank On Knee



- Lying on the side, resting on the forearm and a knee, maintain the position keeping the free leg aligned with the body and the knee pointed forward. Keep your back straight and the abs tight.

Week	Sets	Duration	Note
1	3	00:30	Faire 30 secondes par côté. Alternative: faire sur les pieds

4B : Reverse Superman



- On the back, hips, knees and shoulders at 90°. Alternate extending one leg and the opposite arm. Keep your back straight and abs tight.

Week	Sets	rep.	Tempo	Note	recovery
1	3	10	2-0-2	Faire 10 répétitions apr côté	00:30