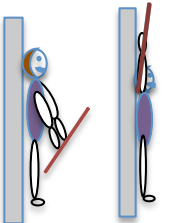
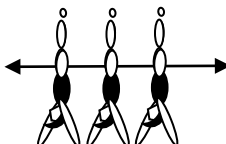
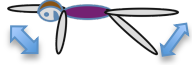
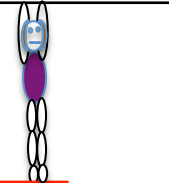
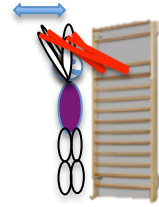
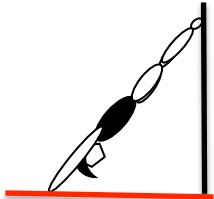
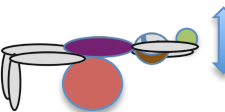
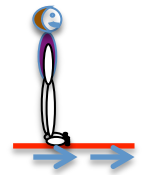
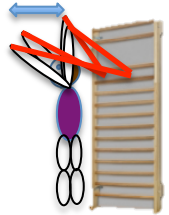

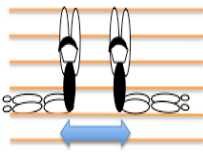
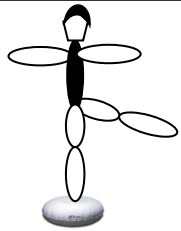
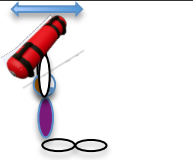

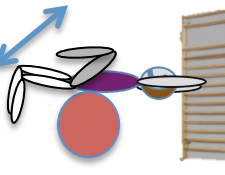
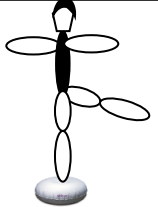
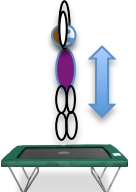
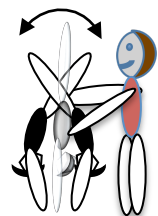
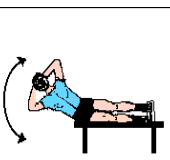
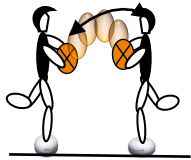
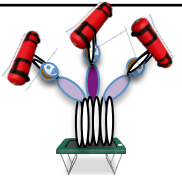

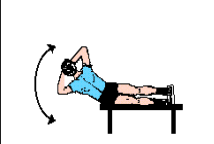


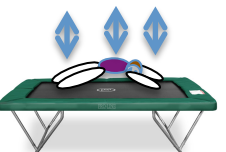
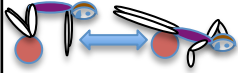
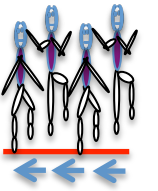
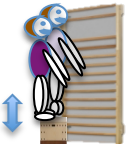
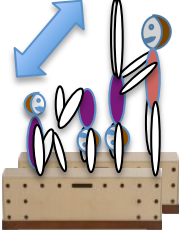

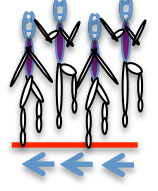


## CIRCUIT TRAINING VARIÉ

Consigne: chaque exercice doit être réalisé pendant 30" alterné avec 30 de course  
 Préparer le matériel nécessaire avant de commencer  
 Durée du circuit avec l'installation du matériel: environ 40 '

ATD	ATR	GAINAGE	PROPRIOCEPTION	ATD	ATR	GAINAGE	PROPRIOCEPTION
		 Bras et jambes opposés	 Maintien sur pointes			 Crunch bras tendus	 Avancer avec les doigts de pieds
			 droite	 Oscillations devant derrière	 ATR REBONDS ALTERNES		 gauche
		 droite	 droite	 basculer avant / arrière		 gauche	 gauche
	 REBONDS PIEDS-MAINS SIMULTANES	 jacknife push up	 Bonds sur le côté	 Montée-descente pointes		 Fermeture carpée BB	 Bonds sur le côté