

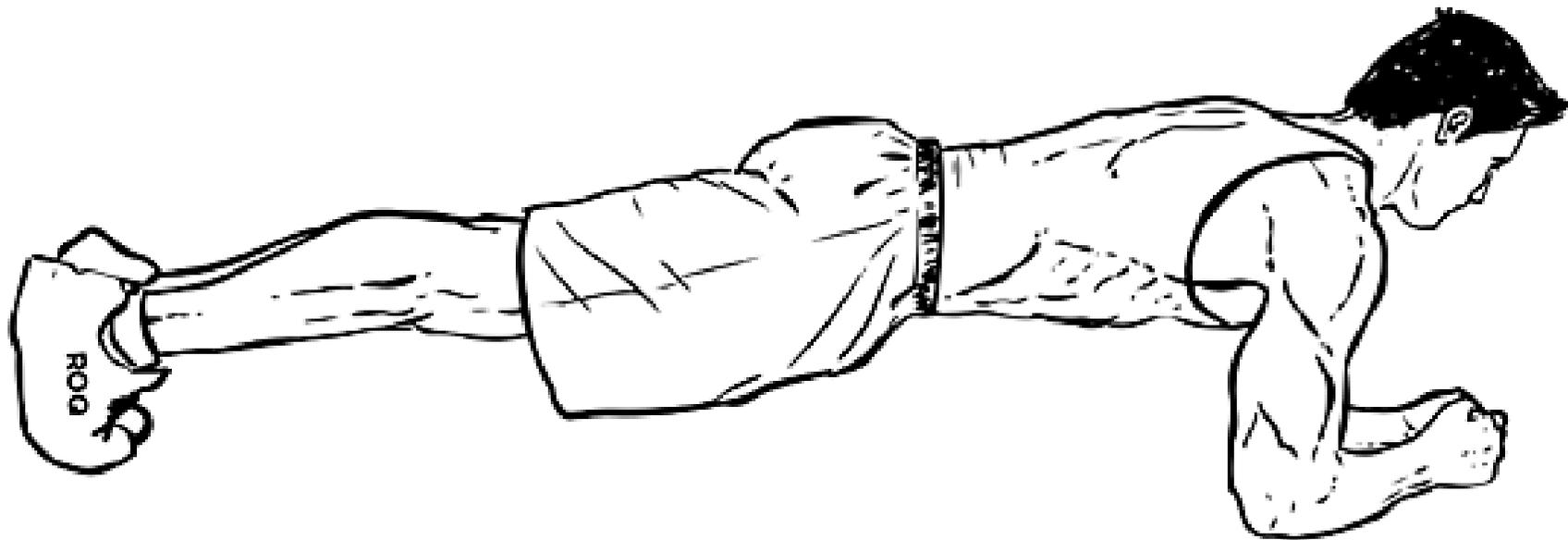


# Pompes droites en appui pieds



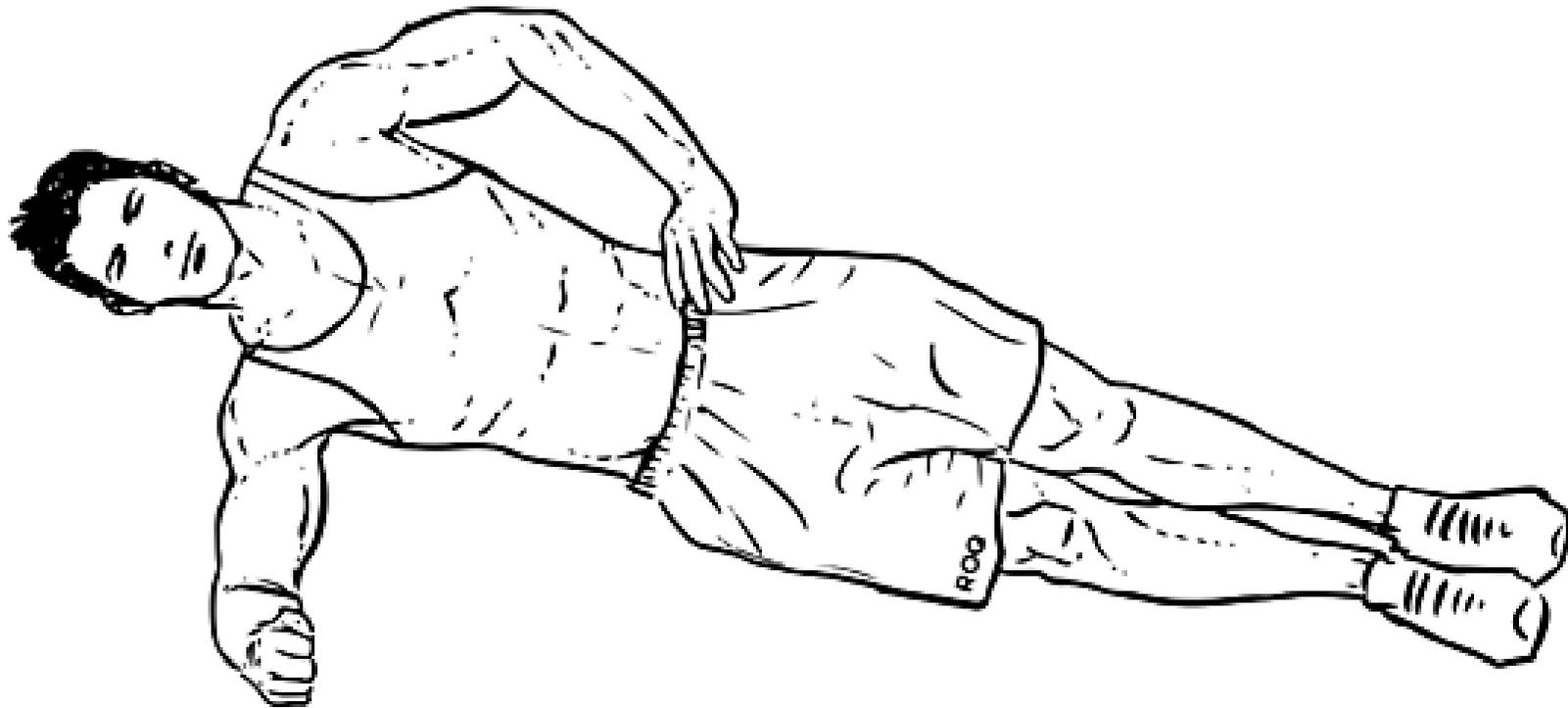


# Gainage planche en appui coudes



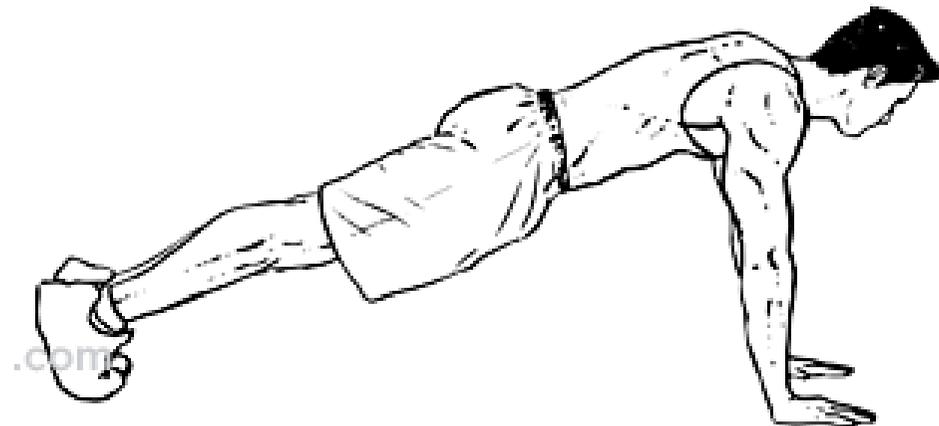
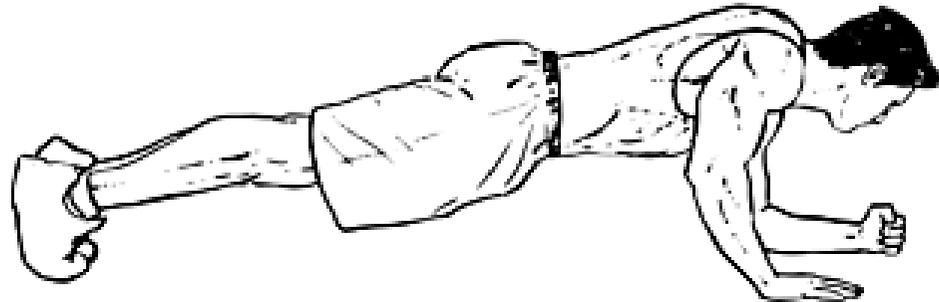
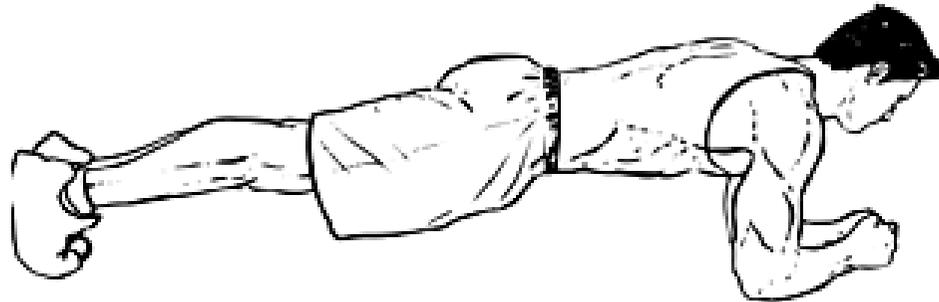


# Gainage sur 1 coude droite et gauche



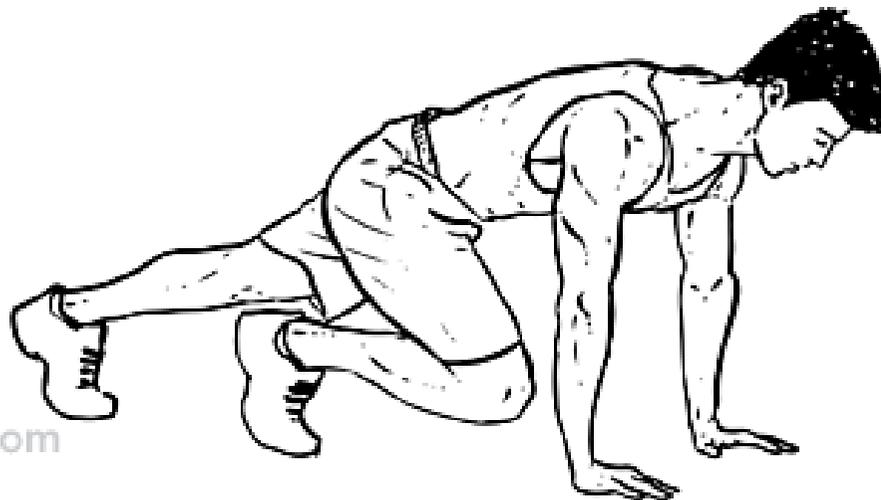
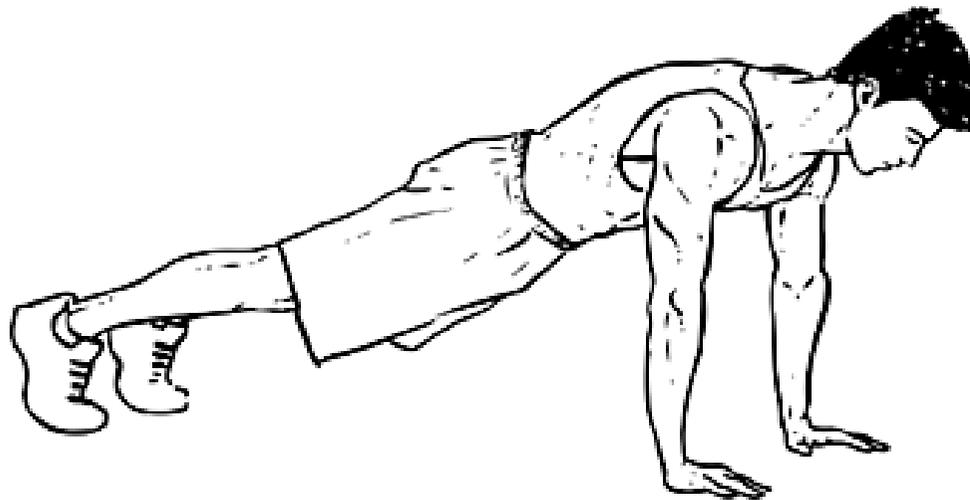


