

<b>Séance 1</b>				
	<b>Exercice</b>	<b>Série</b>	<b>Répétition</b>	<b>Récupération (sec)</b>
	BARBEL BACK SQUAT SQUAT	4	12	90
	HIP THRUST TECHNOGYM/BARRE	4	12	90
	LUNGES SMITH MACHINE	3	12	90
	MULTI HIP TECHNOGYM	3	12	60
	ADBUCTION TECHNOGYM	3	10	60
	HIP EXTENSION	3	10	60
<b>Séance 2</b>				
	<b>Exercice</b>	<b>Série</b>	<b>Répétition</b>	<b>Récupération (sec)</b>
	BENCH PRESS TECHNOGYM	4	12	90
	PULLEY prise Neutre	4	12	60
	SHOULDER PRESS DUMBBELL	3	12	60
	LAT PULLDOWN	3	12	90
	CURL BICEPS	3	10	60
	TRICEPS EXTENSION	3	10	60
	PLANK HOLD	3	60"	30"
<b>Séance 3</b>				
	<b>Exercice</b>	<b>Série</b>	<b>Répétition</b>	<b>Récupération (sec)</b>
	LEG RPRESS	4	12	90
	SUMO DEADLIFT DUMBBELL	4	12	90
	ROMANIAN DEADLIFT	4	12	90
	a) LEG EXTENSION TECHNOGYM	3	12	0
	b) LUNGES WALK	3	12	90
	ADBUCTION TEHCNOGYM	3	10	60
	BOX STEP UP	3	10	60