MYOCARDIO
Préparation physique

NOM: Homme 1
German Body Compostion

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A1 BB squat					
4x10-12 30X0 60	weight:				
	reps:				
4x10-12 30X0 60	weight:				
	reps:				
4x10-12 30X0 60	weight:				
	reps:				
3x10-12 30X0 60	weight:				
	reps:				
4x10-12 30X0 60	weight:				
	reps:				

A2 DB bench press				
4x10-12 30X0 60				
4x10-12 30X0 60				
4x10-12 30X0 60				
3x10-12 30X0 60				
4x10-12 30X0 60				

B1 Roule deroule					
3x10-12 30X0 45	weight:				
	reps:				
3x10-12 30X0 45	weight:				
	reps:				
3x10-12 30X0 45	weight:				
	reps:				
2x10-12 30X0 45	weight:				
	reps:				
3x10-12 30X0 45	weight:				
	reps:				

B2 BB bent over row				
3x10-12 30X0 45				
3x10-12 30X0 45				
3x10-12 30X0 45				
2x10-12 30X0 45				
3x10-12 30X0 45				

C1 Push press					
3x 8-10 3010 30	weight:				
	reps:				
3x 8-10 3010 30	weight:				
	reps:				
3x 8-10 3010 30	weight:				
	reps:				
2x 8-10 3010 30	weight:				
	reps:				
3x 8-10 3010 30	weight:				
	reps:				

C2 Seated bent over lat raise				
3x 8-10 3010 30				
3x 8-10 3010 30				
3x 8-10 3010 30				
2x 8-10 3010 30				
3x 8-10 3010 30				

D Double crunch					
3x 8-10 3010 30	weight:				
	reps:				
3x 8-10 3010 30	weight:				
	reps:				
3x 8-10 3010 30	weight:				
	reps:				
2x 8-10 3010 30	weight:				
	reps:				
3x 8-10 3010 30	weight:				
	reps:				

CARDIO CONTINU				

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Préparation physique

NOM: Pierre Ferland 2
German Body Composition

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A1 Db semi stiffed leg deadlift

4x10-12 30X0 60	weight:				
	reps:				
4x10-12 30X0 60	weight:				
	reps:				
4x10-12 30X0 60	weight:				
	reps:				
3x10-12 30X0 60	weight:				
	reps:				
4x10-12 30X0 60	weight:				
	reps:				

A2 Incline BB bench press

4x10-12 30X0 60				
4x10-12 30X0 60				
4x10-12 30X0 60				
3x10-12 30X0 60				
4x10-12 30X0 60				

B1 Split squat front foot elevated

3x10-12 30X0 45	weight:				
	reps:				
3x10-12 30X0 45	weight:				
	reps:				
3x10-12 30X0 45	weight:				
	reps:				
2x10-12 30X0 45	weight:				
	reps:				
3x10-12 30X0 45	weight:				
	reps:				

B2 1 arm DB bent over row

3x10-12 30X0 45				
3x10-12 30X0 45				
3x10-12 30X0 45				
2x10-12 30X0 45				
3x10-12 30X0 45				

C1 BB biceps curl

3x 8-10 3010 30	weight:				
	reps:				
3x 8-10 3010 30	weight:				
	reps:				
3x 8-10 3010 30	weight:				
	reps:				
2x 8-10 3010 30	weight:				
	reps:				
3x 8-10 3010 30	weight:				
	reps:				

C2 Triceps dips

3x 8-10 3010 30				
3x 8-10 3010 30				
3x 8-10 3010 30				
2x 8-10 3010 30				
3x 8-10 3010 30				

D Obliques on ball

3x 8-10 3010 30	weight:				
	reps:				
3x 8-10 3010 30	weight:				
	reps:				
3x 8-10 3010 30	weight:				
	reps:				
2x 8-10 3010 30	weight:				
	reps:				
3x 8-10 3010 30	weight:				
	reps:				

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