

Upper 1 – Haut du corps

EXERCICE	SERIES	REPETITIONS	REPOS
DEVELOPPE COUCHE	4	6–10	2min
ROWING BARRE	4	8–12	2min
DEVELOPPE MILITAIRE	3	8–10	1min30
TRACTIONS / TIRAGE VERTICAL	3	8–12	1min30
ÉLEVATIONS LATÉRALES	3	12–15	1min
CURL	3	10–12	1min
DIPS OU EXTENSION TRICEPS	3	10–12	1min

Lower 1 – Bas du corps

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 / jambe	1min30
MOLLETS	3	12–20	1min
GAINAGE	3	45–60 sec	—

Upper 2 – Haut du corps

EXERCICE	SERIES	REPETITIONS	REPOS
DEVELOPPE INCLINE	4	8–12	2min
ROWING POULIE BASSE	4	10–12	1min30
ARNOLD PRESS	3	8–10	1min30
TIRAGE HORIZONTAL	3	10–12	1min30
ÉLEVATIONS FRONTALES	3	12–15	1min
CURL INCLINE	3	12–15	1min
TRICEPS CORDE	3	12–15	1min

Lower 2 – Bas du corps

EXERCICE	SERIES	REPETITIONS	REPOS
SOULEVE DE TERRE	4	5–8	3min
HACK SQUAT / GOBLET SQUAT	3	10–12	2min
HIP THRUST	4	8–12	2min
LEG CURL	3	12–15	1min30
MOLLETS DEBOUT	3	15–20	1min
PLANCHE DYNAMIQUE	3	30–40 sec	—