# Gainage alternance mains → coudes



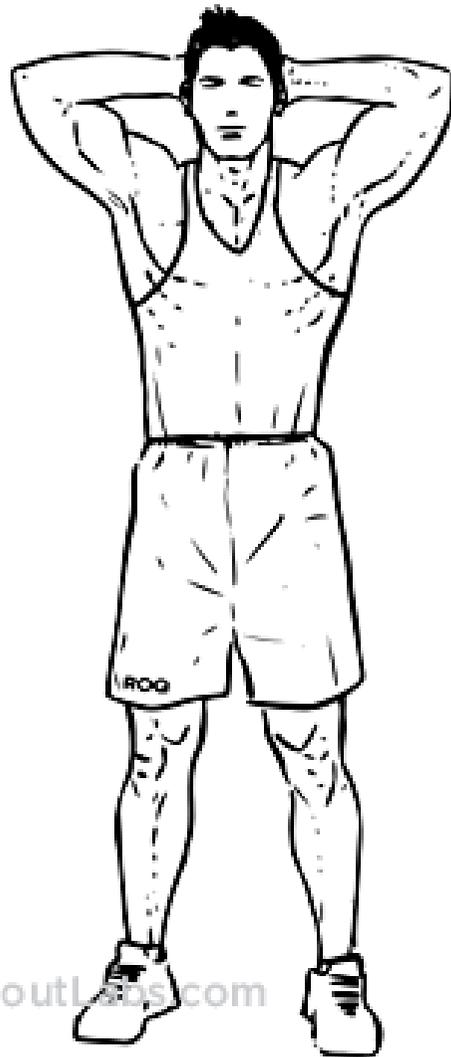


# Mountain climber montées de genoux

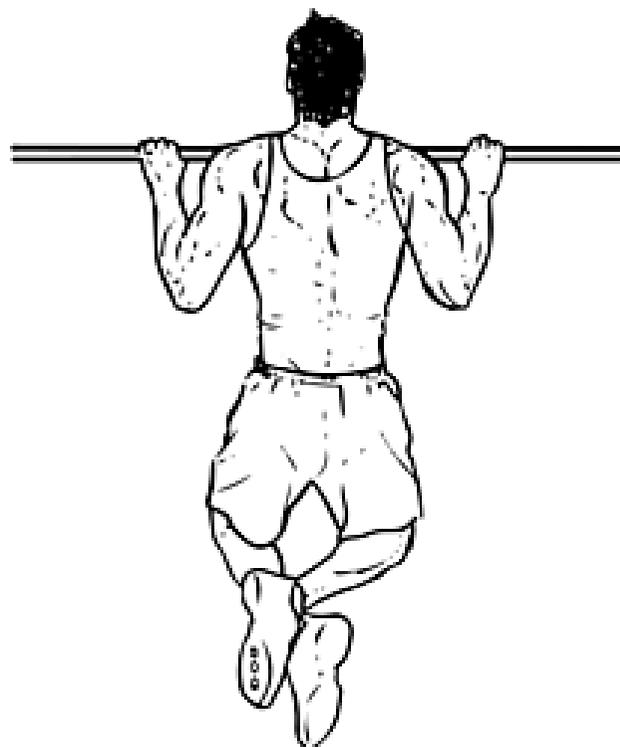




# Flexions Squat, talons au sol

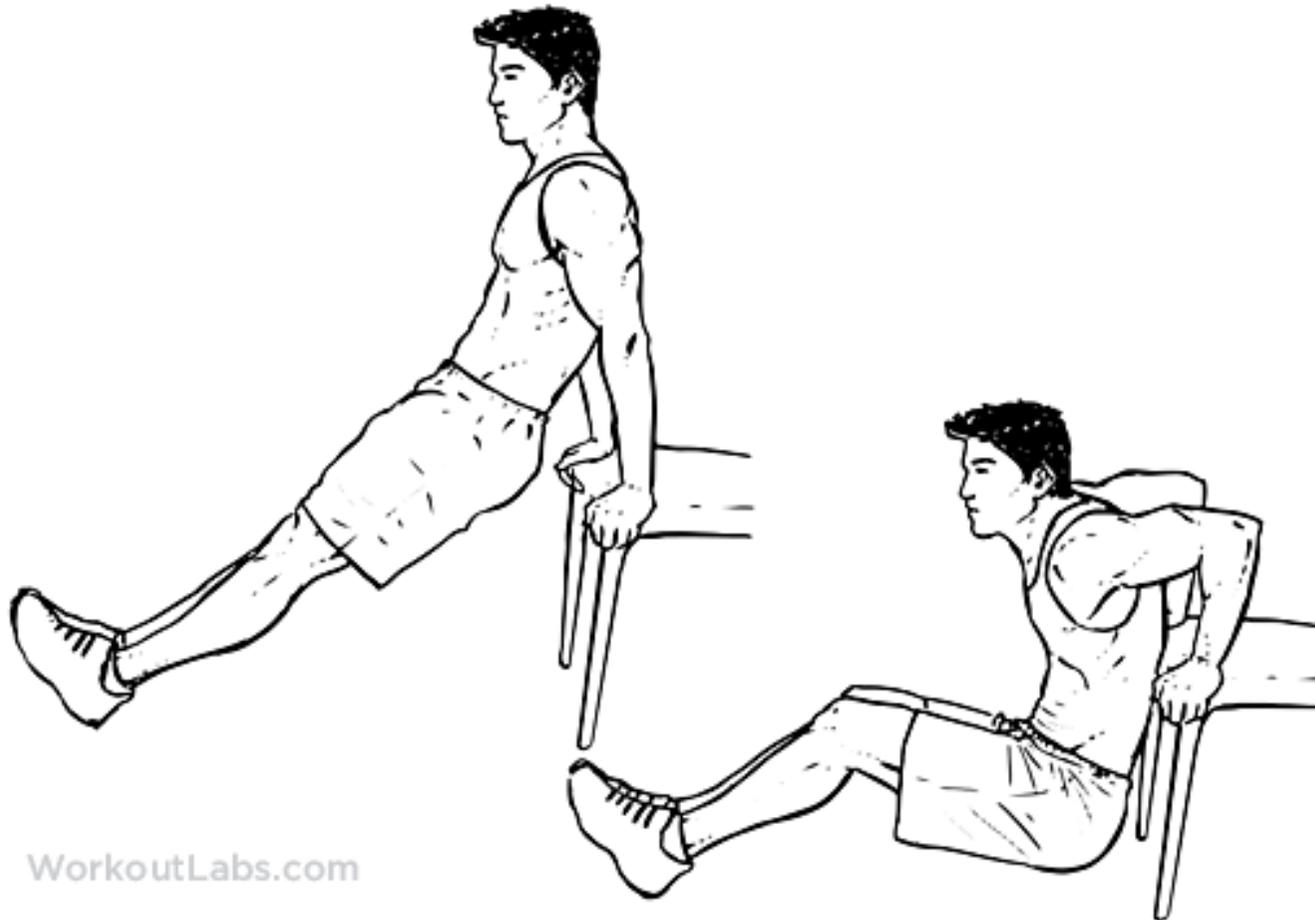


# Tractions barre ou Judogi





# Dips, Triceps en appui talons



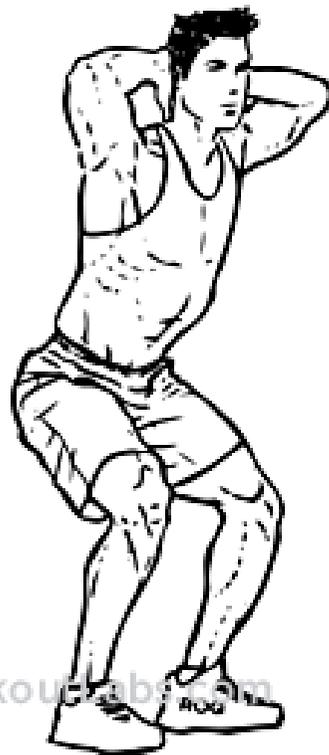


# Fentes avant, flexions droite / gauche

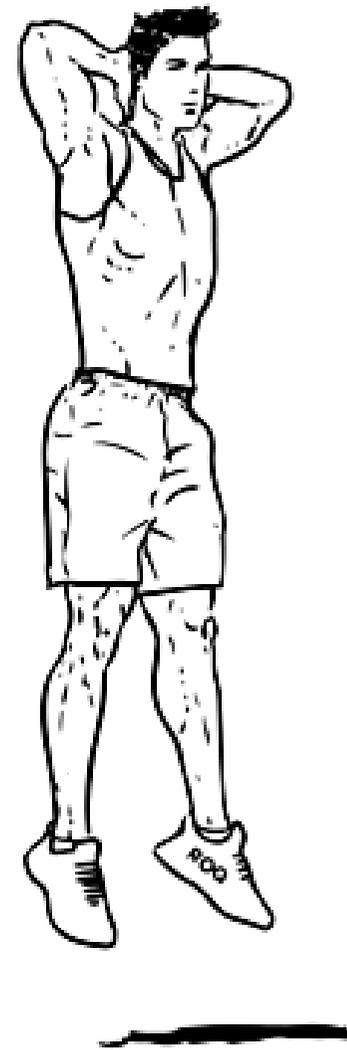




# Squat dynamique, flexion / extension



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# Montée genoux en alternance croisé





# Sauts groupés en montant les genoux



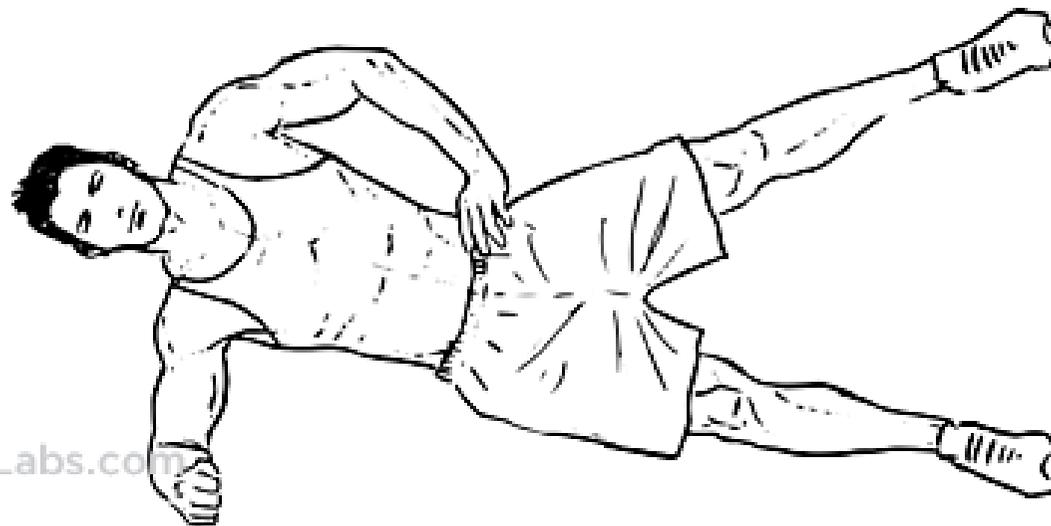
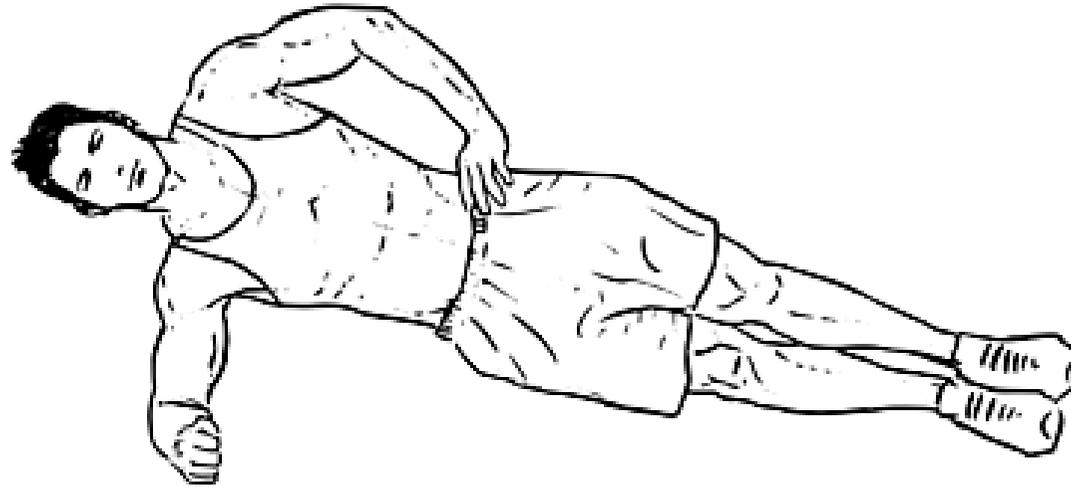


# Gainage statique, position Jigotai



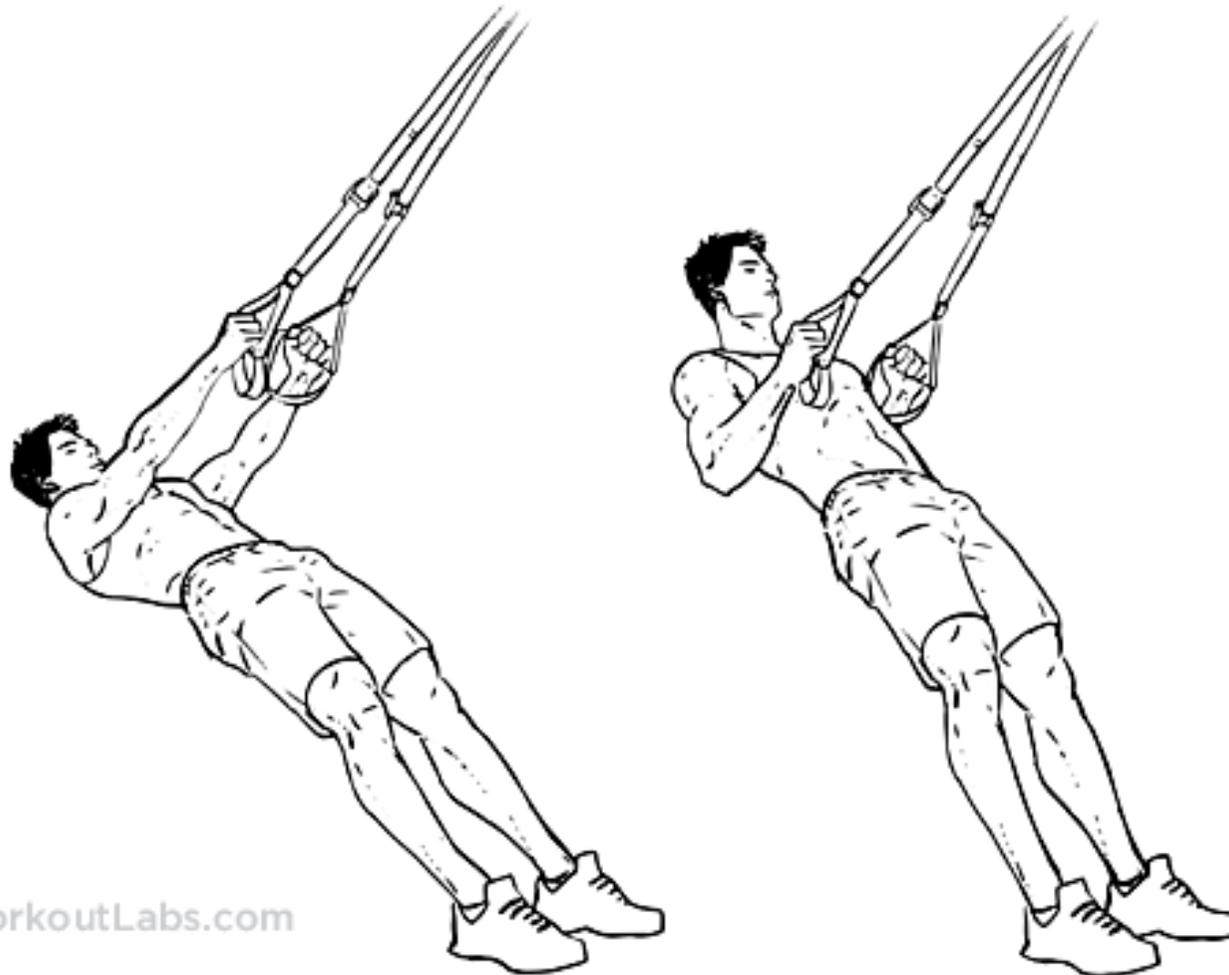


# Gainage latéral coude, montée jambe





# Tractions en appui talons, corps droit





# Flexion extension jambes, appui mains



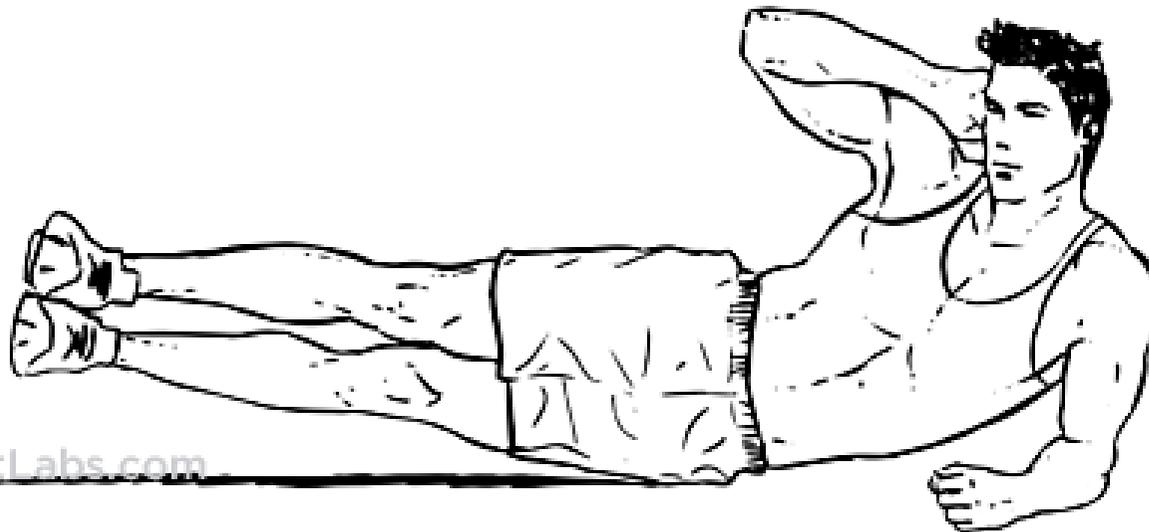
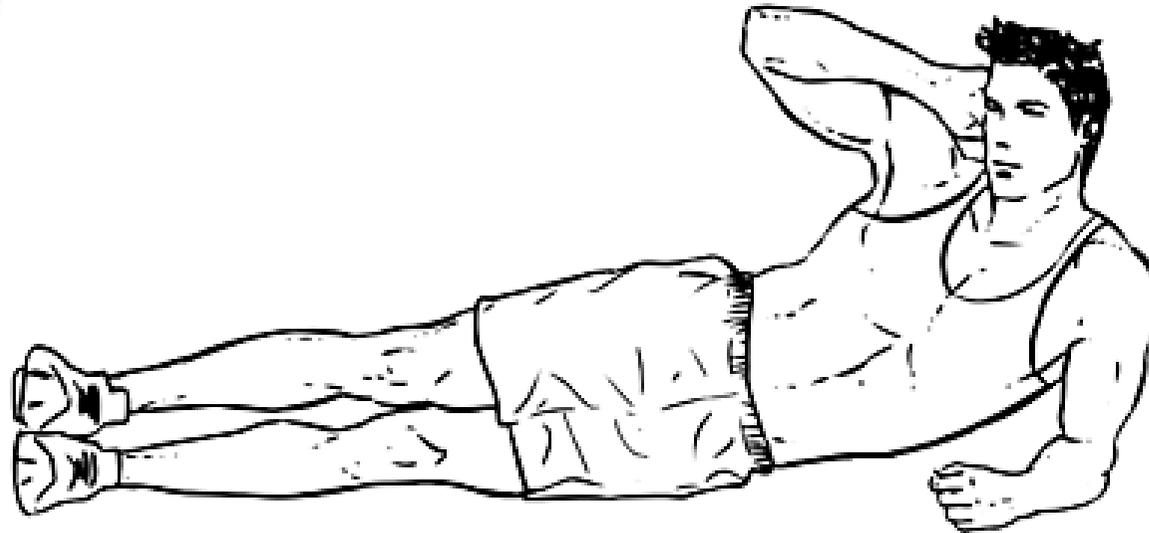


