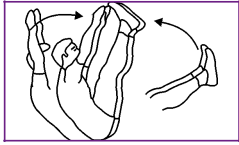


AMRAP

Abdominaux & Cuisses

Circuit Level 1

1 **Straight Leg Jacknifes**

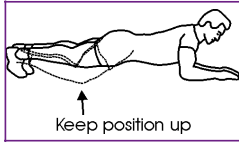


Repo kg

T.C. T.I. T.E.

30 répétitions

1 **Planche**




Repo **15"** kg

Keep position up

T.C. T.I. T.E.

2 x 1 minute

1 **Fente Avant**




Repo kg

T.C. T.I. T.E.

15 répétitions / jambe

CIRCUIT 1 - TIME : 10 min.

2 **Straight Leg Raises**

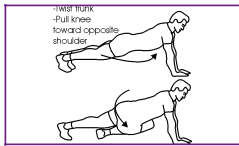


Repo kg

T.C. T.I. T.E.

40 répétitions

2 **Twist Intérieur**



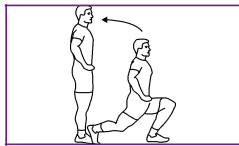
Repo kg

-fixe trunk
-Pull knee toward opposite shoulder

T.C. T.I. T.E.

20 répétitions / jambe

2 **Fente Avant**



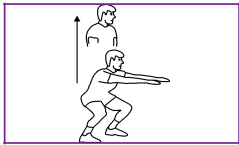
Repo kg

T.C. T.I. T.E.

15 répétitions / côté

CIRCUIT 2 - TIME : 10 min.

3 **Squat**

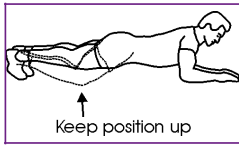


Repo kg

T.C. T.I. T.E.

50 répétitions

3 **Planche**




Repo **15"** kg

Keep position up

T.C. T.I. T.E.

3 x 1 minute

3 **Chaise**



Repo **15"** kg

keep position

T.C. T.I. T.E.

2 x 1 minute

CIRCUIT 3 - TIME : 10 min.