


Warm-up

Mobilité


Squat complet



| S. | Reps. | % |
|----|-------|---|
| 1 | 6 | / |

Tempo lent


Pompes indiennes



| S. | Reps. | % |
|----|-------|---|
| 1 | 6 | / |

Respiration ++


Fessiers



| S. | Reps. | % |
|----|-------|---|
| 1 | 8 + 8 | / |

Respiration ++

Psoas

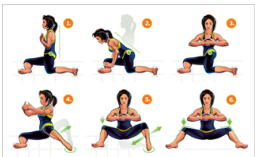


| S. | Reps. | % |
|----|-------|---|
| 1 | 8 + 8 | / |

Respiration ++

Activation


Ouverture hanche



| S. | Reps. | % |
|----|-------|---|
| 1 | 6 | / |


Tempo lent

Squat complet




| S. | Reps. | % |
|----|-------|---|
| 1 | 10 | / |

Croisements jambes




| S. | Reps. | % |
|----|-------|---|
| 1 | 8 + 8 | / |

Balistique Face



| S. | Reps. | % |
|----|---------|---|
| 1 | 10 + 10 | / |


Cat cow



| S. | Reps. | % |
|----|-------|---|
| 1 | 8 | / |

Tempo lent

Fentes + rotation



| S. | Reps. | % |
|----|-------|---|
| 1 | 8 + 8 | / |