# Tipping, sprint pointes de pieds





# Montées jambes, latéral appui coude





# Montées buste, latéral droite/gauche



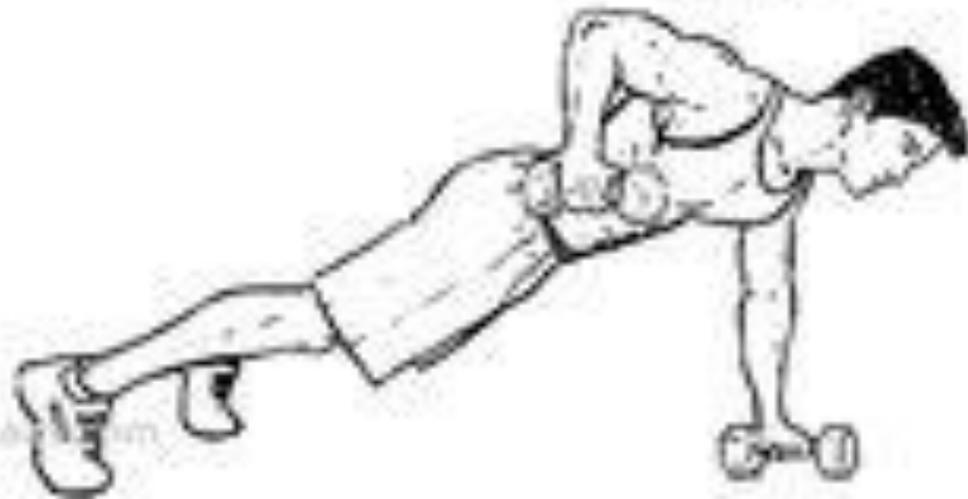
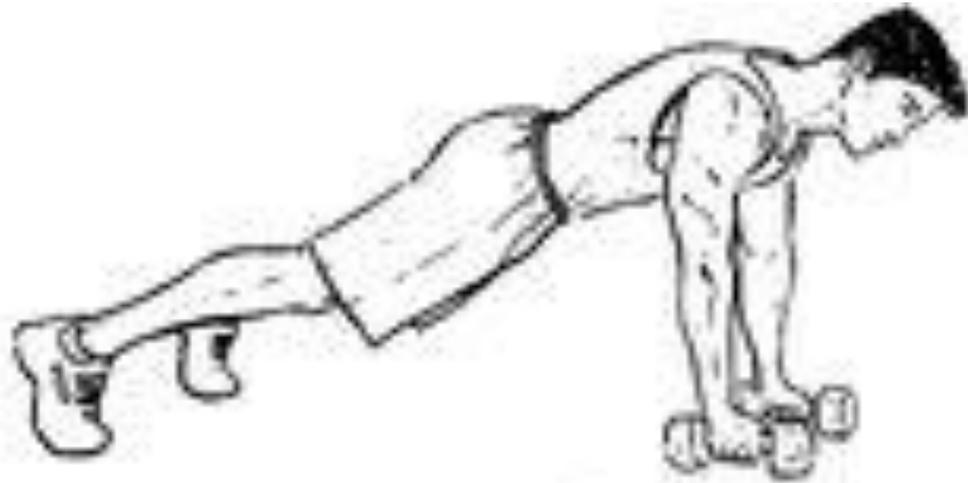


Main gauche → pied droit, puis l'inverse



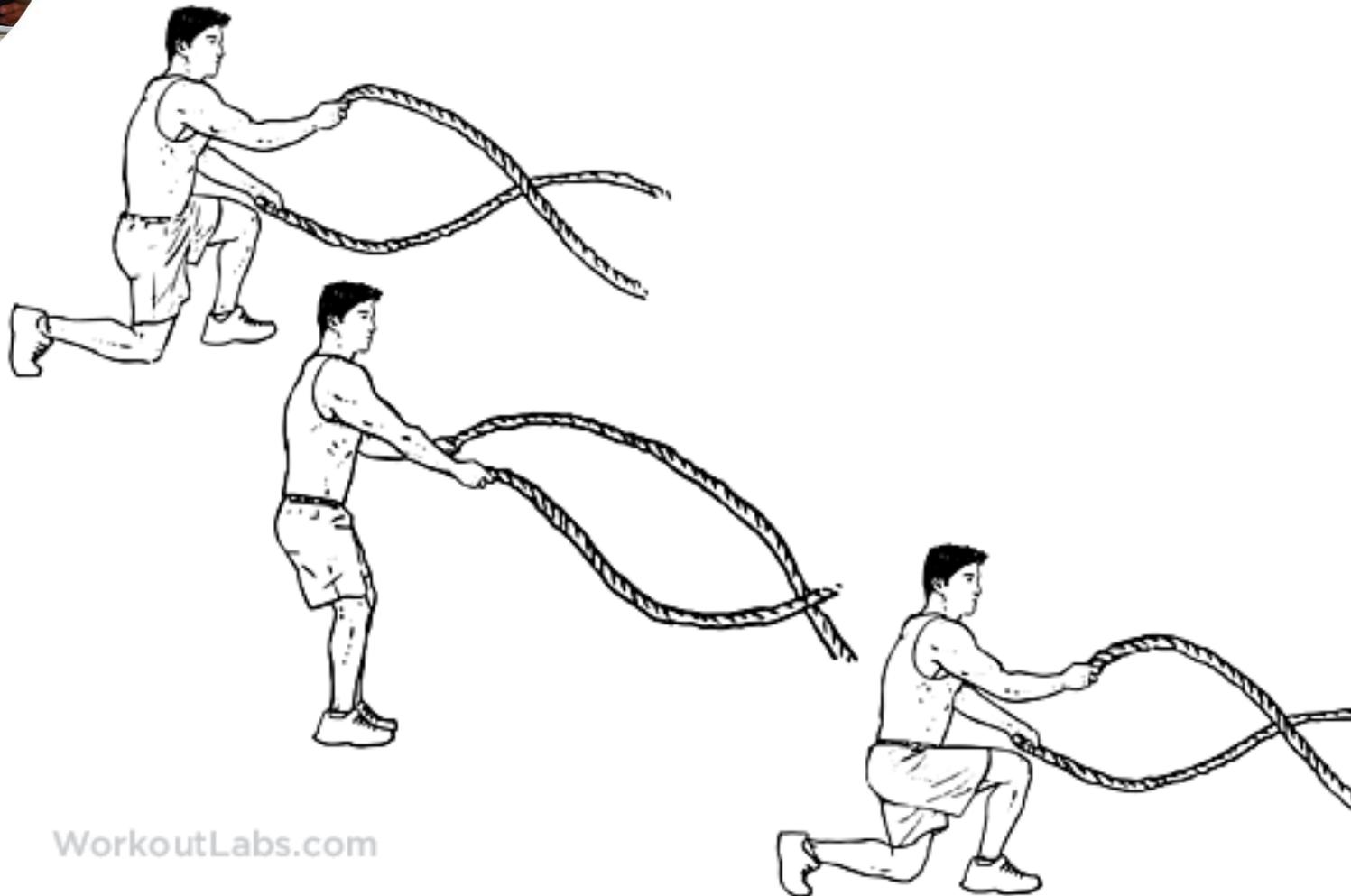


# Position pompe, traction droite/gauche



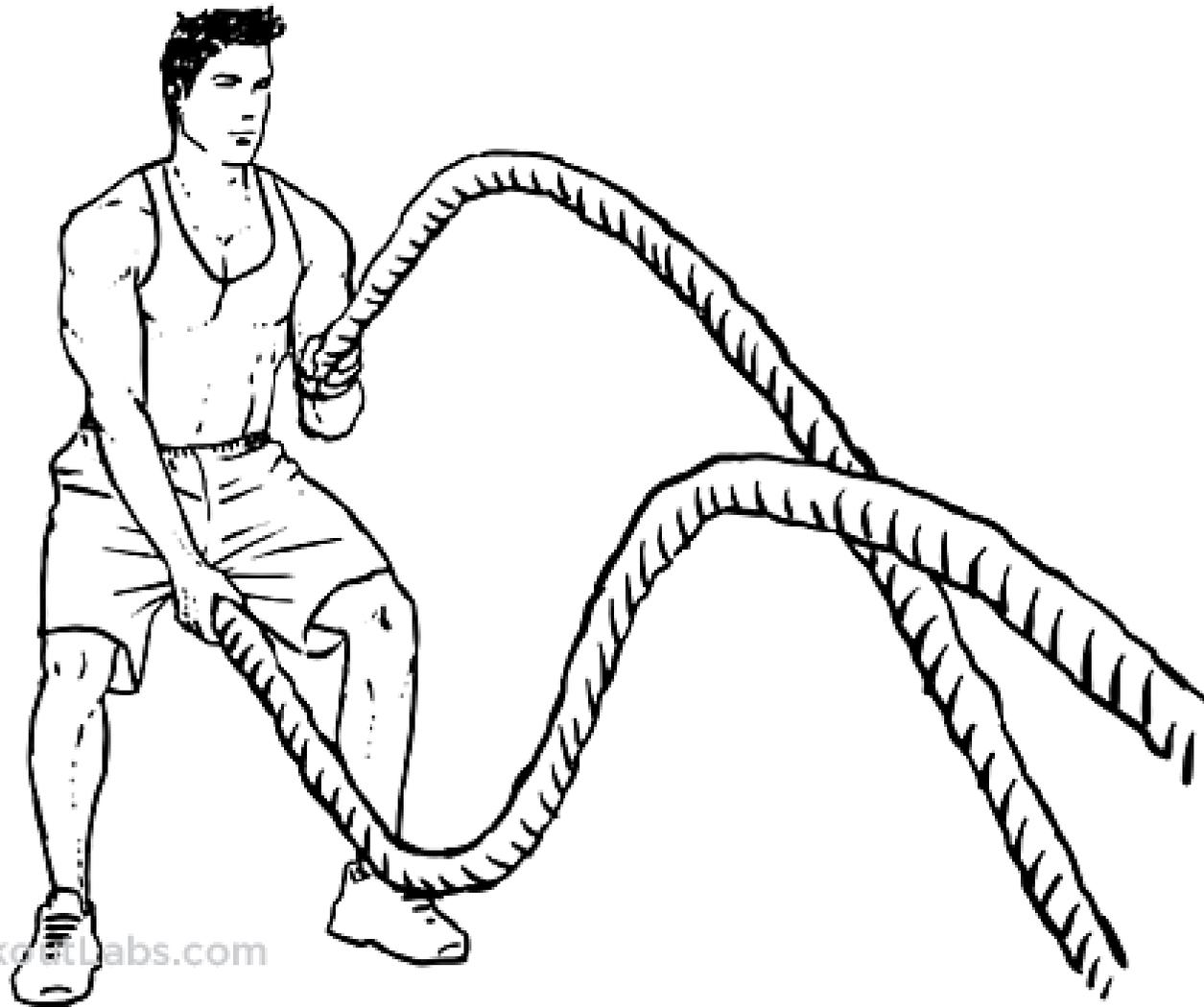


# Corde, ondulation + fentes sautées



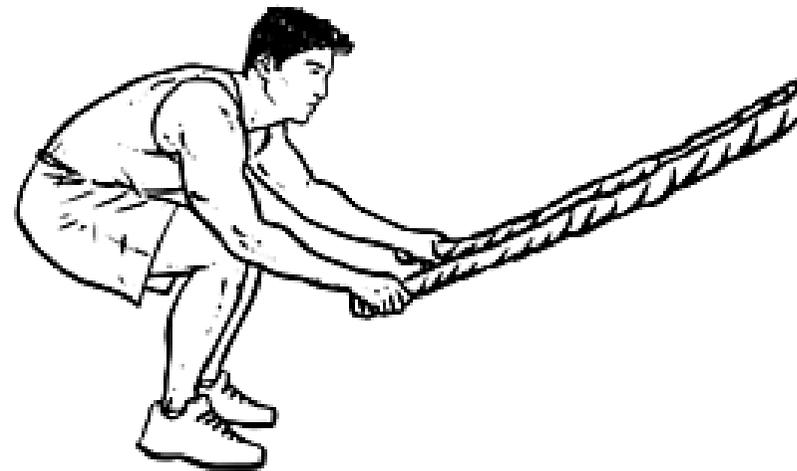
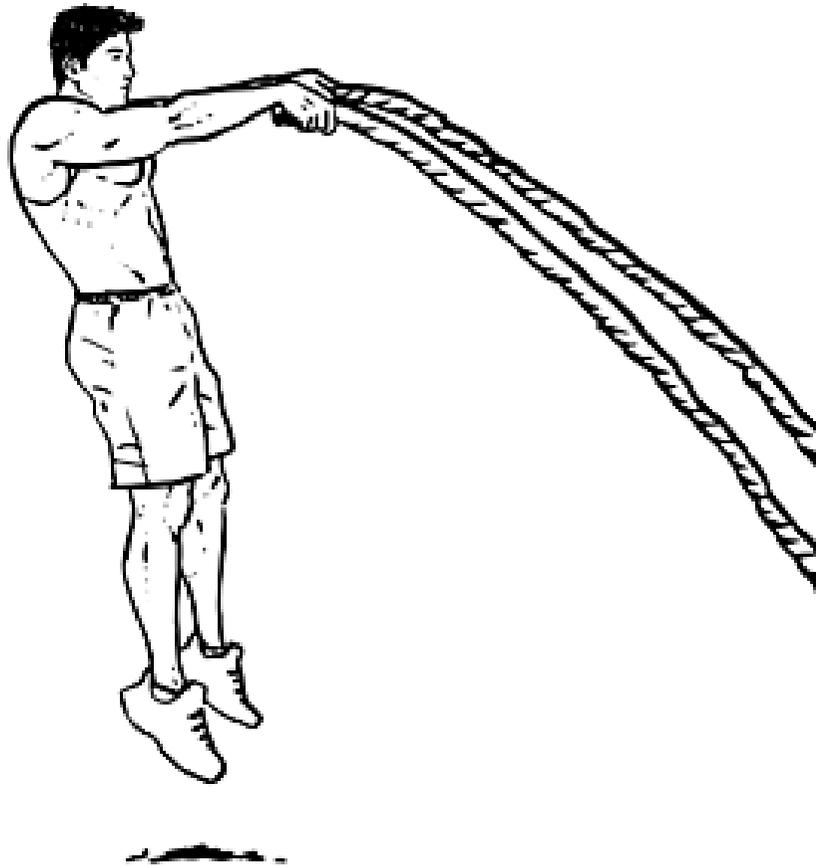


