

Jour 1 – Pectoraux

EXERCICE	SERIES	REPETITIONS	REPOS
DEVELOPPE COUCHE	4	6–10	2min
DEVELOPPE INCLINE	3	8–12	1min30
ÉCARTES	3	12–15	1min
DIPS	3	8–12	1min30
PULLOVER	2	12–15	1min

Jour 2 – Dos

EXERCICE	SERIES	REPETITIONS	REPOS
TRACTIONS	4	6–10	2min
ROWING BARRE	4	8–12	2min
TIRAGE POULIE	3	10–12	1min30
PULL-OVER POULIE	3	12–15	1min
SHRUGS	2	12–15	1min

Jour 3 – Jambes

EXERCICE	SERIES	REPETITIONS	REPOS
SQUAT	4	6–10	2–3min
PRESSE	3	10–15	2min
SDT JAMBES TENDUES	3	10–12	2min
FENTES	3	10–12/jambe	1min30
MOLLETS	3	15–20	1min

Jour 4 – Épaules

EXERCICE	SERIES	REPETITIONS	REPOS
DEVELOPPE MILITAIRE	4	6–10	2min
ÉLEVATIONS LATÉRALES	3	12–15	1min
OISEAU	3	12–15	1min
ÉLEVATIONS FRONTALES	2	12–15	1min

Jour 5 – Bras

EXERCICE	SERIES	REPETITIONS	REPOS
CURL BARRE	3	8–12	1min30
CURL INCLINE	3	12–15	1min
TRICEPS POULIE	3	10–12	1min30
DIPS BANC	3	12–15	1min
GAINAGE	3	1 min	—