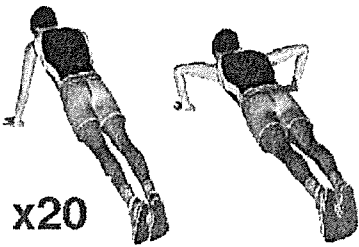
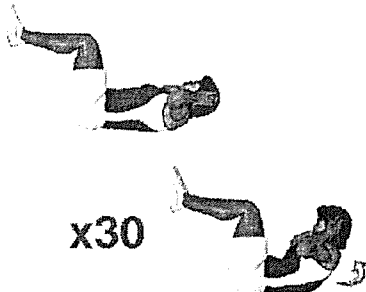
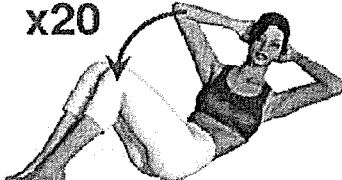
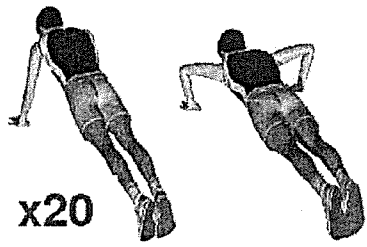
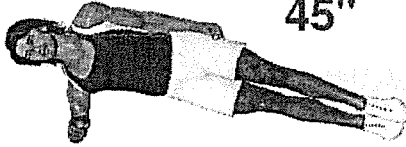
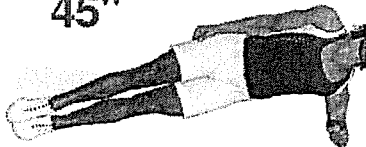
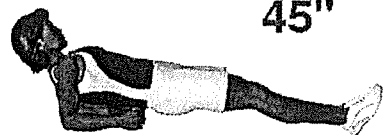
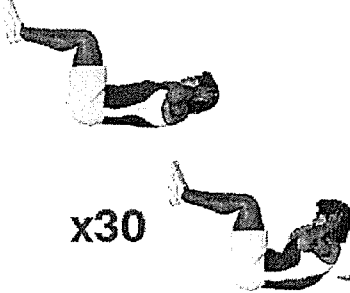
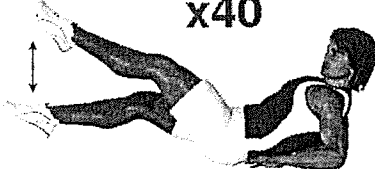
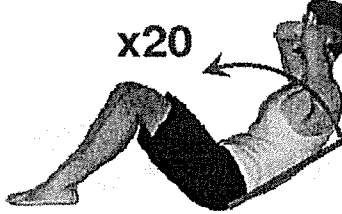


GAINAGE – SEANCE TYPE

 x20	 x30	 30"
 x20	 x20	 60"
 x20	 45"	 45"
 45"	 60"	 x30
 x40	 x10	 x20

Suivant votre forme et vos sensations, moduler l'ordre et les répétitions de ces 12 atelier

Exercices statiques :

5 X 30 à 45'' (selon niveau indiv.) entrecoupé de 30'' de récup.



Gainage ventral

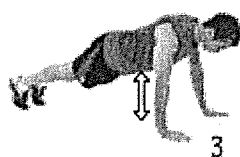


Gainage costal



Exercices dynamiques :

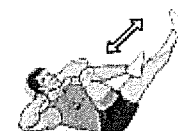
5 X 10 à 15 répétitions (selon niveau indiv.) et 1' de récup entre les séries



Double crunch



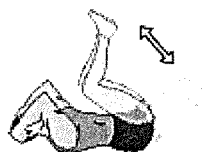
Ciseau costal



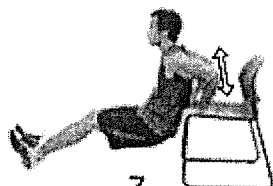
Crunch-abdos cr



Pompes sur genoux



Crunch inversé



Soulevé de fesses