# Corde, ondulation + position Jigotai





# Corde, ondulation+ flexion/extension





# Corde, ondulation 2 mains ensemble



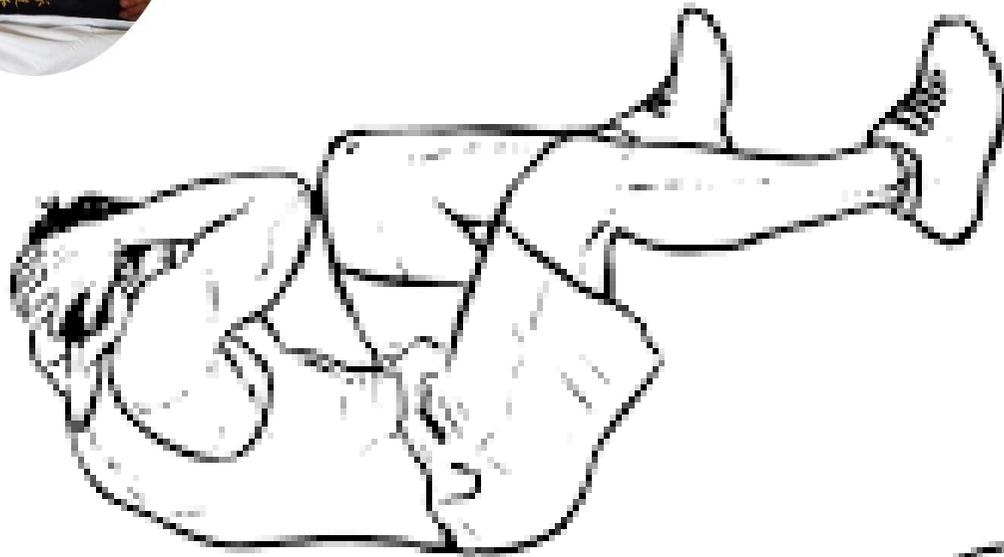


# Abdos main-cheville droite/gauche



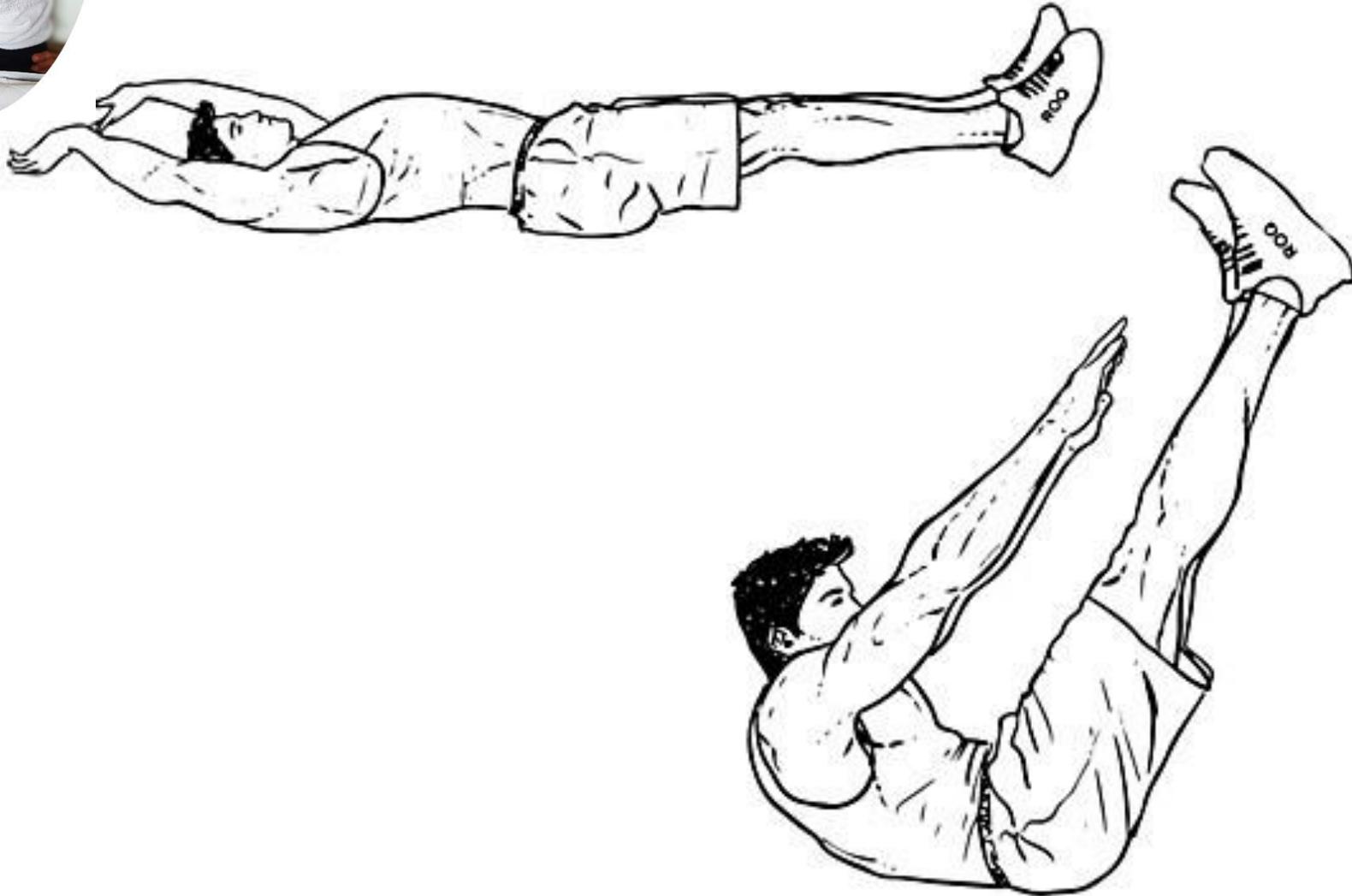


# Abdos Crunch droite/gauche coude



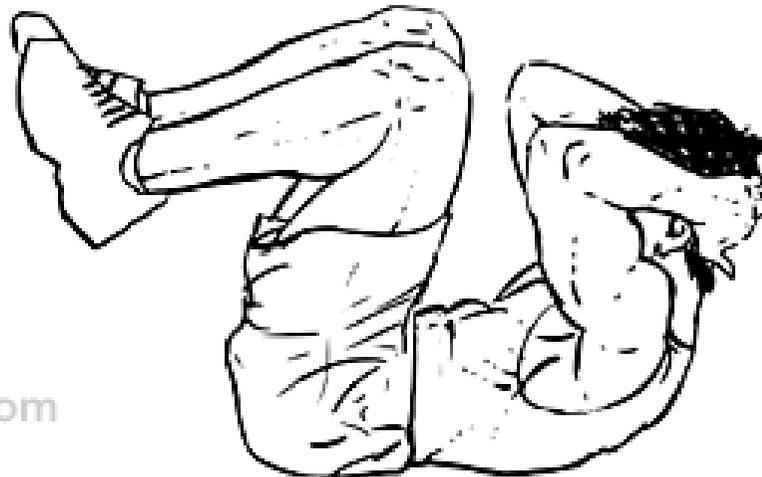
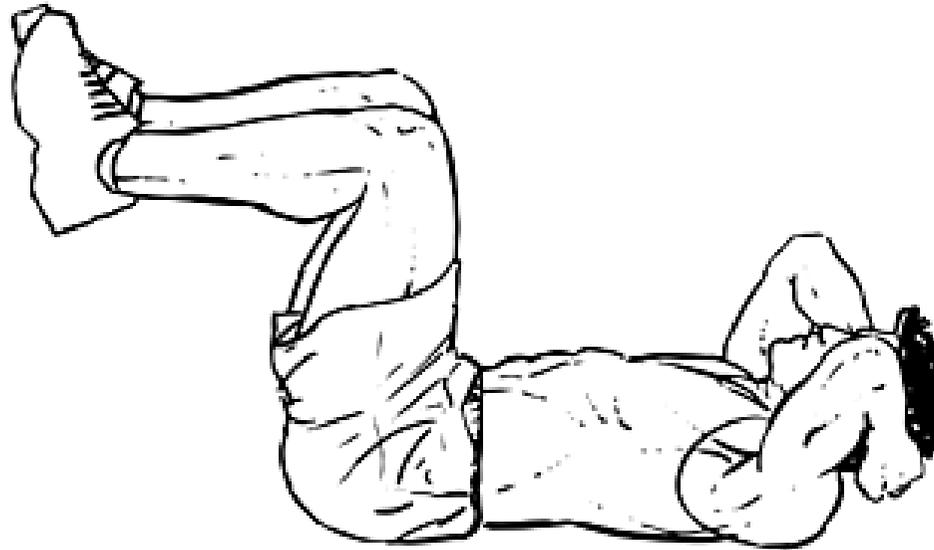


# Abdos : bras et jambes tendus





# Abdos Crunch jambes relevées



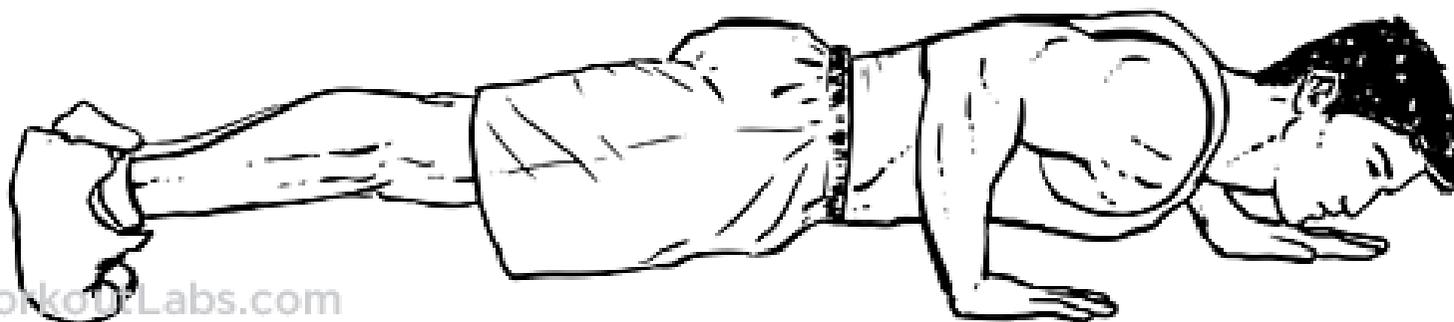
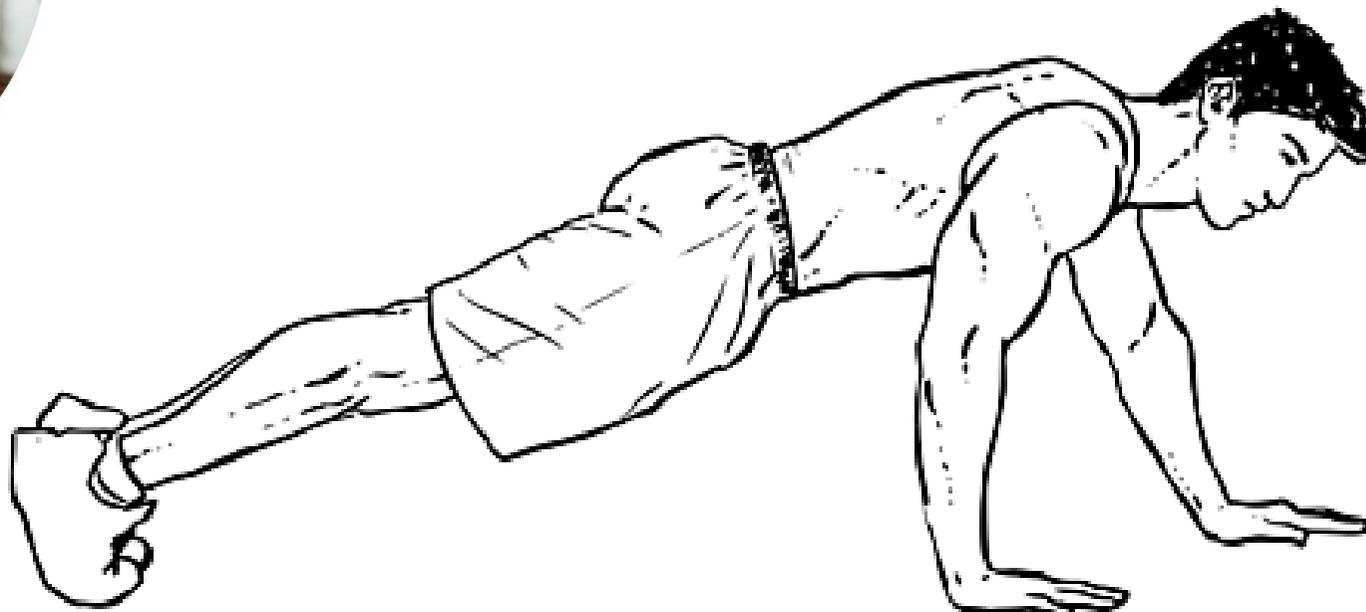


