

	<u>CIRCUIT TRAINING</u>			
	1 SERIE =	2x4 Exercices	SERIES	3 ou 4
	TEMPS D'EFFORT (sec)	20	TEMPS DE RECUP ENTRE EXERCICES (sec)	10
が記録の数	RECUP ENTRE LES SERIES	3 MIN	INTENSITE	MAX

EXERCICES

1-ACCELERATION SUR PLACE

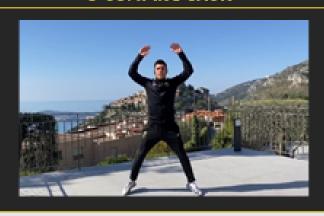




3-JUMPING JACK



4-GAINAGE MILITAIRE



3 MINUTES DE RECUPERATION (s'hydrater)



SUITE...

