FINISHER TRIATHLON PRÉSENTE :

PROGRAMME

COMPLET DE 40 SÉANCES DE

RENFORCEMENT

MUSCULAIRE

Pour rendre votre corps plus résistant, plus mobile, plus fonctionnel

EN BONUS :

Vidéos d'exercices + 10 séances
challenge pour mesurer ta progression !

AVEC
EXEMPLES
D'ÉTIREMENTS

SPORT / FORCE & PASSION

SÉANCES DE PPG QUOTIDIENNES

Une bande de passionnés

QUI SOMMES NOUS ?

Finisher Triathlon est une structure crée en 2019 vous permettant de vivre des week-ends immersifs d'entraînements.

Nous proposons des thématiques différentes comme du 100% natation, du stage cyclisme et bike&run, de la reconnaissance de parcours de triathlon comme l'Ironman de Vichy, Nice, Belfort ou bien Deauville.

Notre équipe de coach sportifs, nutritionnistes et en préparation mentale vous accompagne dans votre projet sportif dans nos différentes formules de coaching.

FINISHER TRIATHLON

MODE D'EMPLOI

COMMENT UTILISER CE PROGRAMME DE RENFORCEMENT MUSCULAIRE ?

Ce plan a été conçu pour **vous accompagner dans la réussite** de votre renforcement de vos chaines musculaires spécifiques au triathlon.

Cliquez sur la caméra pour voir l'exercice en vidéo

Il se veut simple et compréhensible pour vous accompagner pendant au moins **40 jours** (vous pouvez les effectuer 1 jour sur 2, 1 jours sur 3, 2 fois par semaine, selon votre planning). Rien de plus simple comme utilisation, il suffit de suivre l'ordre chronologique.

Simplement, essayez de répartir vos entraînements sur la semaine complète, ne les placez pas tous sur 1 ou 2 jours ainsi, vous pourrez placer stratégiquement vos jours de repos !

Les 10 challenges vous permettent de mesurer votre progression.
Il est intéressant de les réaliser par période (tous les 3 mois ou tous les 6 mois et de comparer votre temps record pour observer votre progression).

Ne négligez pas les séances d'étirements, idéalement à effectuer vos jours de repos, des exercices vous sont proposés en fin de ce guide.

FINISHER TRIATHLON

LE MATÉRIEL

QUELS MATÉRIELS NÉCESSAIRES?

Certains jours sont uniquement au poids du corps.
D'autres peuvent inclure du matériel de base en crossfit qui sont :

1. **DUMBBELL**

2. **CORDE À SAUTER**

3. **KETTLEBELL**

4. **BARRE DE TRACTION**

5. **BOX JUMP**

FINISHER TRIATHLON

“RÉVEILLE-TOI AVEC DÉTERMINATION, ENDORS-TOI AVEC SATISFACTION”

DON'T THINK LIMITS

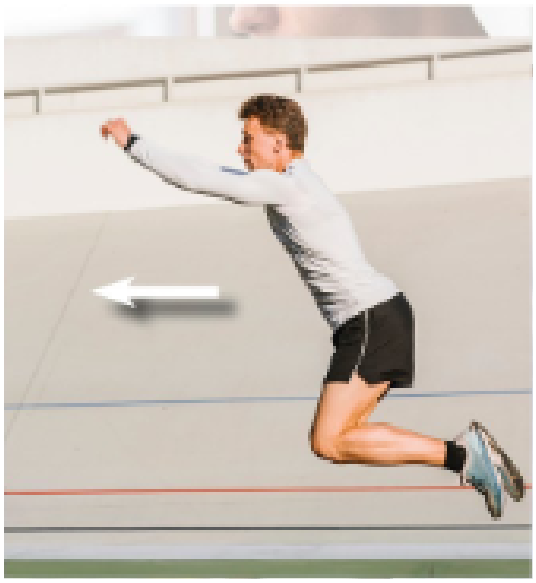
GO.