## Ciseaux jambes tendues (dos en appui)



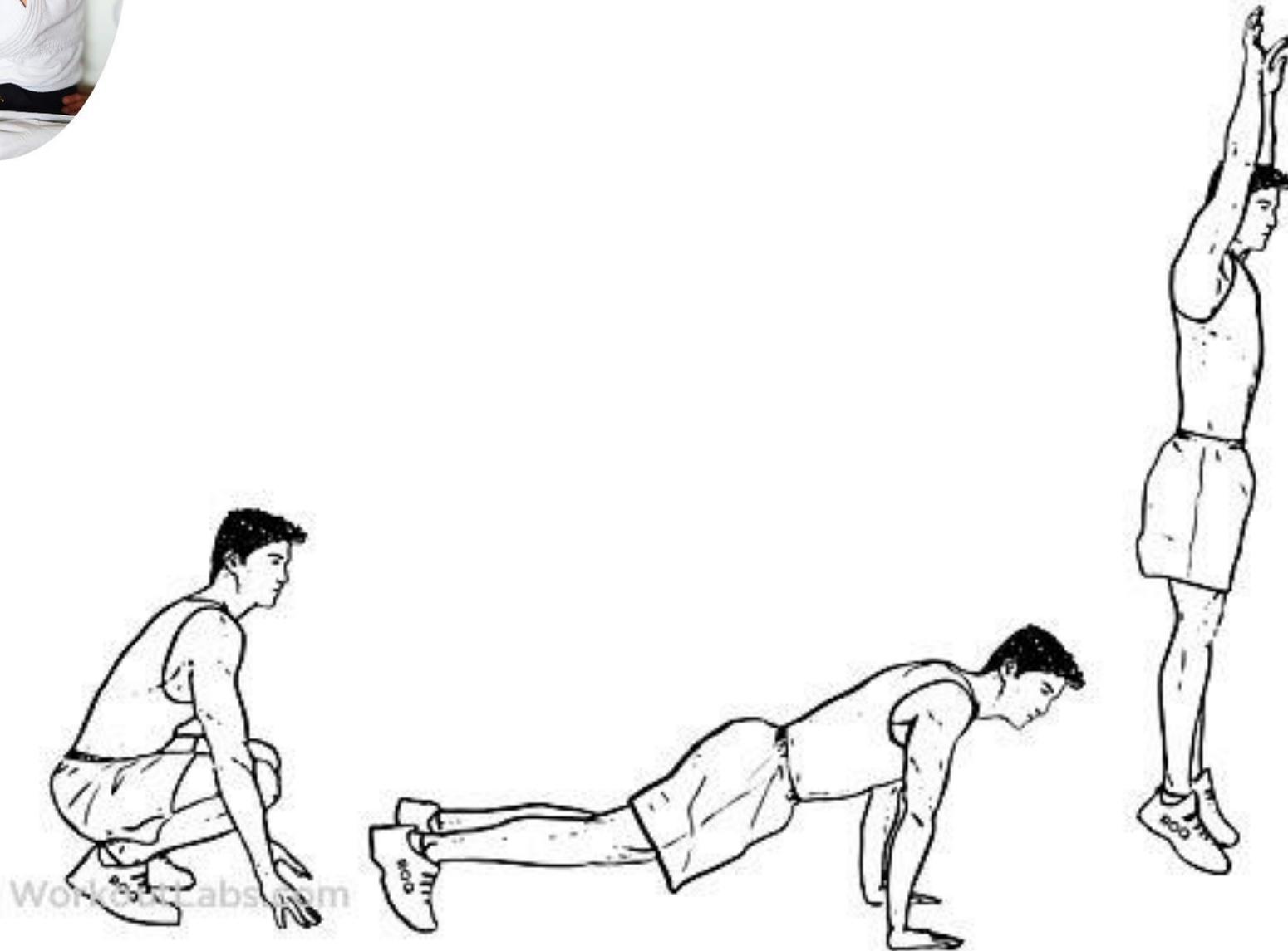


# Pompes alternance droite/gauche



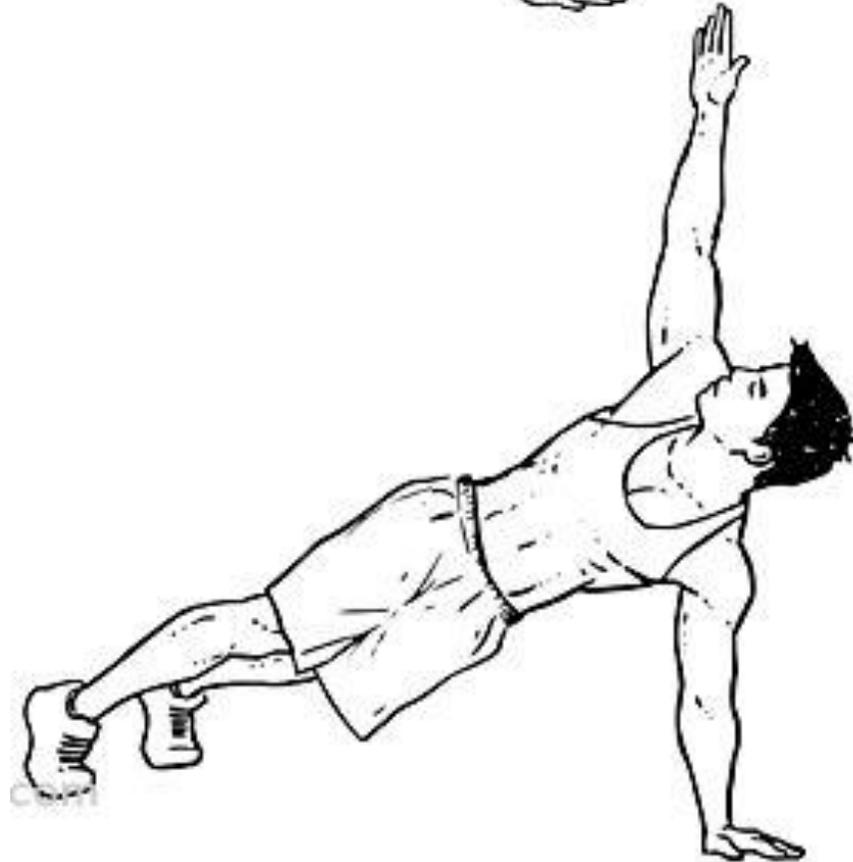
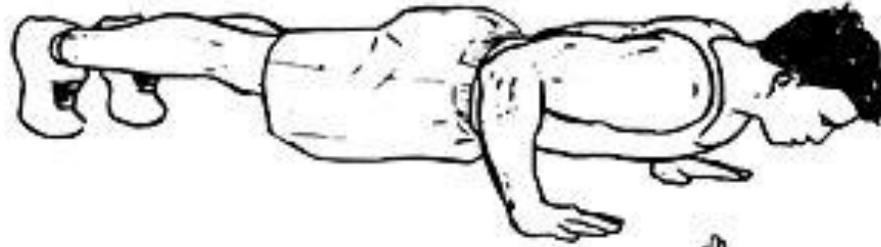


# Burpees : extension flexion pompe



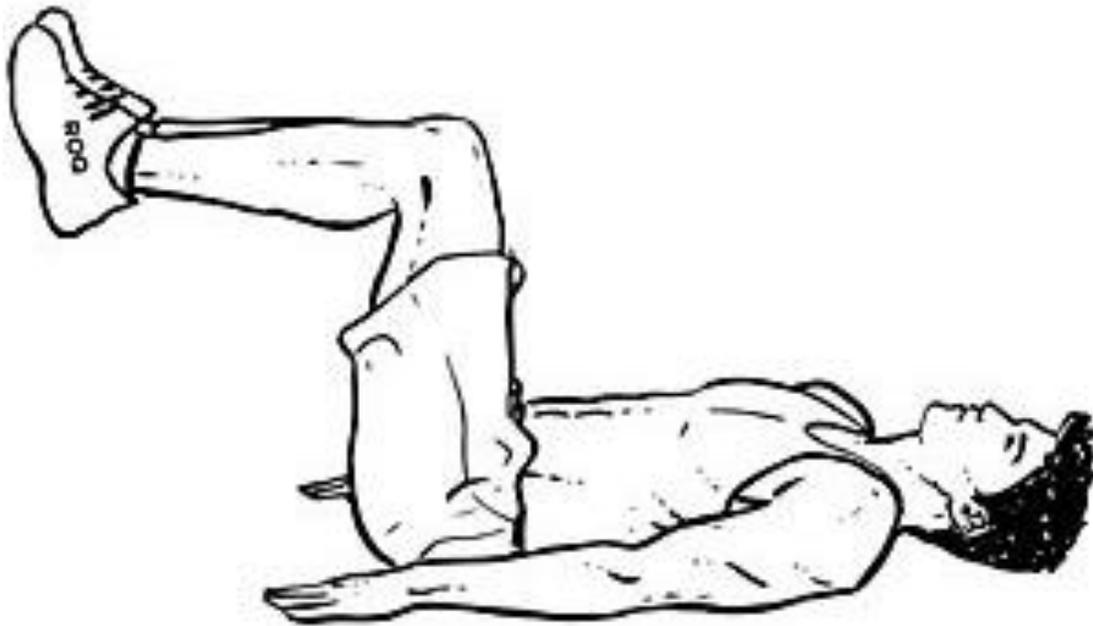


# Pompes levées de bras droite/gauche





# Montées de jambes en appui mains





# Flexions/extensions jambes jointes



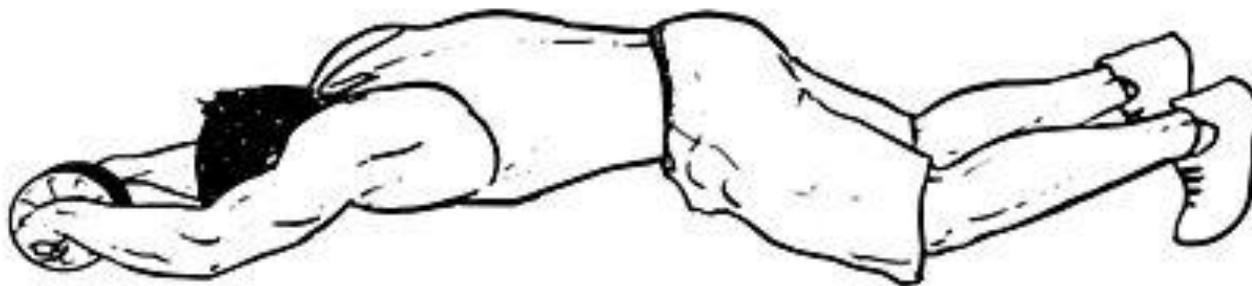
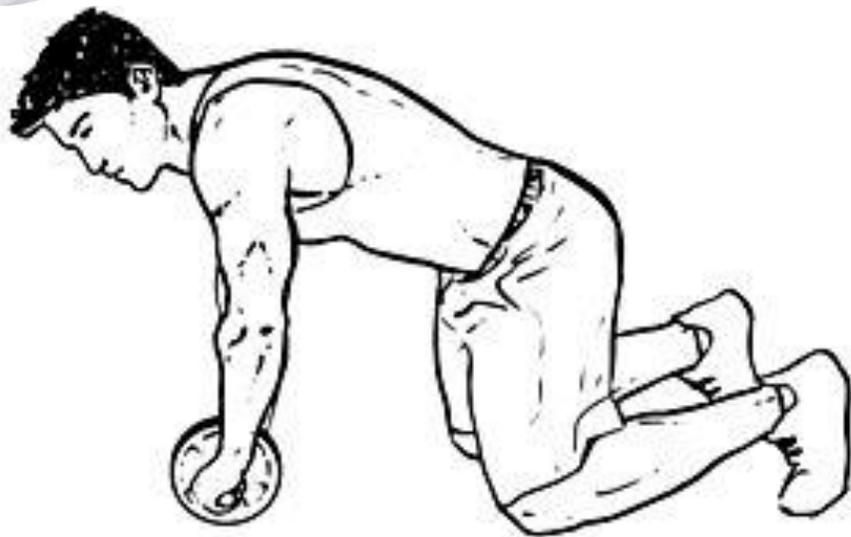


