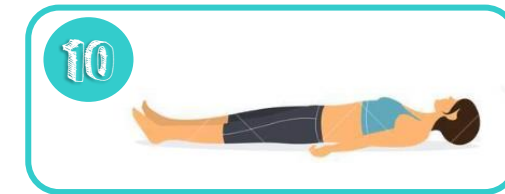
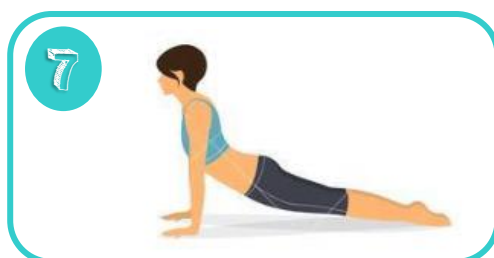
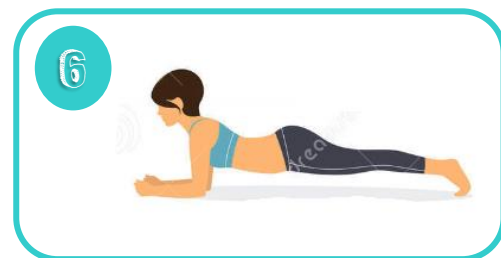
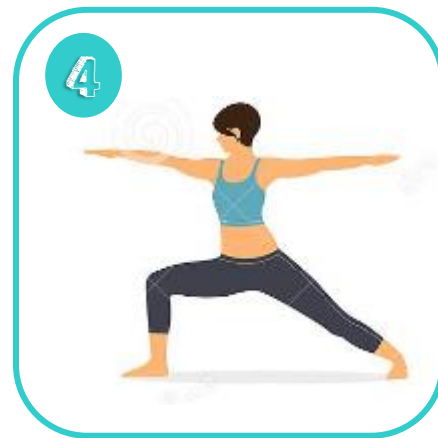
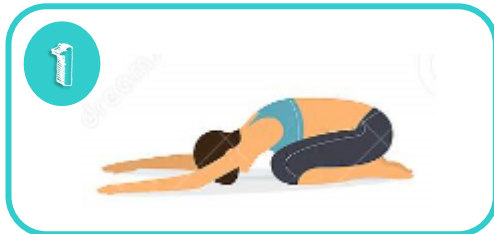


PROGRAMME ENTRETIEN

Tenir chaque pose 15 secondes.

Répéter 4 fois la pose.

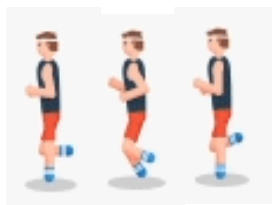
Récupérer 15 secondes entre chaque répétition.



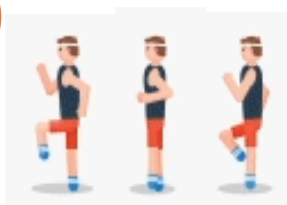
PROGRAMME SPORTIF

Réaliser cette séance *trois fois par semaine* en laissant au minimum un *jour de repos* entre les séances.

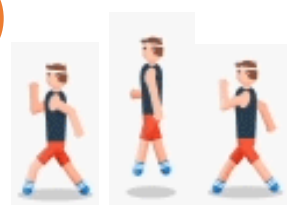
1



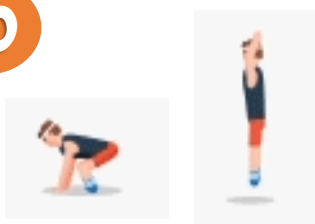
2



3

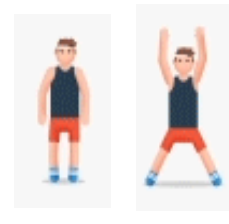


10



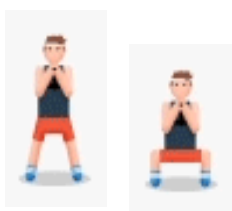
Réaliser chaque mouvement pendant 30 secondes.

4



Récupérer 15 secondes entre chaque mouvement.

9

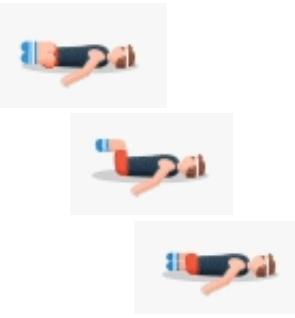


Répéter 2 fois chaque mouvement.

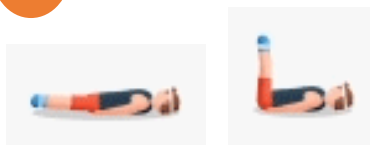
5



8



7



6

