# RENFORCEMENT MEMBRES INFERIEURS

- GARDER L'ALIGNEMENT
- SEANCE A FAIRE 1X / 2X / 3X (suivant votre envie)
- A CHAQUE SERIE, VOUS POUVEZ MAINTENIR LA POSITION PENDANT 10 SECONDES

**MONTER SUR ½ POINTES**

**20 X**

**DEMI SQUAT**

**PIEDS PARALLELES**

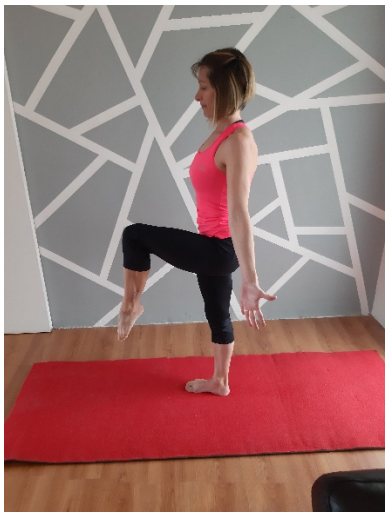
**16 X**

**MONTER**

**DESCENDRE LE GENOU**

**10 DROIT**

**10 GAUCHE**



**PLIER ET TENDRE LA JAMBRE**

**10 DROIT**

**10 GAUCHE**

**SQUAT JAMBES ECARTEES**

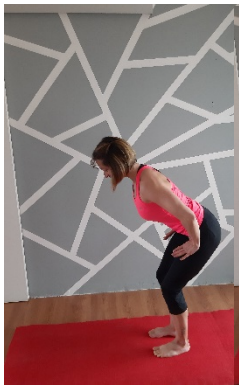
**16 X**

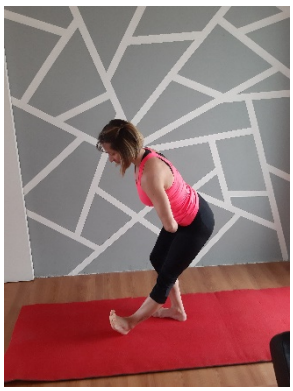
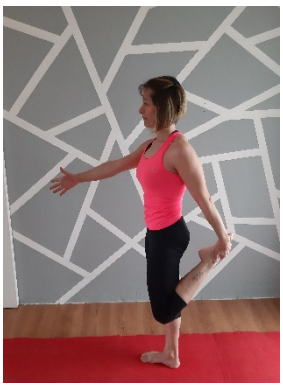
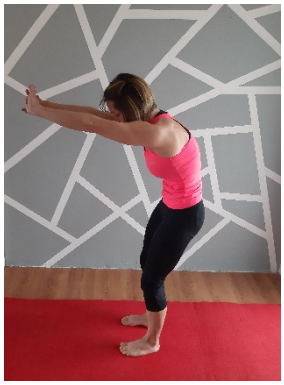
**BATTEMENT COTE**

**20 DROIT**

**20 GAUCHE**

## ETIREMENTS



**B R A V O**