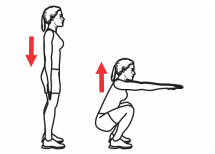
Programme du mois d'avril , vélo

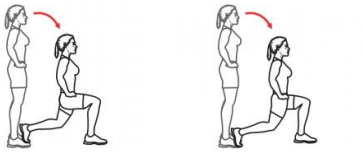
1 : Free Full Squat



- 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	**1**	**50**

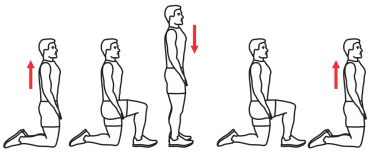
2 : Front Lunges



- Keeping the back straight, head up, chest out and abs tight, do a big step forward alternately. Knee approximately 90 °.

Week	Sets	rep.
1	**1**	**40**

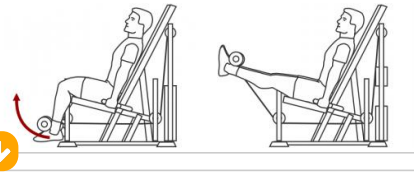
3 : Kneeling Standing



- Kneeling, the abdominals tight. Place your hands on your hips to make sure that you limit the movement of the pelvis. Place one foot on the ground, stand up while keeping the abs engaged, and keeping the knee aligned with the center of the foot. The weight is on the heel of the front leg. Once standing, go down the same way.

Week	Sets	rep.
1	**1**	**30**

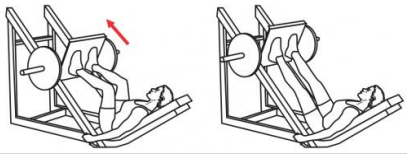
4A : Machine Leg Extension



- 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.

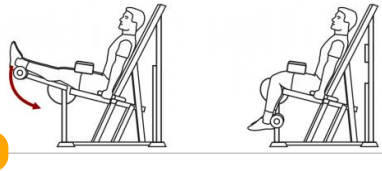
Week	Sets	rep.	Tempo	Weight (lb)
1	**3**	**25**	**2-2-2**	

4B : Inclined Leg Press Medium Stance



Week	Sets	rep.	Tempo	Weight (lb)	recovery
1	**3**	**25**	**2-1-2**		**01:30**

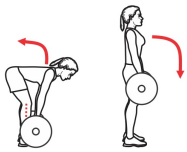
5A : Seated Leg Curl Machine



- 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)
1	**3**	**15**	**2-2-2**	

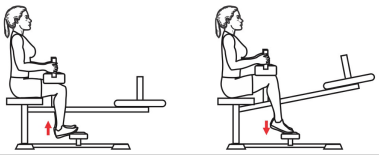
5B : Bb Stiff Leg Deadlift



- Standing, feet under the shoulders, take a bar (palms towards you) with the shins near the bar. While keeping your back straight (hips engaged), parallel to the ground and your head straight, lift your body vertically. When returning to the ground, firmly engage the body by directing the glutes backwards. Keep the body well engaged and work in control.

Week	Sets	rep.	Tempo	Weight (lb)	recovery
1	**3**	**15**	**2-1-2**		**01:30**

6 : Machine Calves Raise



- Sitting with your back straight, place the front of the feet on the supports. Do ankle flexions and extensions. Keep the supports above the knees.

Week	Sets	rep.	Tempo	Weight (lb)	recovery
1	**3**	**20**	**2-2-2**		**01:00**

7 : Bear Walk



- Keep your back straight and abs tight - Move on your feet and hands only

Week	Sets	Duration	recovery
1	**3**	**00:30**	**00:45**