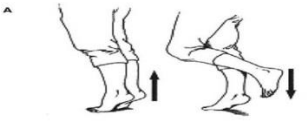
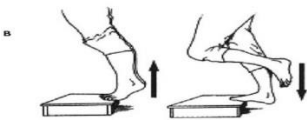
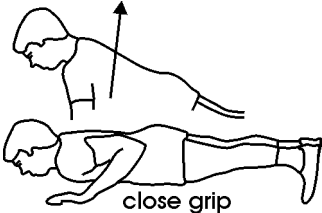
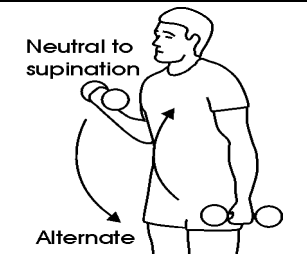
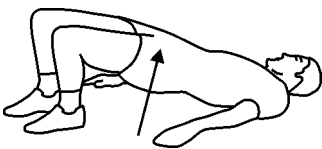
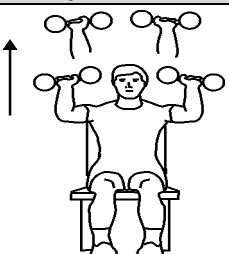
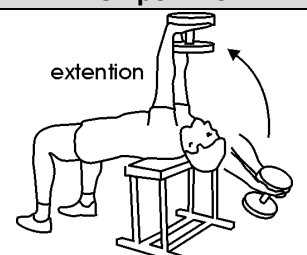
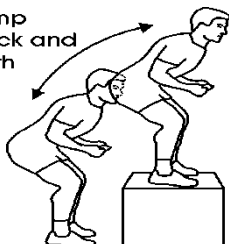
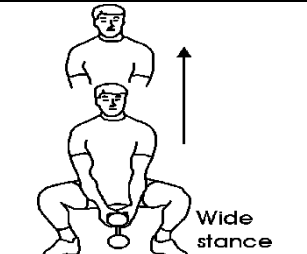
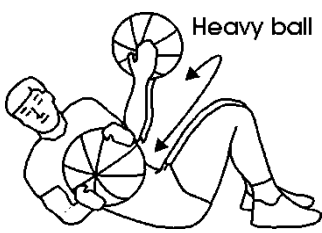
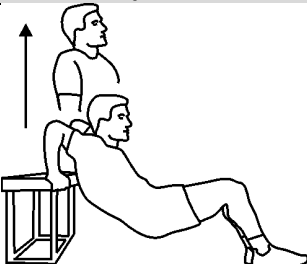
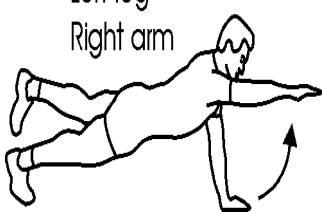
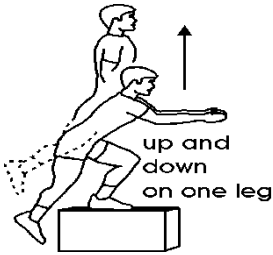
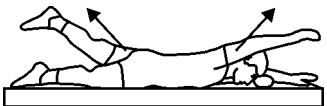
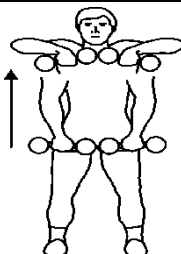
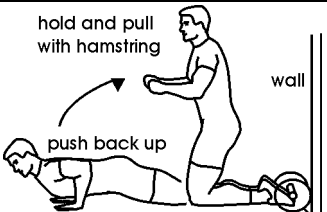
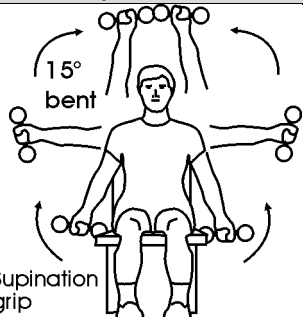
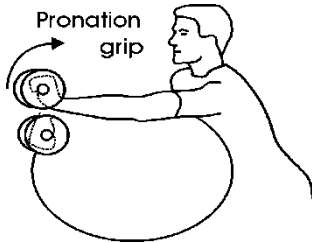
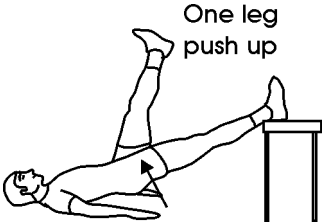
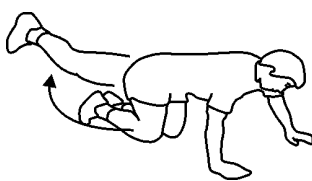
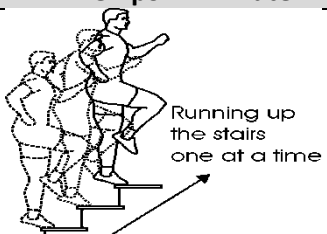
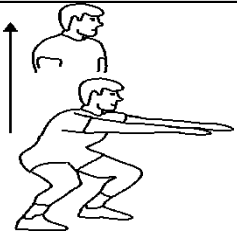


Tempo : 2-0-1	Séries / Répétitions				Tempo : 2-0-1	Séries / Répétitions			
 					 close grip				
Tempo : 2-0-1	Séries / Répétitions				Tempo : 2-0-1	Séries / Répétitions			
 Neutral to supination Alternate									
Tempo : Stabilité (30 sec.)	Séries / Répétitions				Tempo : 2-0-1	Séries / Répétitions			
 Sur un oreiller									
Tempo : 2-0-1	Séries / Répétitions				Tempo : max	Séries / Répétitions			
 extention					 Jump back and forth				
Tempo : 2-0-1	Séries / Répétitions				Tempo : 2-0-1	Séries / Répétitions			
 Wide stance					 Heavy ball				
Tempo : 2-0-1	Séries / Répétitions				Tempo : 2-0-1	Séries / Répétitions			
					 Left leg Right arm				

Tempo : 2-0-1	Séries / Répétitions	Tempo : 1-3-1	Séries / Répétitions
			
Tempo : 2-0-1	Séries / Répétitions	Tempo : max	Séries / Répétitions
		 Bloque tes pieds sous le lit ou autres et retient toi le plus longtemps possible de tomber	
Tempo : Stabilité (30 sec.)	Séries / Répétitions	Tempo : 2-0-1	Séries / Répétitions
			
Tempo : 2-0-1	Séries / Répétitions	Tempo : 2-3-1	Séries / Répétitions
			
Tempo : 2-0-1	Séries / Répétitions	Tempo : 1 minute	Séries / Répétitions
		 Ou monte et descend d'une chaise	
Tempo : 2-0-1	Séries / Répétitions	Tempo : 2-0-1	Séries / Répétitions
 Tu peux sauter si tu veux !		