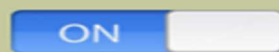


# L'ENTRAINEMENT COMPLET ★ EN 7 MINUTES ★ IDEAL POUR DEBUTER EN HIIT\*

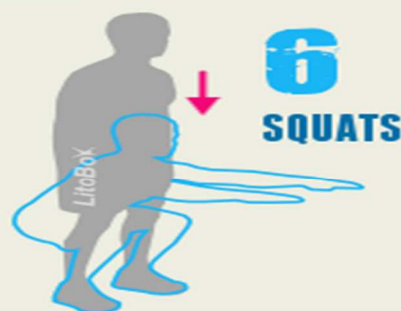
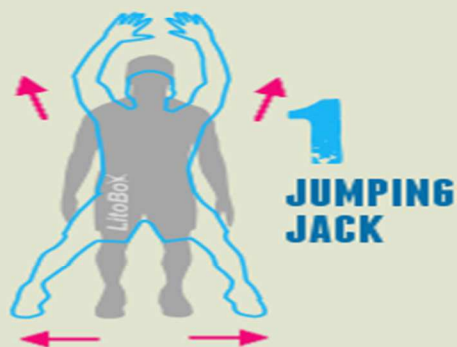
\* INTERVAL TRAINING



**30 SECONDES DE TRAVAIL INTENSIF** POUR CHAQUE EXERCICE



**10 SECONDES DE REPOS** ENTRE CHAQUE EXERCICE



**EN FONCTION DE VOTRE NIVEAU EN HIIT :**

**DEBUTANT : 1 TOUR (7 MINUTES) - INTERMEDIAIRE : 2 TOURS (14 MINUTES) -**

**AVANCE : 3 TOURS (21 MINUTES)**

## LitoBox

Source :

[http://journals.lww.com/acsm-healthfitness/Fulltext/2013/05000/HIGH\\_INTENSITY\\_CIRCUIT\\_TRAINING\\_USING\\_BODY\\_WEIGHT\\_5.aspx](http://journals.lww.com/acsm-healthfitness/Fulltext/2013/05000/HIGH_INTENSITY_CIRCUIT_TRAINING_USING_BODY_WEIGHT_5.aspx)