

# RENFORCEMENT

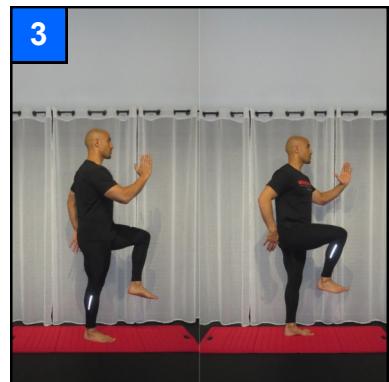
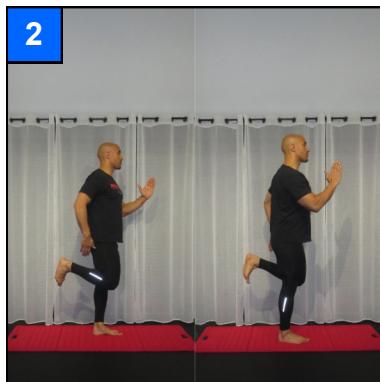
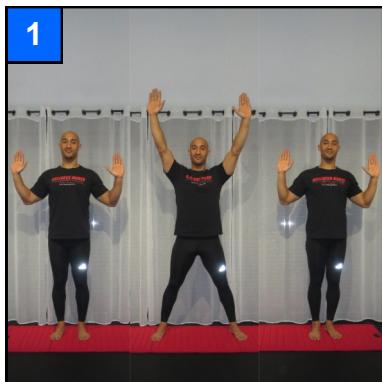
## « Hauts du corps »

### STEP TOUCH

### ÉCHAUFFEMENT

#### TALONS FESSES ALTERNÉS

### GENOUX ALTERNÉS



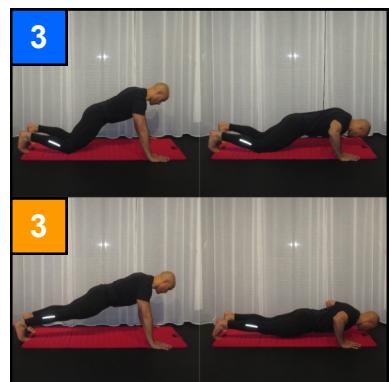
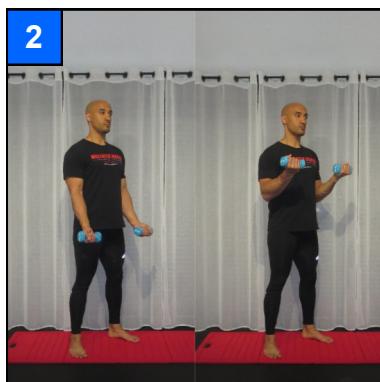
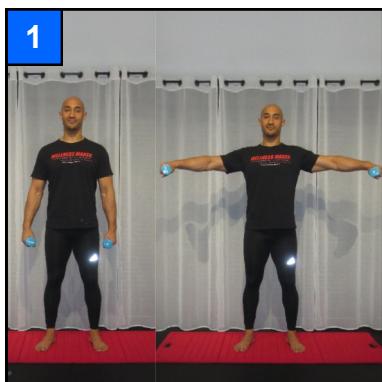
Enchaîner les 3 exercices  
1 minute par exercice  
2 tours

### ÉLÉVATIONS LATÉRALES

### CORPS DE SÉANCE

#### BICEPS SUPINATION

### POMPES



E = 45" R = 15" x 3

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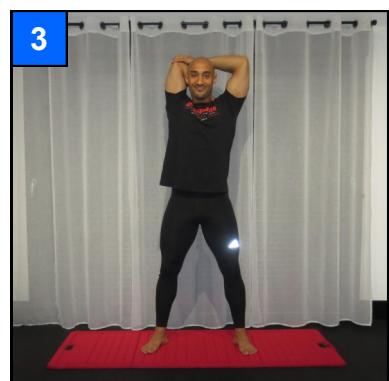
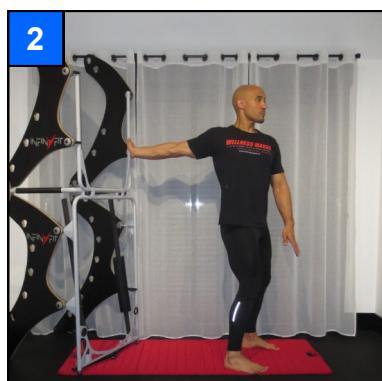
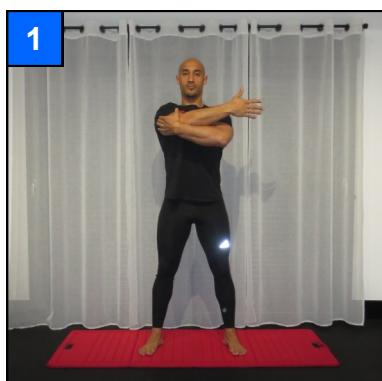
Choisir une option **BLEU** ou **ORANGE**

### ÉPAULES

### STRETCHING

#### BICEPS/PECTORAUX

### TRICEPS



2 x 10 secondes par mouvement