

CIRCUIT « TABATA HAUT DU CORPS » LFIAM VENDREDI N°12

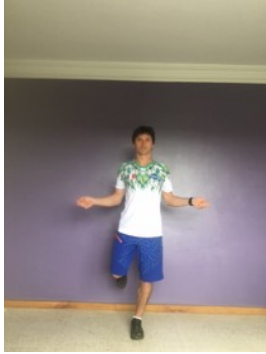
LE CIRCUIT DOIT SE FAIRE UNIQUEMENT APRES AVOIR FAIT UN ECHAUFFEMENT.

Les consignes de sécurité sont à retrouver sur les circuits précédents.

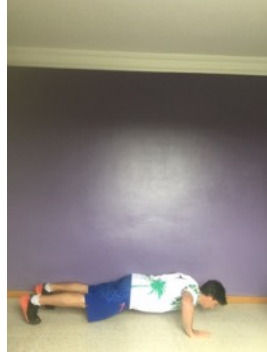
Les répétitions se font pendant 30 SECONDES

MUSIQUE SUPPORT: https://www.youtube.com/watch?v=7kws_w_c1x6I

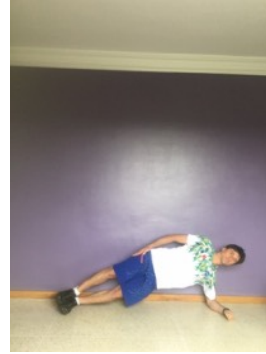
**SPECIAL HAUT
DU CORPS**



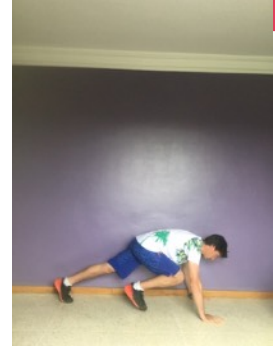
1. Footing Rond de bras



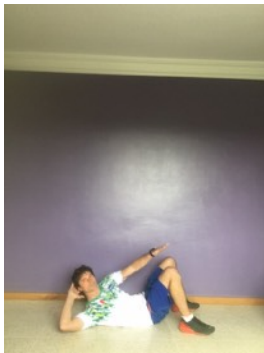
2. Pompe



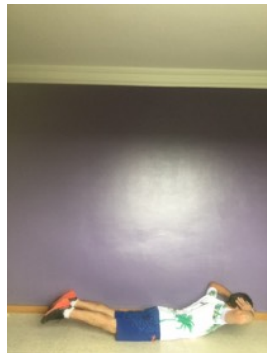
3. Gainage gauche



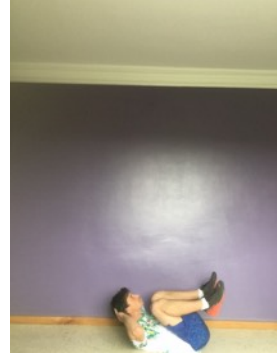
4. Mountain climber



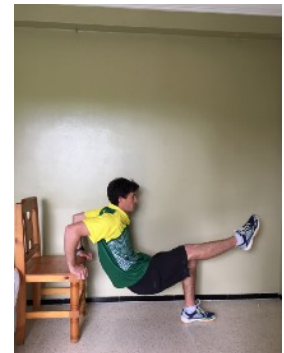
5. Crunch croisé



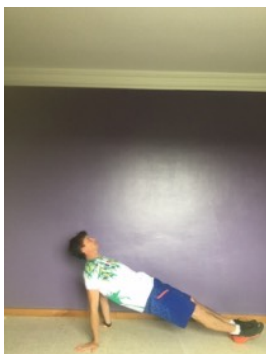
6. Superman



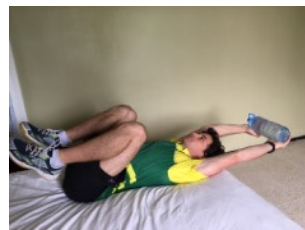
7. Crunch



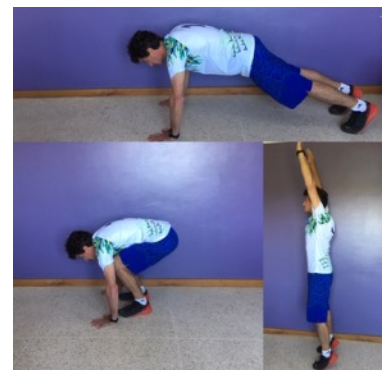
8. Dips



9. Gainage dorsal



10. Dorsaux



11. Burpees



12. Gainage droit



13. Pompes rotation