



PRÉPARATION PHYSIQUE SPÉCIAL CONFINEMENT

**PROGRAMME ÉLABORÉ PAR
LAURENT JATHIÈRES**

ORGANISATION DE LA SEMAINE

OPTION 1

LUNDI SÉANCE 1	MARDI REPOS	MERCREDI SEANCE 2	JEUDI REPOS	VENDREDI SÉANCE 3	SAMEDI REPOS	DIMANCHE REPOS
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OPTION 2

LUNDI REPOS	MARDI SÉANCE 1	MERCREDI REPOS	JEUDI SÉANCE 2	VENDREDI REPOS	SAMEDI SÉANCE 3	DIMANCHE REPOS
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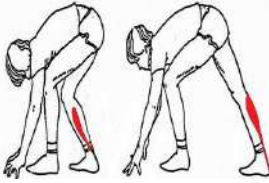


**N'OUBLIEZ PAS DE VOUS HYDRATER AVANT,
APRÈS ET PENDANT LES SÉANCES, ETIREZ VOUS
APRÈS LES SÉANCES (FICHE STRECHING)**

STRETCHING FIN DE SÉANCE

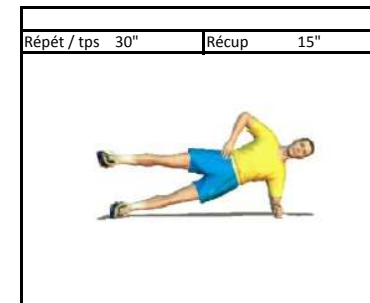
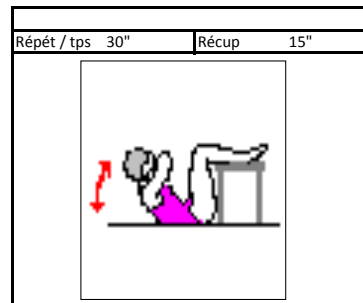
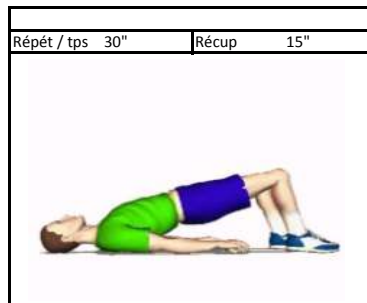
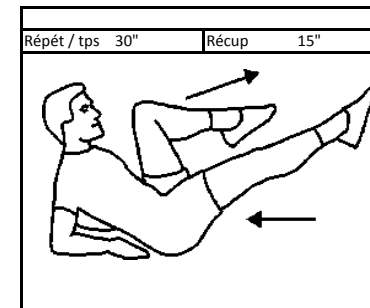
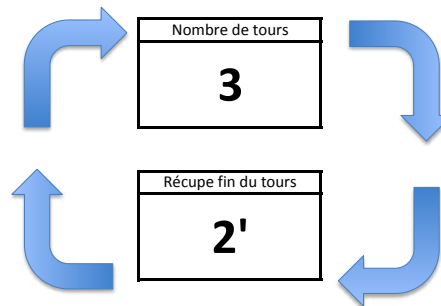
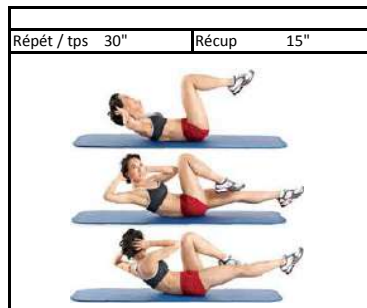
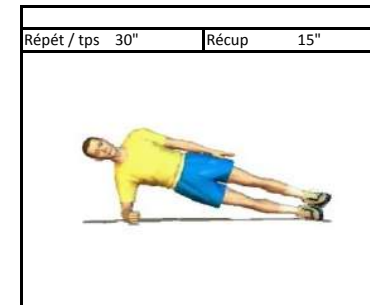
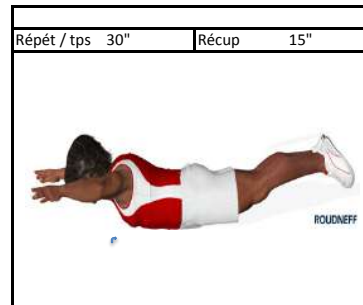
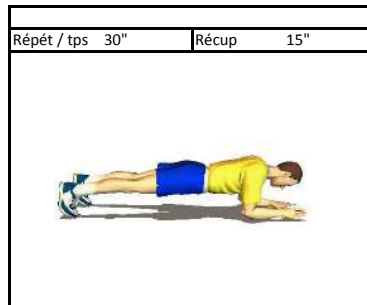
RÉALISER 1 EXERCICE DE CHAQUE LIGNE À LA FIN DE CHAQUE SÉANCE, CHANGER D'EXERCICE LORS DE LA SÉANCE SUIVANTE AFIN DE RÉALISER TOUS LES EXERCICES EN FIN DE SEMAINE.