# Iceman : Flexions sur jambe avant





# Roulette avant/arrière appui genoux



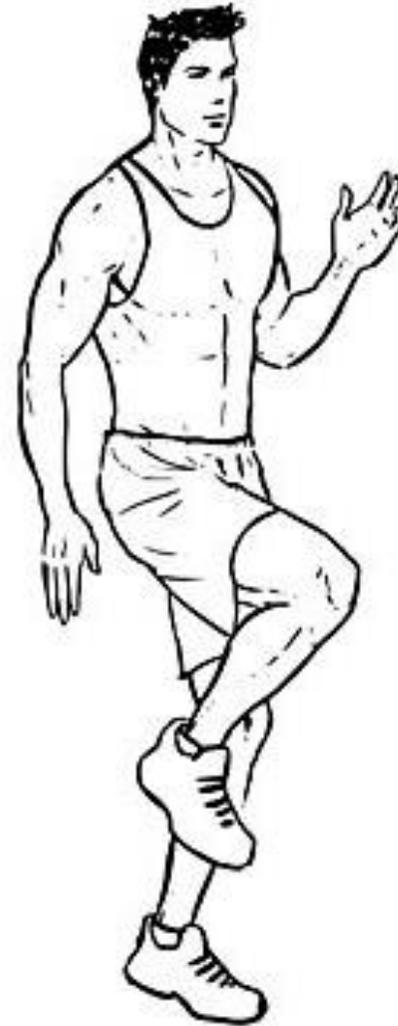


# Montées talons/fesses dynamiques



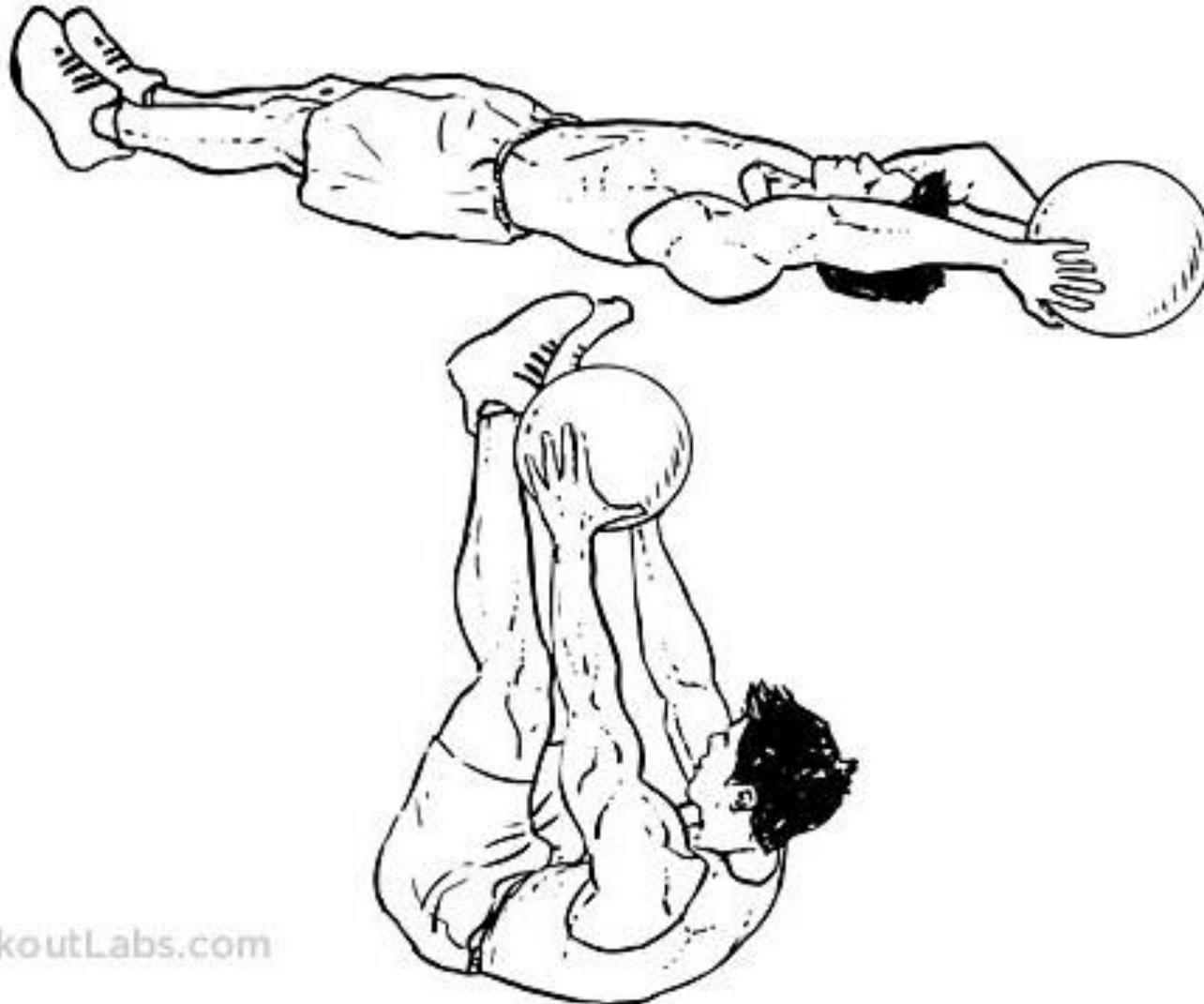


# Montées de genoux dynamiques



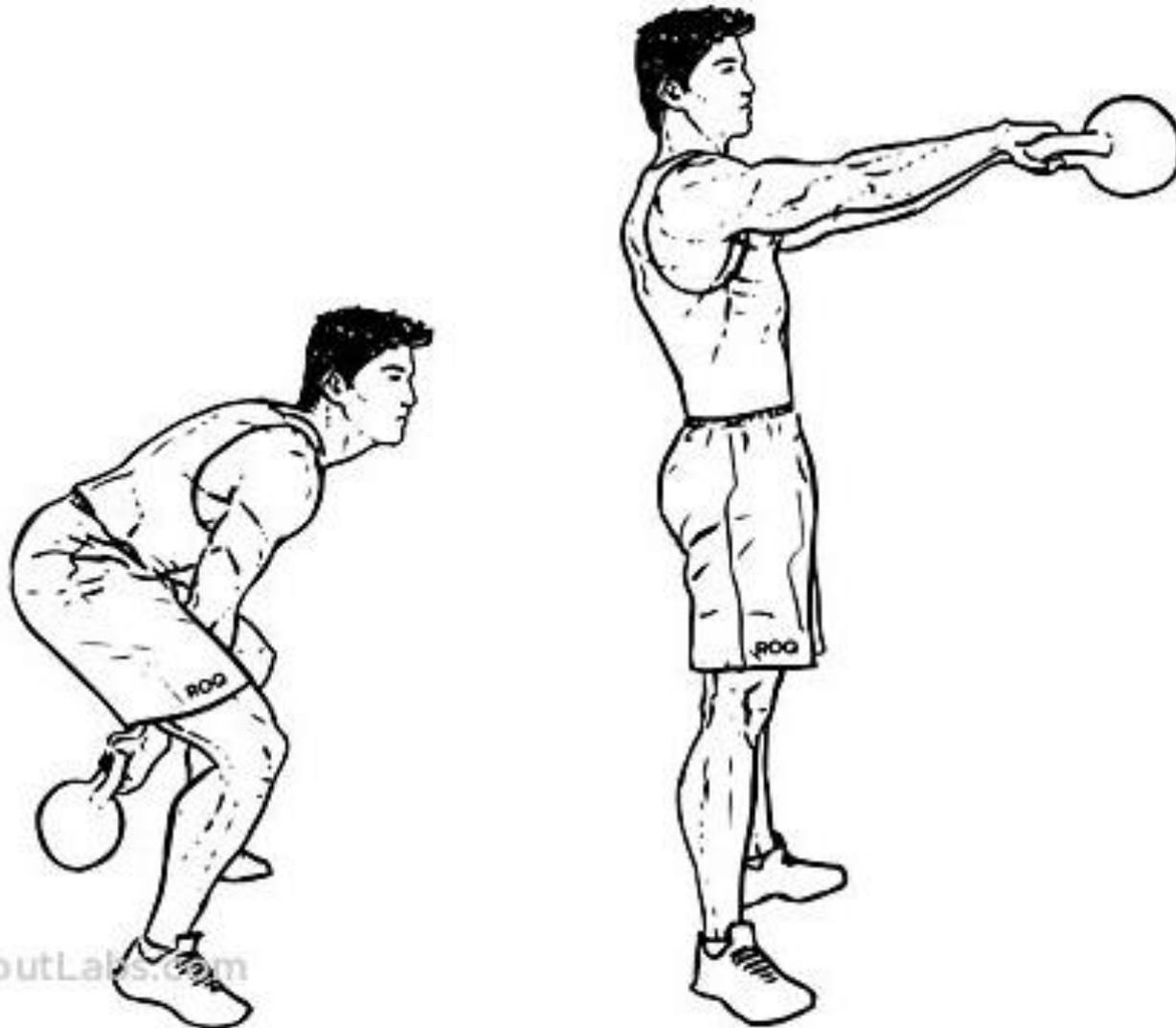


# Montées jambes/bras médecine ball





# Balancier kettlebell avec flexions



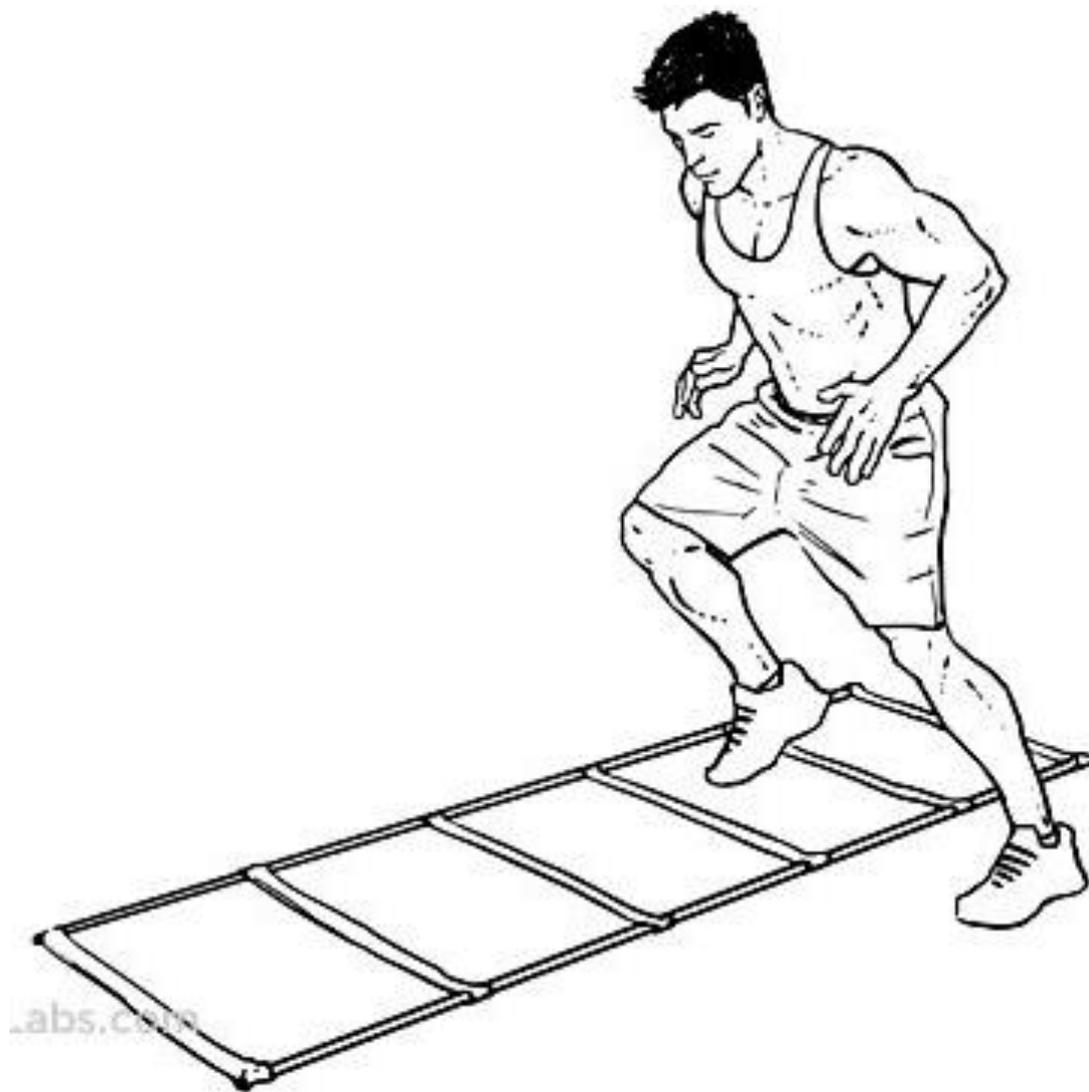


# Montées poids coudes vers le haut



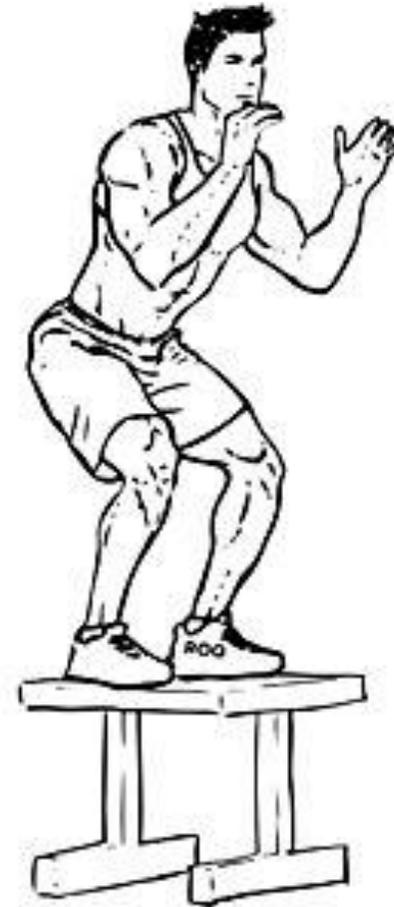
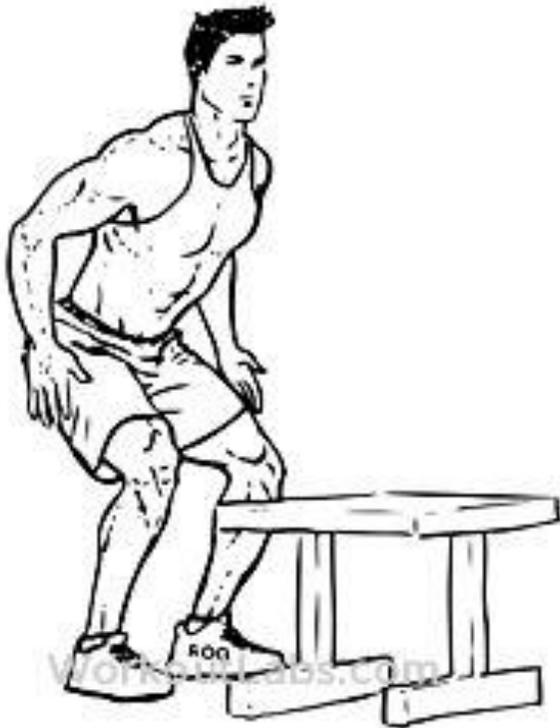


# Echelle de rythme droite/gauche



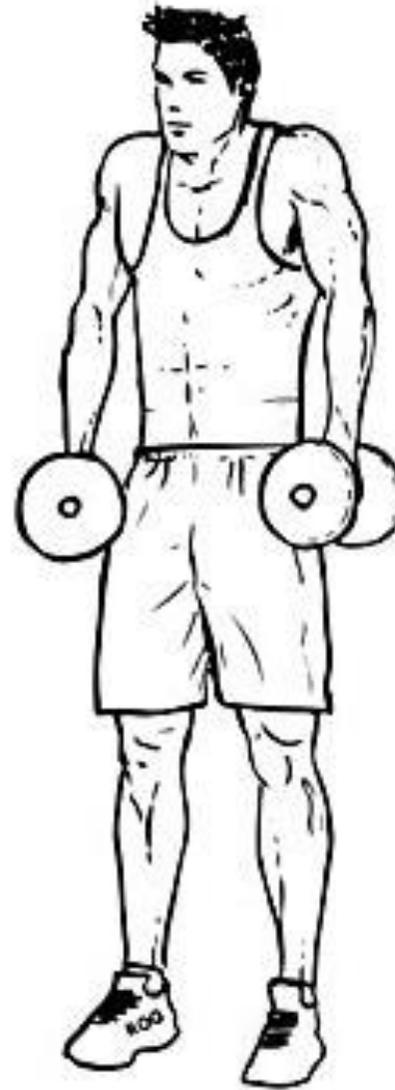


# Sauts pieds joints plateforme





# Montées d'épaules avec poids





# Flexions des bras paumes vers le bas



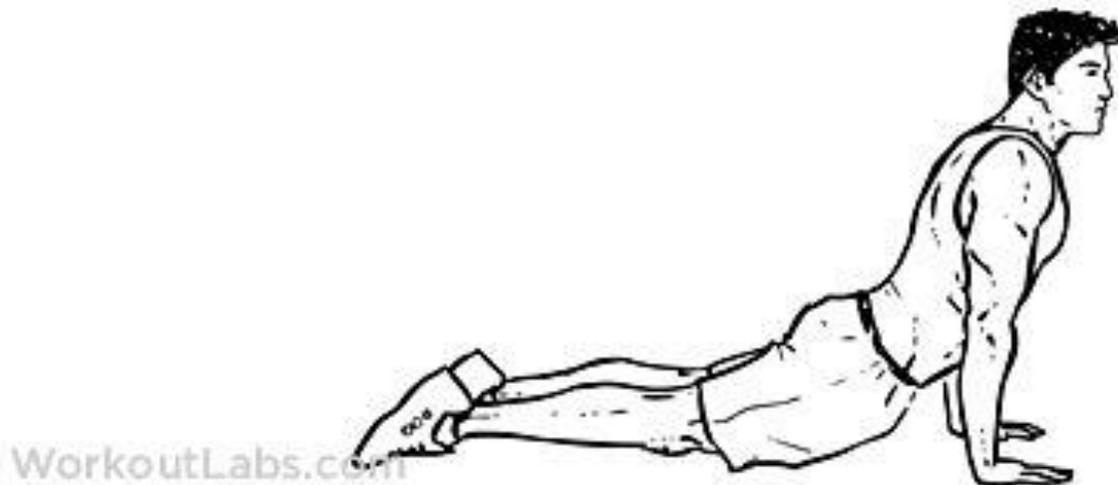
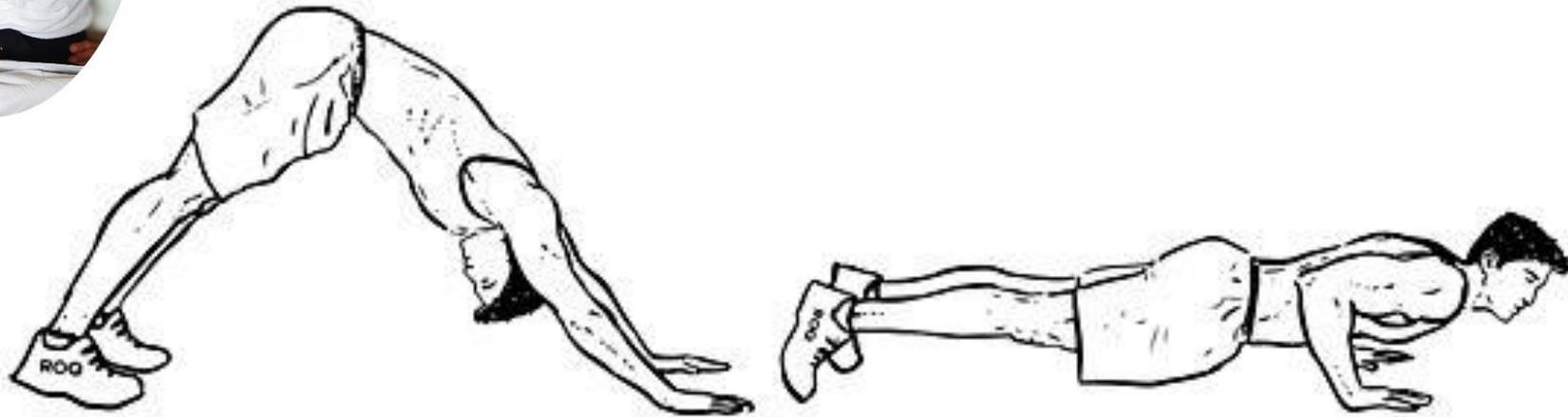


