

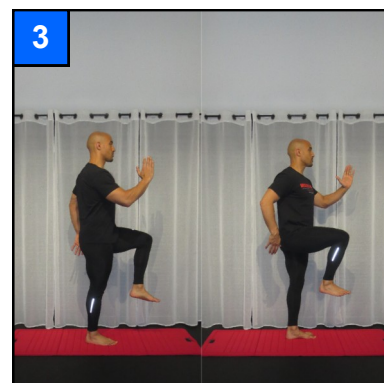
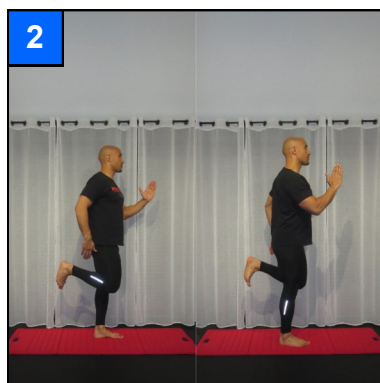
# RENFORCEMENT « Hauts du corps »

## ÉCHAUFFEMENT

STEP TOUCH

TALONS FESSES ALTERNÉS

GENOUX ALTERNÉS



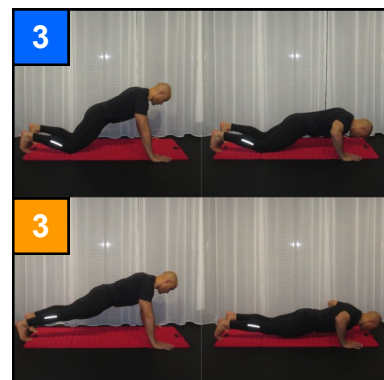
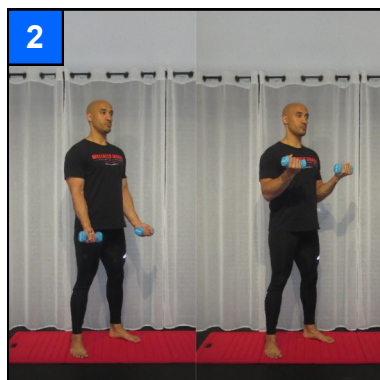
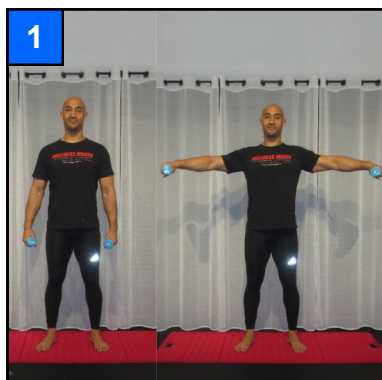
Enchaîner les 3 exercices  
1 minute par exercice  
2 tours

## CORPS DE SÉANCE

ÉLEVATIONS LATÉRALES

BICEPS SUPINATION

POMPES



E = 45" R = 15" x 3

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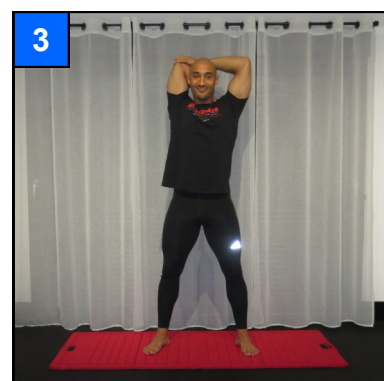
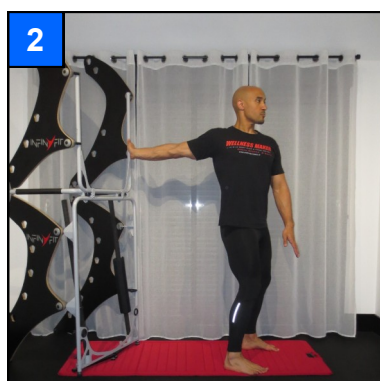
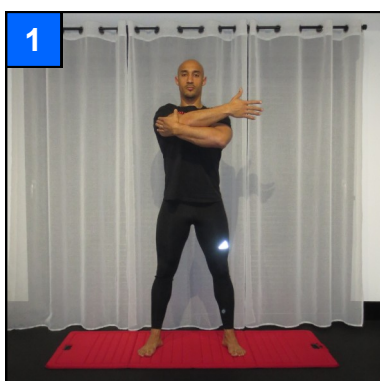
Choisir une option **BLEU** ou **ORANGE**

## STRETCHING

ÉPAULES

BICEPS/PECTORAUX

TRICEPS



2 x 10 secondes par mouvement