




# FOODSPRING

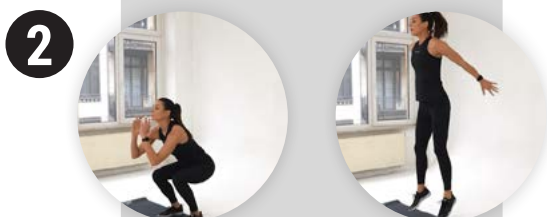
## CUISSES ABDOS FESSIERS

### PROGRAMME D'ENTRAÎNEMENT

DÉBUTANT(E)S:  X3  
 AVANCÉ(E)S:  X4  
 EXPERT(E)S:  X5



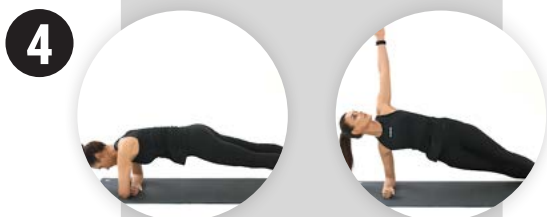
20 SECONDES  
**MOUNTAIN CLIMBERS**  
 10 SECONDES DE PAUSE



20 SECONDES  
**SQUATS SAUTÉS**  
 10 SECONDES DE PAUSE



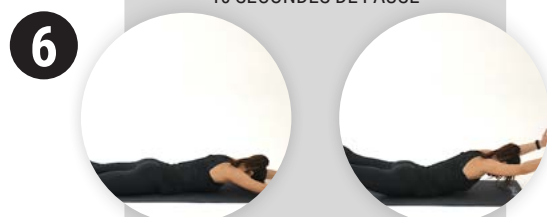
20 SECONDES  
**RELEVÉS DE BASSIN**  
 10 SECONDES DE PAUSE



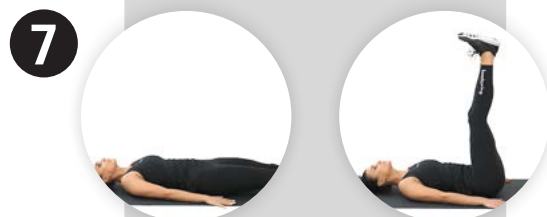
20 SECONDES  
**GAINAGE AVEC  
 ROTATION**  
 10 SECONDES DE PAUSE



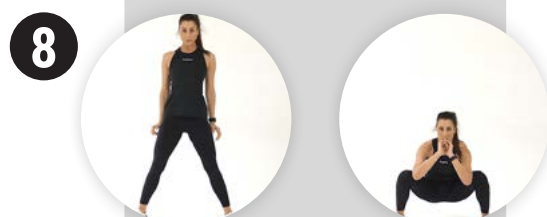
20 SECONDES  
**FENTES  
 « AUTOUR DU MONDE »**  
 10 SECONDES DE PAUSE



20 SECONDES  
**EXTENSIONS  
 LOMBAIRES COUCHÉ**  
 10 SECONDES DE PAUSE



20 SECONDES  
**LEVÉS DE JAMBES**  
 10 SECONDES DE PAUSE



20 SECONDES  
**SQUATS SUMO**  
 10 SECONDES DE PAUSE



20 SECONDES  
**ABDUCTIONS HANCHE  
 DEBOUT**  
 10 SECONDES DE PAUSE