# Montées et descentes genoux



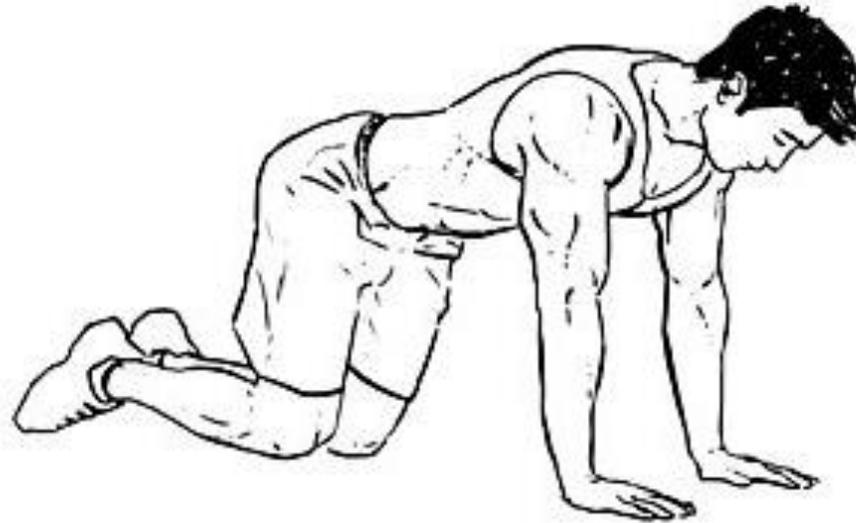


# Pompes en vague avant/arrière



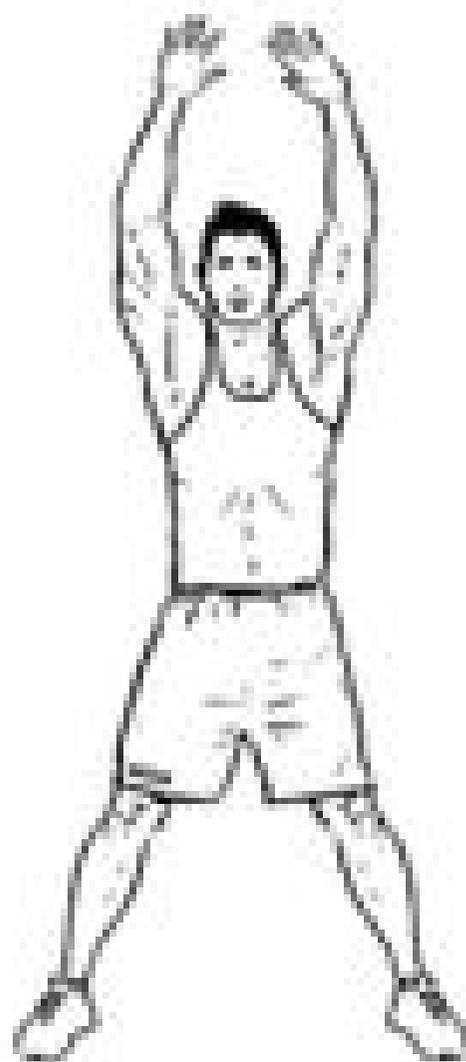
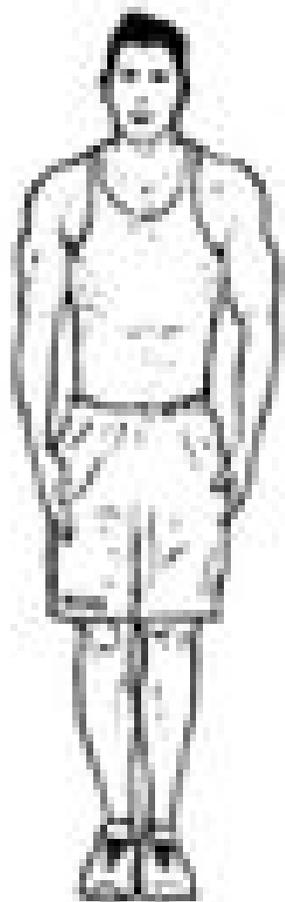


# Extension bras et jambe opposés



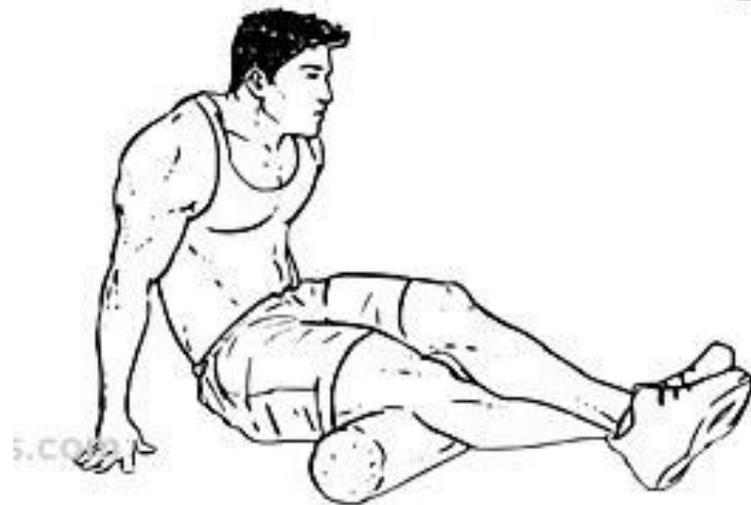
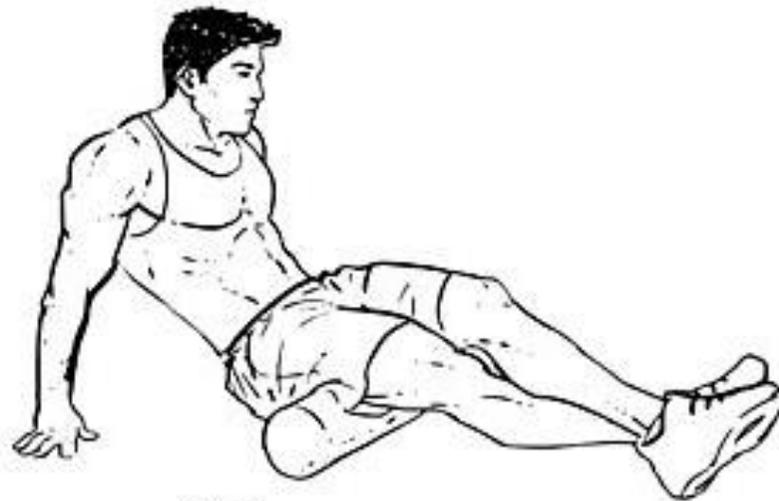


# Jumping jack - sauts écartés/serrés



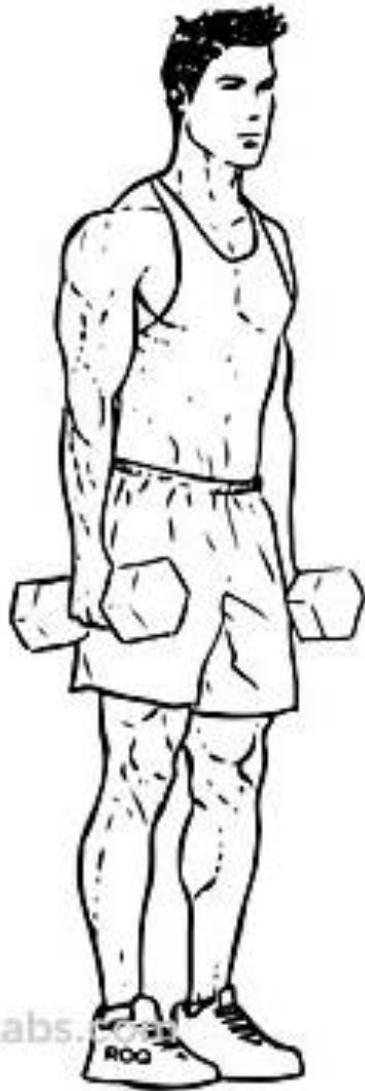


# Appui triceps avant/arrière rouleau



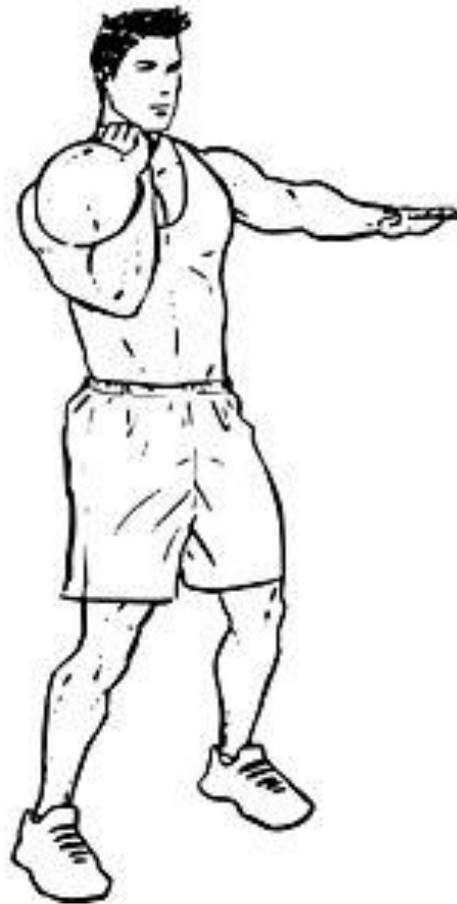


# Fentes droite/gauche avec poids



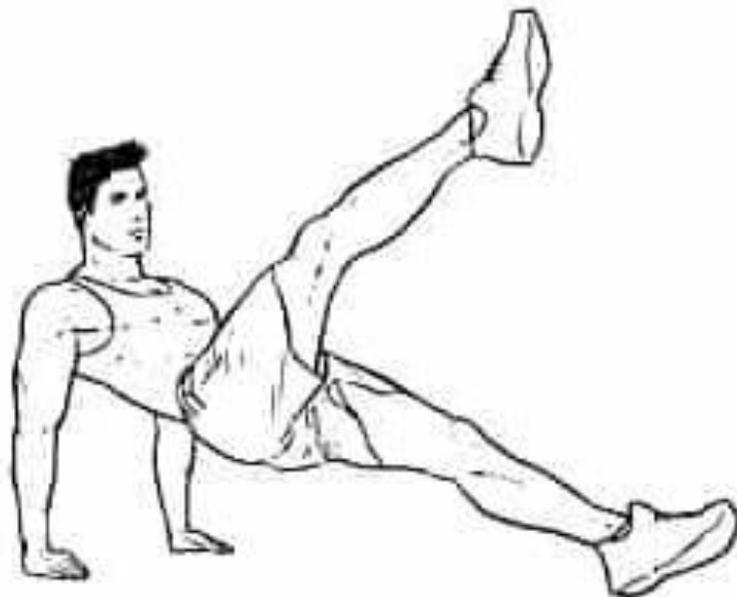
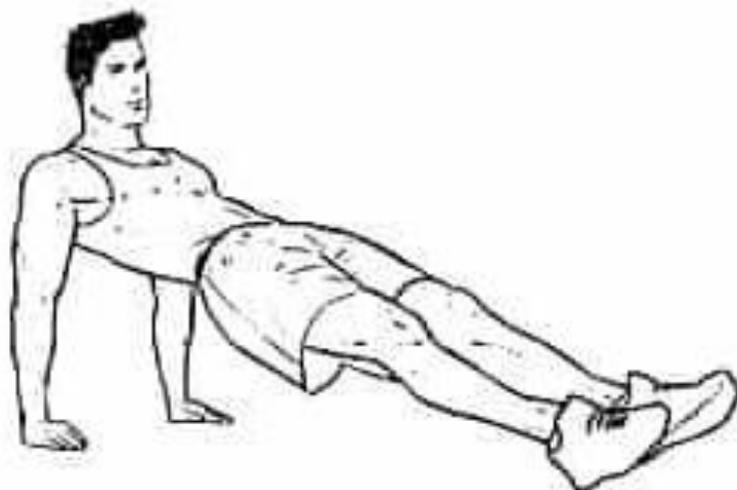


# Epaulé-jeté avec poids droite/gauche



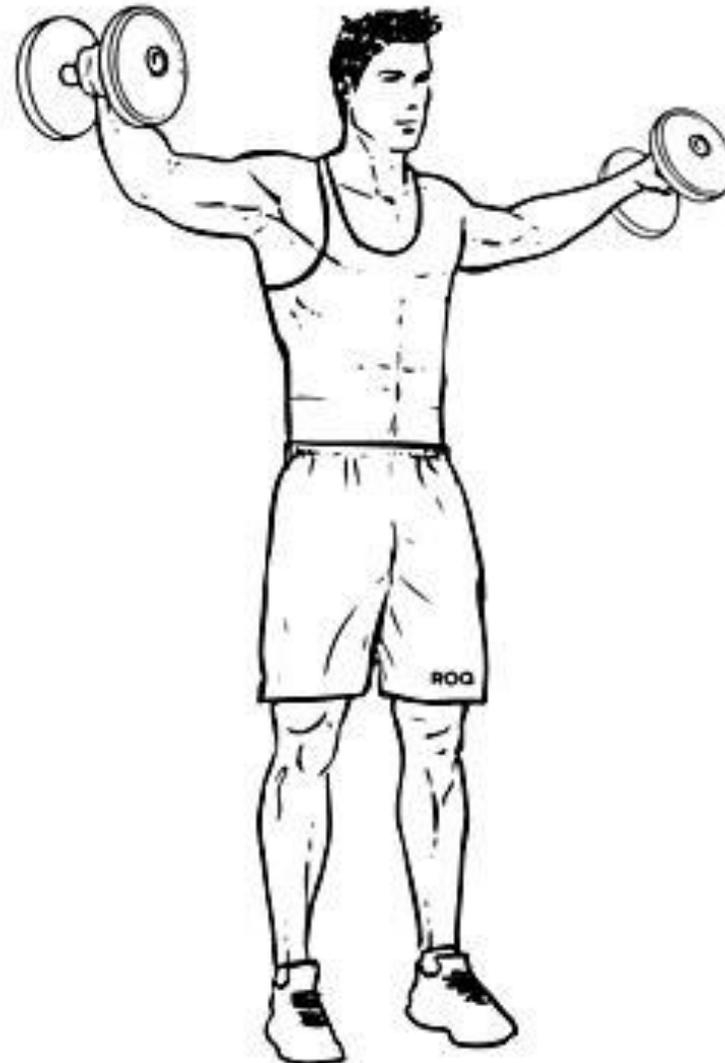
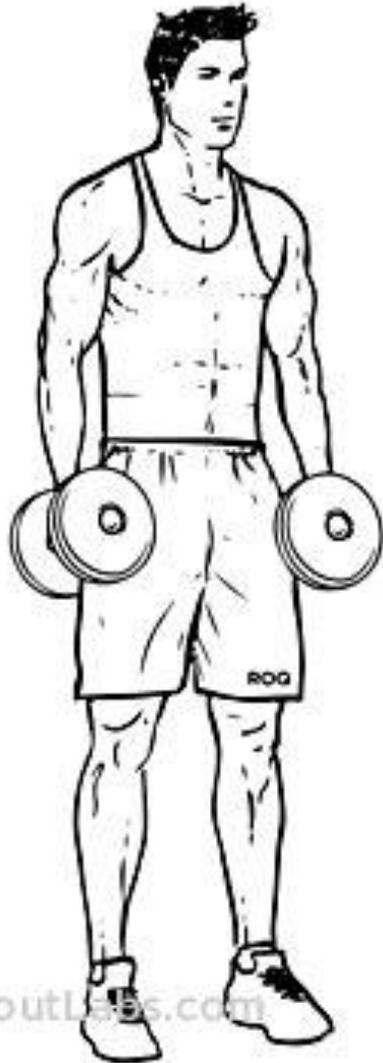


