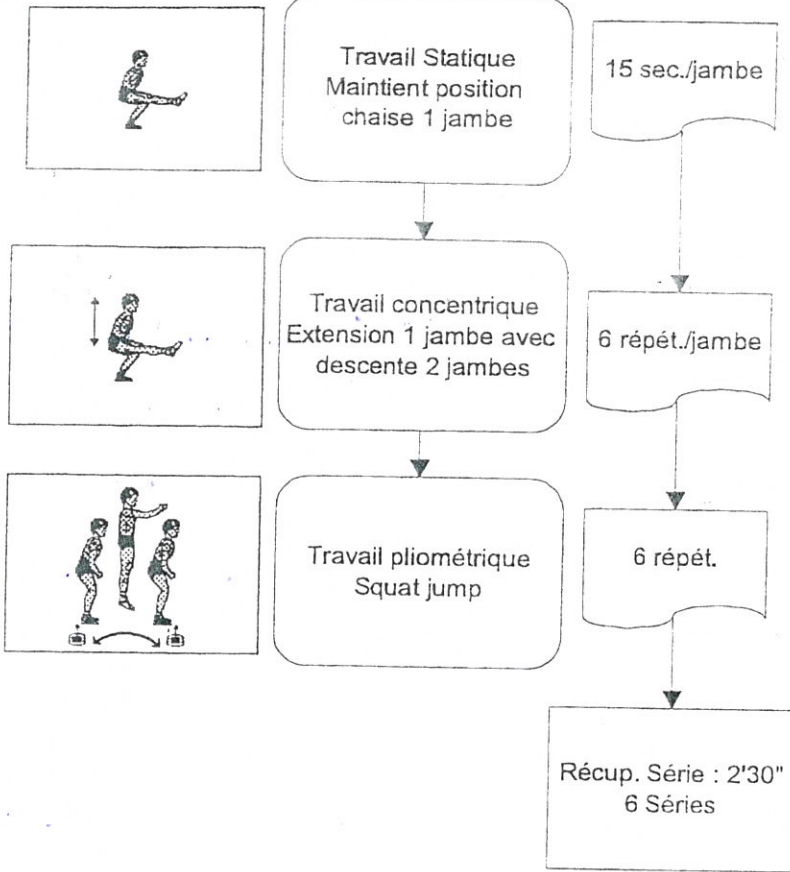
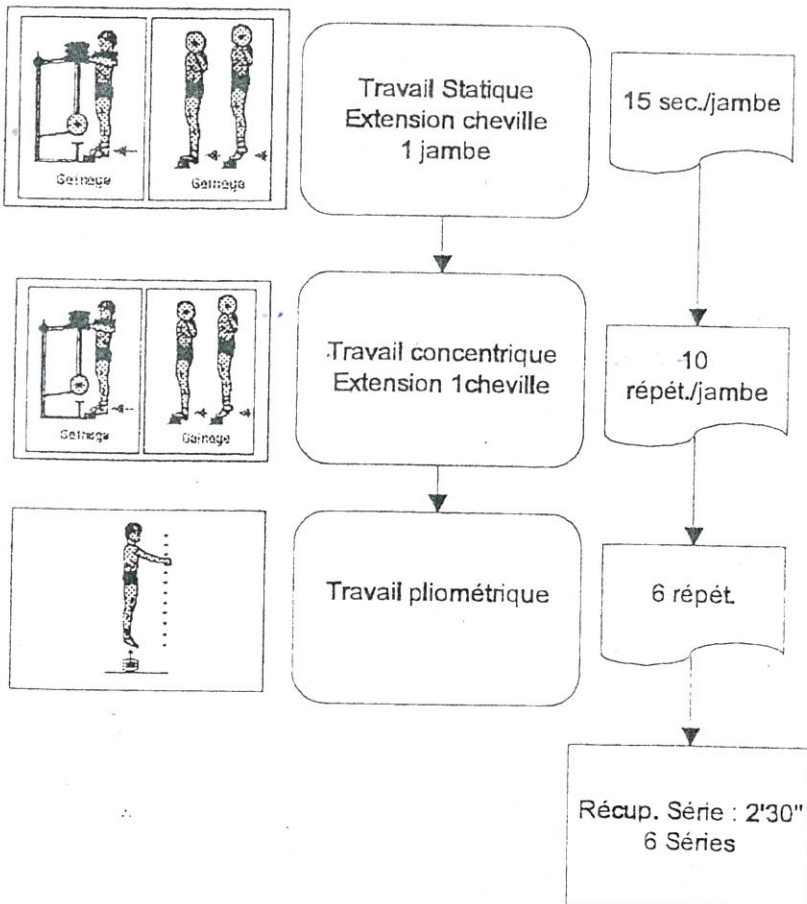


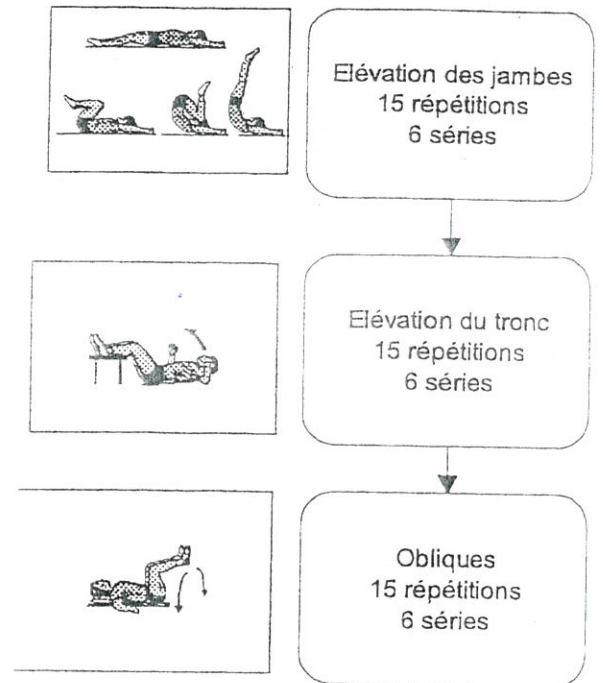
## TRAVAIL QUADRICEPS



## TRAVAIL MOLLETS



## ABDOMINAUX



## SPECIFIQUE VMA

### Choix 1

Fartlek  
15 sec. en zone 3  
45 sec. en zone 1

3 séries de 10 minutes  
Récup. séries 5 min.

### Choix 2

PMA  
15 sec. en zone 5  
15 sec. récup. passive

2 séries de 20 répét  
Récup. séries 6 min.

## HAUT DU CORPS

