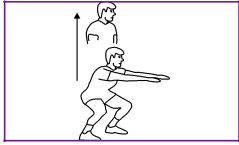
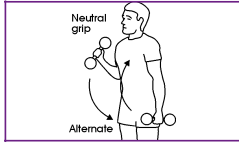



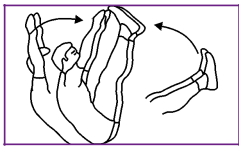
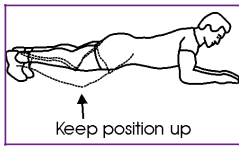

# AMRAP

Total Corps

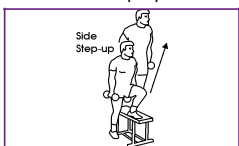
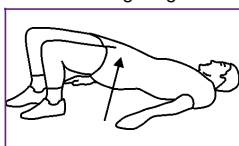

Circuit Level 1

<p><b>1</b></p> <div style="border: 1px solid black; padding: 5px; margin: 5px;"> <p style="text-align: center;"><b>Squat</b></p>  </div> <p style="text-align: center;">Repo <b>15"</b> kg</p> <p>T.C. <input type="text"/> T.I. <input type="text"/> T.E. <input type="text"/></p> <div style="border: 1px solid black; padding: 2px; text-align: center;">2 x 30 répétitions</div>	<p><b>1</b></p> <div style="border: 1px solid black; padding: 5px; margin: 5px;"> <p style="text-align: center;"><b>Curl</b></p>  </div> <p style="text-align: center;">Repo kg <b>2/4</b></p> <p>T.C. <input type="text"/> T.I. <input type="text"/> T.E. <input type="text"/></p> <div style="border: 1px solid black; padding: 2px; text-align: center;">25 répétitions / bras</div>	<p><b>1</b></p> <div style="border: 1px solid black; padding: 5px; margin: 5px;"> <p style="text-align: center;"><b>Fente Avant</b></p>  </div> <p style="text-align: center;">Repo kg</p> <p>T.C. <input type="text"/> T.I. <input type="text"/> T.E. <input type="text"/></p> <div style="border: 1px solid black; padding: 2px; text-align: center;">15 répétitions / jambe</div>
--	--	---

CIRCUIT 1 - TIME : 10 min.

<p><b>2</b></p> <div style="border: 1px solid black; padding: 5px; margin: 5px;"> <p style="text-align: center;"><b>Straight Leg Jacknifes</b></p>  </div> <p style="text-align: center;">Repo kg</p> <p>T.C. <input type="text"/> T.I. <input type="text"/> T.E. <input type="text"/></p> <div style="border: 1px solid black; padding: 2px; text-align: center;">40 répétitions</div>	<p><b>2</b></p> <div style="border: 1px solid black; padding: 5px; margin: 5px;"> <p style="text-align: center;"><b>Planche</b></p>  </div> <p style="text-align: center;">Repo <b>15"</b> kg</p> <p style="text-align: center;">Keep position up</p> <p>T.C. <input type="text"/> T.I. <input type="text"/> T.E. <input type="text"/></p> <div style="border: 1px solid black; padding: 2px; text-align: center;">2 x 1 minute</div>	<p><b>2</b></p> <div style="border: 1px solid black; padding: 5px; margin: 5px;"> <p style="text-align: center;"><b>Elévation Bassin</b></p>  </div> <p style="text-align: center;">Repo kg</p> <p>T.C. <input type="text"/> T.I. <input type="text"/> T.E. <input type="text"/></p> <div style="border: 1px solid black; padding: 2px; text-align: center;">20 répétitions / côté</div>
--	--	---

CIRCUIT 2 - TIME : 10 min.

<p><b>3</b></p> <div style="border: 1px solid black; padding: 5px; margin: 5px;"> <p style="text-align: center;"><b>Step Up</b></p>  </div> <p style="text-align: center;">Repo kg <b>2/4</b></p> <p>T.C. <input type="text"/> T.I. <input type="text"/> T.E. <input type="text"/></p> <div style="border: 1px solid black; padding: 2px; text-align: center;">30 répétitions / jambe</div>	<p><b>3</b></p> <div style="border: 1px solid black; padding: 5px; margin: 5px;"> <p style="text-align: center;"><b>Bridge Leg</b></p>  </div> <p style="text-align: center;">Repo kg</p> <p>T.C. <input type="text"/> T.I. <input type="text"/> T.E. <input type="text"/></p> <div style="border: 1px solid black; padding: 2px; text-align: center;">50 répétitions</div>	<p><b>3</b></p> <div style="border: 1px solid black; padding: 5px; margin: 5px;"> <p style="text-align: center;"><b>Fente + Swift</b></p>  </div> <p style="text-align: center;">Repo kg</p> <p>T.C. <input type="text"/> T.I. <input type="text"/> T.E. <input type="text"/></p> <div style="border: 1px solid black; padding: 2px; text-align: center;">30 répétitions / jambe</div>
--	--	---

CIRCUIT 3 - TIME : 10 min.