

Full Body – Séance A

EXERCICE	SERIES	REPETITIONS	REPOS
SQUAT OU PRESSE	3–4	8–12	1min30–2min
DEVELOPPE COUCHE	3–4	8–12	1min30–2min
ROWING BARRE	3–4	8–12	1min30–2min
SOULEVE DE TERRE JAMBES TENDUES	3	10–12	2min
ÉLEVATIONS LATÉRALES	3	12–15	1min
TIRAGE VERTICAL	3	8–12	1min30
GAINAGE	3	45–60 sec	—

Full Body – Séance B

EXERCICE	SERIES	REPETITIONS	REPOS
SOULEVE DE TERRE CLASSIQUE	3	5–8	2–3min
DEVELOPPE MILITAIRE	3–4	8–10	1min30–2min
TRACTIONS / TIRAGE	3–4	8–12	2min
FENTES	3	10–12 / jambe	1min30
ROWING HALTERE	3–4	10–12	1min30
CURL BICEPS	3	12–15	1min
CRUNCH	3	15–20	—

Full Body – Séance C

EXERCICE	SERIES	REPETITIONS	REPOS
PRESSE A CUISSES	4	10–15	2min
DEVELOPPE INCLINE	3–4	8–12	1min30–2min
TIRAGE HORIZONTAL	3–4	8–12	1min30
HIP THRUST	3–4	10–12	1min30
ÉLEVATIONS LATÉRALES	3	15–20	1min
TRICEPS CORDE	3	12–15	1min
GAINAGE LATERAL	3	30–45 sec	—