

Abdo et jambes

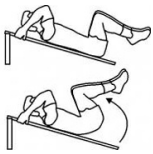
1A : Front Plank Elbows Far



- In plank position, place your elbows so that your arms are at an angle of about 45 °. Maintain position keeping your back straight, abs tight and your head straight.

Week	Sets	Duration
1-4	2	00:30 - 01:00

1B : Inclined Reverse Crunch



Week	Sets	rep.
1-4	2	10 - 20

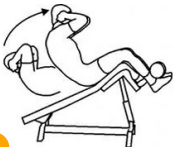
1C : Boat Pose 2



- Keeping balance on your buttocks, keep your legs straight and your arms parallel to the floor and hips in a "V" shape. Hold for a few seconds. Keep your abs tight and your back straight.

Week	Sets	Duration
1-4	2	00:30 - 01:00

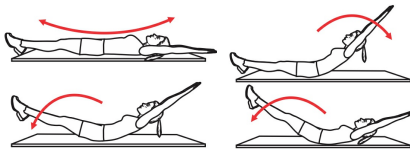
1D : Sit-up



Utilise le GHD

Week	Sets	rep.
1-4	2	10 - 20

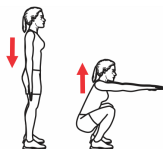
1E : Hollow Rock



- Start on your back, the body elongated. Raise your shoulders and arms while lifting your legs. Rock your body. Keep legs and abs tight.

Week	Sets	rep.	recovery
1-4	2	10 - 20	01:15

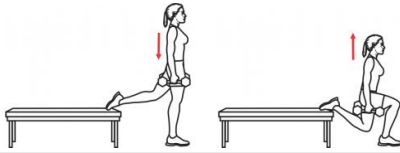
2 : Free Full Squat



- Start standing, feet under the shoulders (or slightly wider). Descend by bending your knees completely and ascend. Keep your back and head straight.

Week	Sets	rep.
1-4	1	50

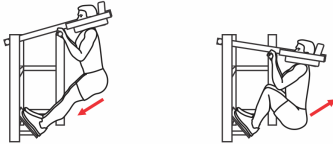
3 : DB Bulgarian Split Squat



- Squat on one foot with the other foot on a bench. Keep back straight and abs tight.

Week	Sets	rep.	Tempo	Weight (lb)	recovery
1-4	2	20	2-2-2		00:30

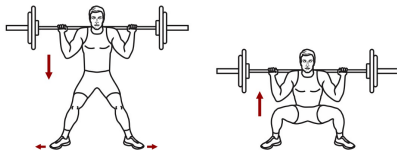
4 : Pendulum Squat



- Place yourself in the machine so that your feet are shoulder width apart, your ankles at about 90°, your legs at an angle of about 45°. Get down until your hips are about the height of your ankles but not lower. Keep your back straight and your abs tight.

Week	Sets	rep.	Tempo	Weight (lb)	recovery
1-4	2	12 - 15	2-2-2		01:15

5 : Bb Sumo Squat



- Hold a bar on your trapezes. The feet placed wider than your shoulders and pointing outward in an angle of about 45°. Lower the body keeping your head up and your knees aligned with your feet. Keep your back straight and your abs tight. Push the load back up and repeat.

Week	Sets	rep.	Tempo	Weight (lb)	recovery
1-4	2	12 - 15	2-2-2		01:15

6 : Machine Leg Extension



- Sit back flat on the back of the seat, do knees extensions. Place the support on the ankles. Keep your knees aligned with the pivot of the lever. Keep abs tight.

Week	Sets	rep.	Tempo	Weight (lb)	recovery
1-4	2	12 - 15	2-2-2		01:15

7 : Barbell Hinge



- Keeping the back straight and abs tight, bent forward pivoting at the hip joint and pushing glutes back allowing a natural bend of the knees. Focus on obtaining a natural rather than excessive stretch in the glutes and hamstrings. Do not touch the floor with the bar, hold the position and move back up.

Week	Sets	rep.	Tempo	Weight (lb)	recovery
1-4	2	12 - 15	2-2-2		01:15

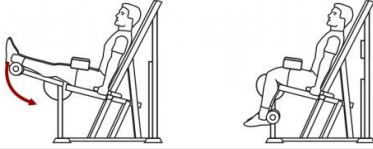
8 : Barbell Hip Thrust



- Leaning your back on a bench, keep your back straight, abs tight and head up. Place the bar on your hips and hold it firmly. Raise your hips until your thighs are aligned with your body.

Week	Sets	rep.	Tempo	Weight (lb)	recovery
1-4	2	12 - 15	2-2-2		01:15

9 : Seated Leg Curl Machine



- Place the support under the ankles, pull until your knees are at 90°. Keep your back straight and abs tight.

Week	Sets	rep.	Tempo	Weight (lb)	recovery
1-4	2	12 - 15	2-2-2		01:15