Dos			
30 Secondes			
Fessiers			
2x15 Secondes			
Quadriceps			
2x15 Secondes			

Ischio jambiers			
2x15 Secondes			
Mollets			
2x15 Secondes			

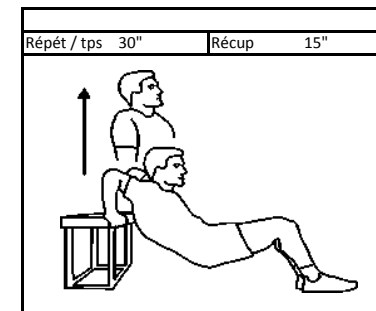
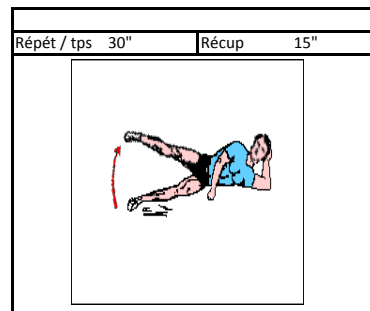
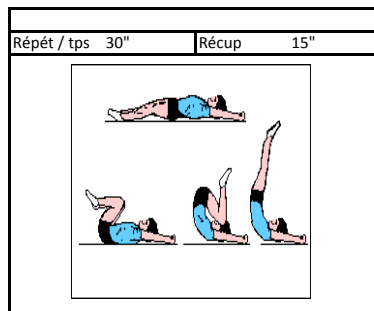
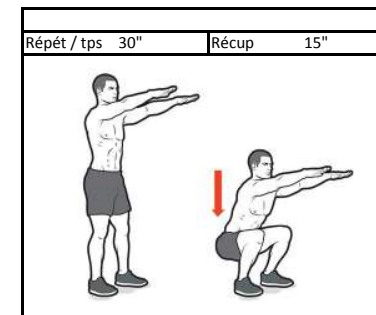
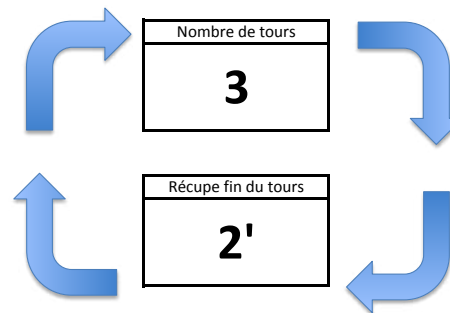
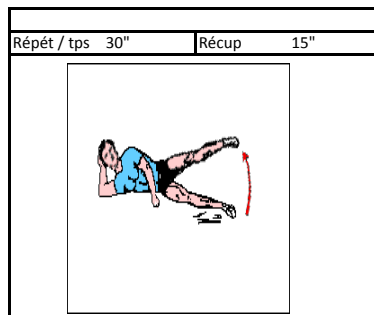
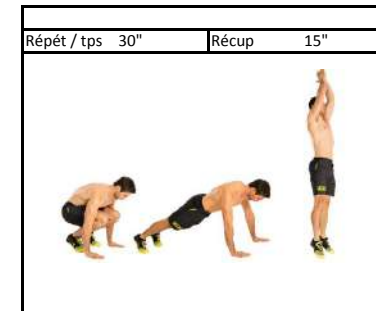
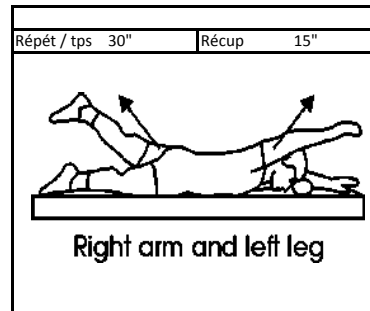
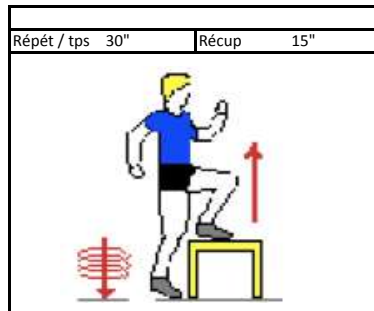
SEMAINE 1 - SÉANCE 1

Semaine 1 - Séance 1



SEMAINE 1 - SÉANCE 2

Semaine 1 - Séance 2



SEMAINE 1 - SÉANCE 3

Semaine 1 - Séance 3