# Appui triceps / montées de jambes



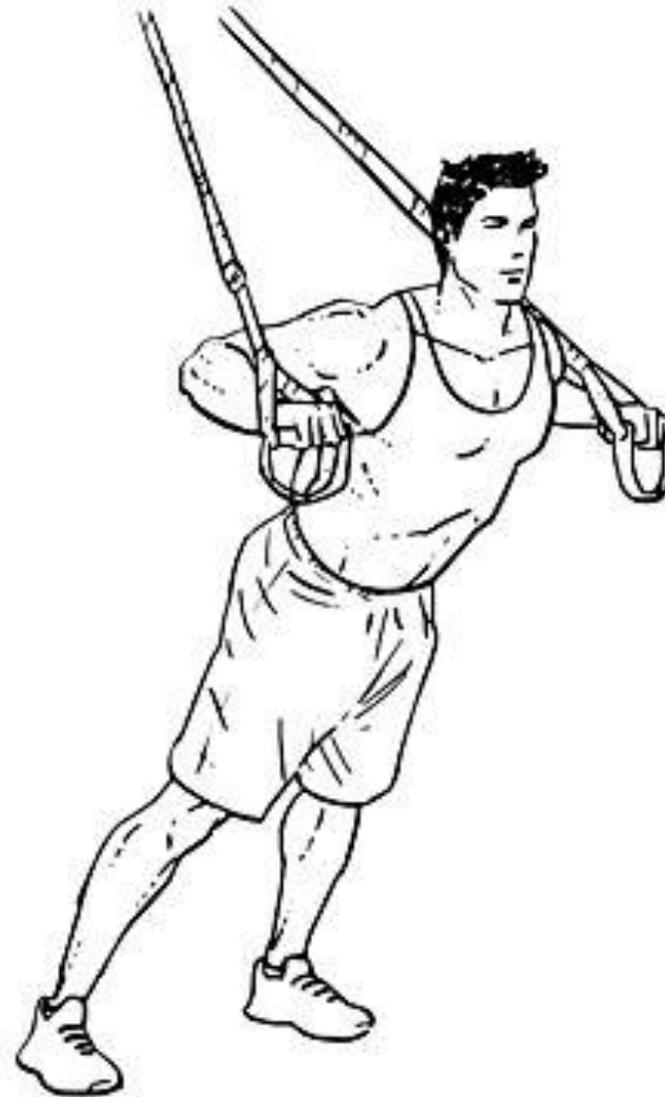


# Montées de bras côtés avec poids



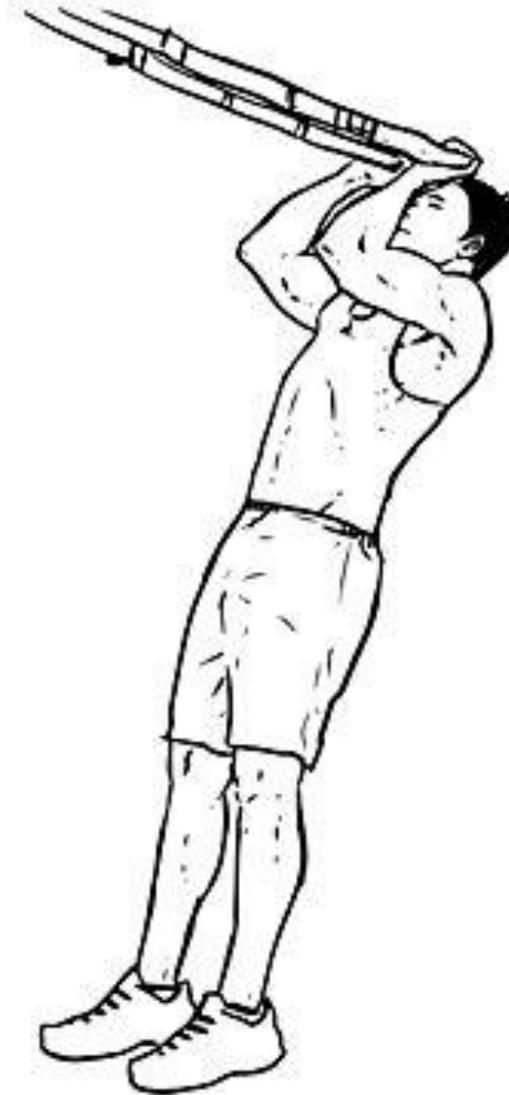
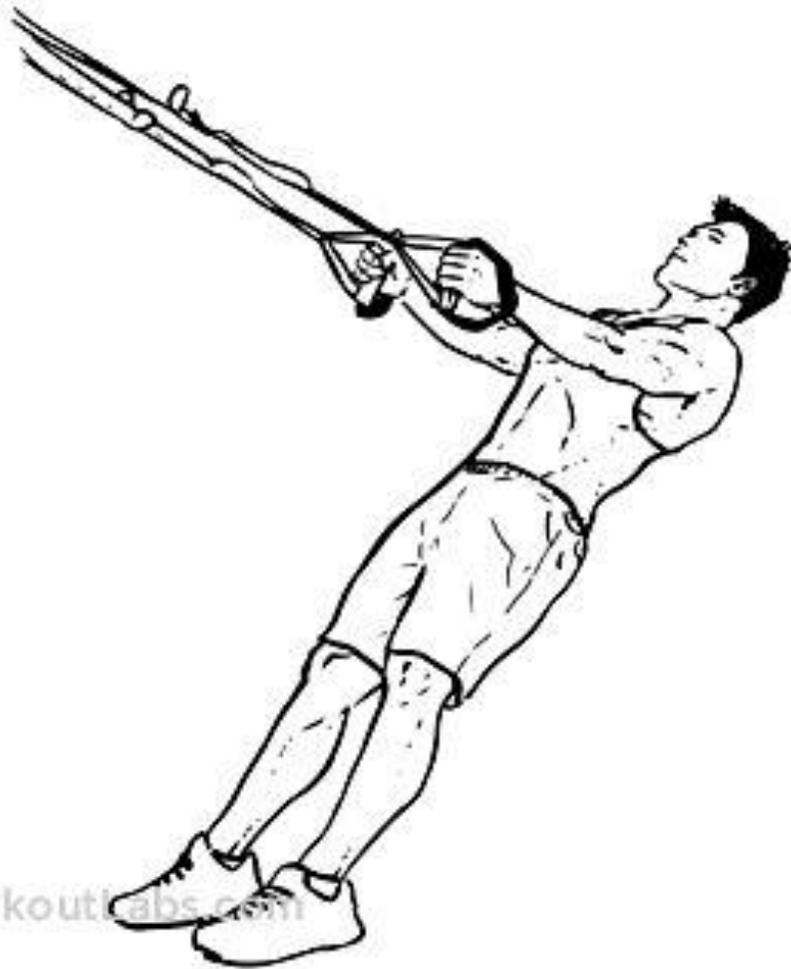


# Pompes avec sangles en appui



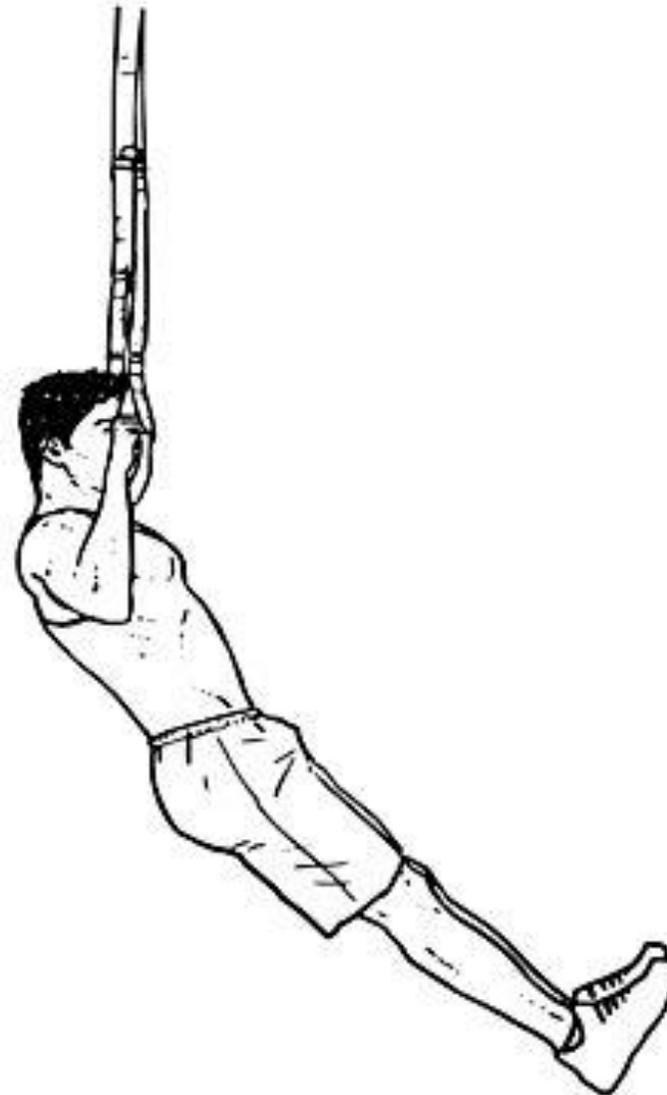
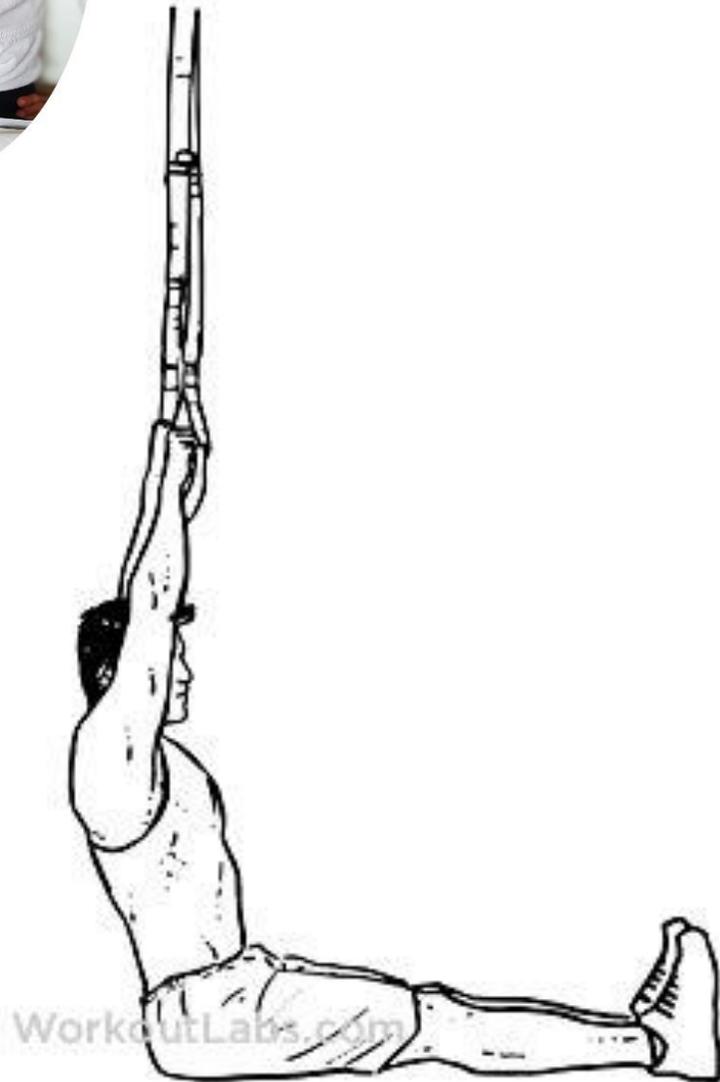


# Tractions / flexions biceps en appui



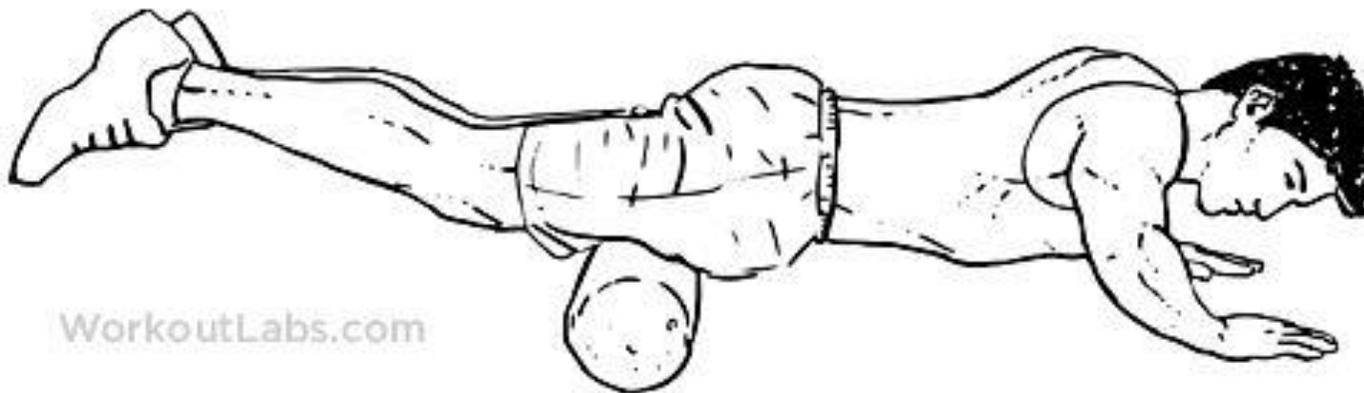
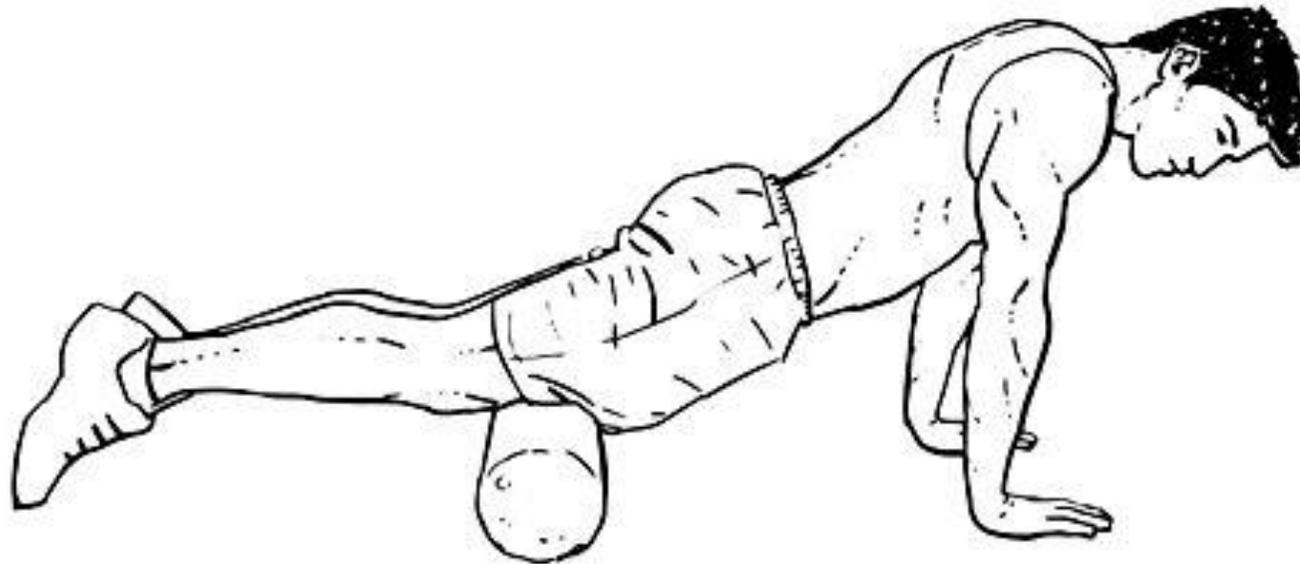


# Tractions en appui sur les talons





# Pompes avant/arrière avec rouleau





# Montées de bras avec poids

