

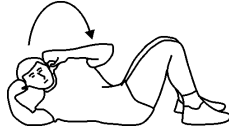
DEVOIR DE VACANCES : ABDOS FLASH

Niveau facile



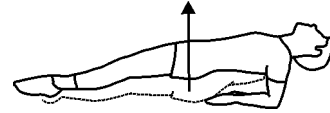
Crunchs 4 x 25 reps
Récup 30 sec

+



Crunchs avec rotation
3 x 20 reps D/G

+



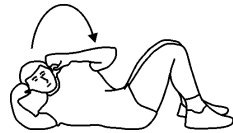
Gainage lombaire
3 x 30 sec statique, récup 30 sec

Niveau intermédiaire



Crunchs 4 x 30 reps
Récup 30 sec

+

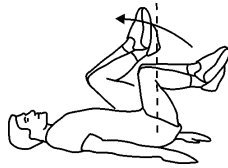


Crunchs avec rotation
3 x 25 reps D/G

+

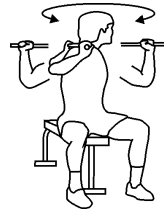


Gainage latéral
3 x 30 sec D/G



Relevés de bassin
3 x 20 reps, récup 30 sec

+



Twist avec bâton
5 à 10 minutes

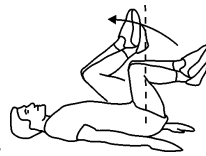
Niveau expert : 3 à 4 tours avec 1 minute de récupération



1.
30 répétitions



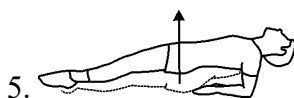
2.
45 sec D/G



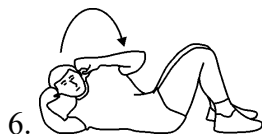
3.
20 répétitions



4.
15+15 répétitions
mains au sol



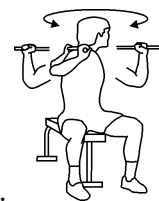
5.
30 à 45 secondes
fessiers hauts



6.
20+20 répétitions



7.
Keep position up
45 secondes
ne pas cambrer



8.
3 minutes
mouvement lent