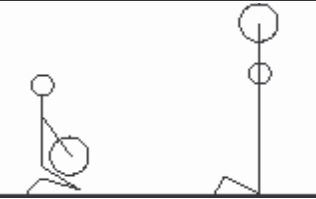
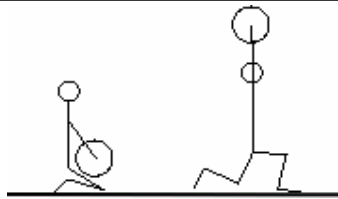
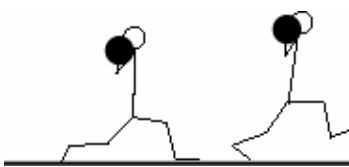
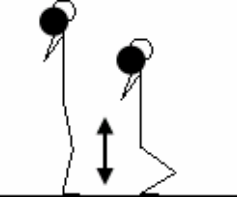
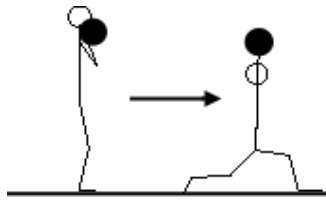

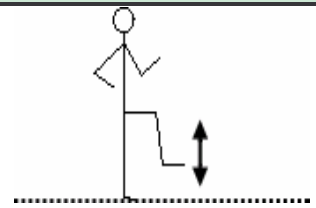
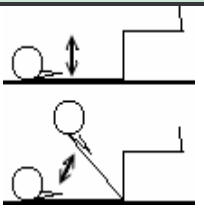



PPG Séance -1-										
-Exo 1- Complexe : 3x10			-Exo 2- Complexe : 3x10 ( 5 gauche + 5 droite)			-Exo 3- Fente profonde + geste griffé : 3-4x20m				
	Level 1	10 Kg		Level 1	10 Kg		Level 1	10 Kg		
	Level 2	15 Kg		Level 2	15 Kg		Level 2	15 Kg		
	Level 3	20 Kg		Level 3	20 Kg		Level 3	20 Kg		
-Exo 4- 1/3 de Flexion : 5x10 (chronométré)			-Exo 5- Arrachés + fente : 3x10 ( 5 gauche + 5 droite)			-Exo 6- Saut pieds joints en pied : 8H (0,76/0,84)				
	Level 1	15-20 Kg		Level 1	15-20 Kg		Level 1	x5		
	Level 2	25-30 Kg		Level 2	25-30 Kg		Level 2	x7		
	Level 3	35-40 Kg		Level 3	35-40 Kg		Level 3	x10		
-Exo 7- MG dans le sable : 20sec			-Exo 8- Abdo : 10xGauche-Centre-droit + 6xCentre en haut			-Exo 9- 80m en acc (facile)				
	x2			Level 1			Level 1			
	15 sec			x3			Level 2		Level 2	
	x3			x4			Level 3		Level 3	
	20 sec			x5						
	x4									
25 sec										