FINISHER
TRIATHLON

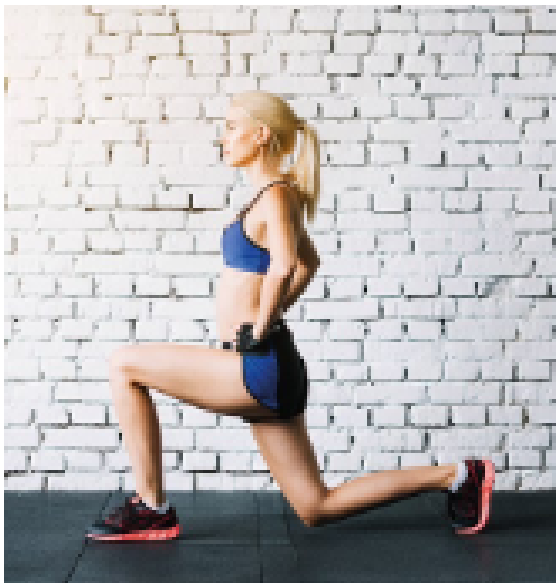
SÉANCE 1

RENFORCEMENT MUSCULAIRE TYPE HIIT

Débutant	3 tours	Confirmé	4 tours	Expert	5 tours

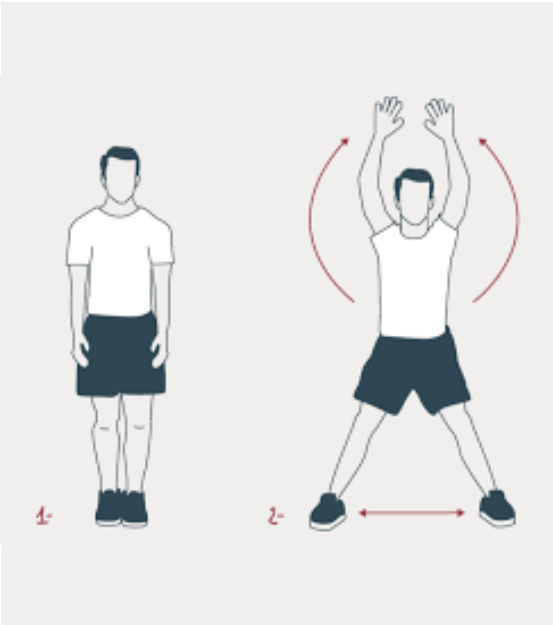


10 SAUTS DE GRENOUILLE



20 FENTES

40 FENTES MARCHÉES



30 JUMPING JACKS

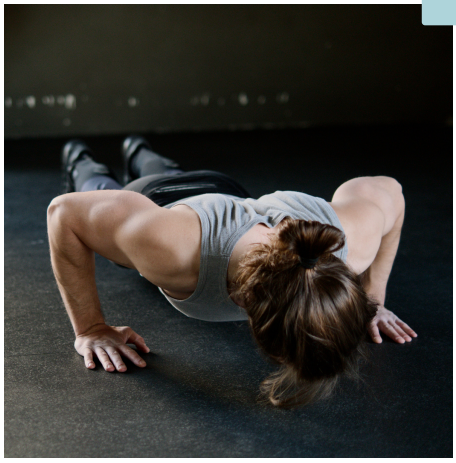
RÉCUPÉRATION DE 1 MINUTE

SÉANCE 2

RENFORCEMENT MUSCULAIRE TYPE HIIT

Débutant	3 tours	Confirmé	5 tours	Expert	7 tours

2' CORDE À SAUTER

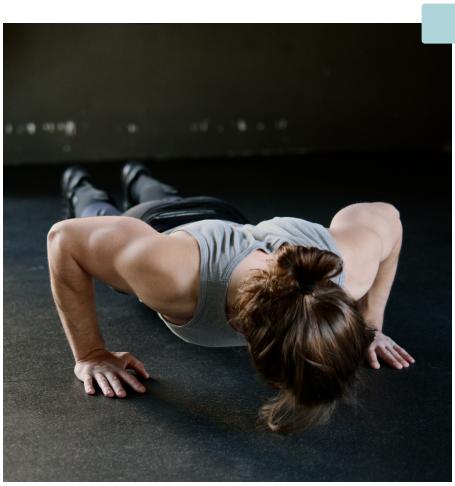


10 POMPES

1' CORDE À SAUTER
PIED DROIT

1' PLANCHE

1' CORDE À SAUTER
PIED GAUCHE



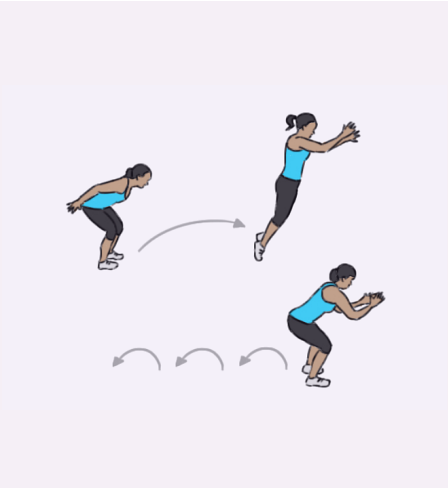
10 POMPES

RÉCUPÉRATION DE 1 MINUTE

SÉANCE 3

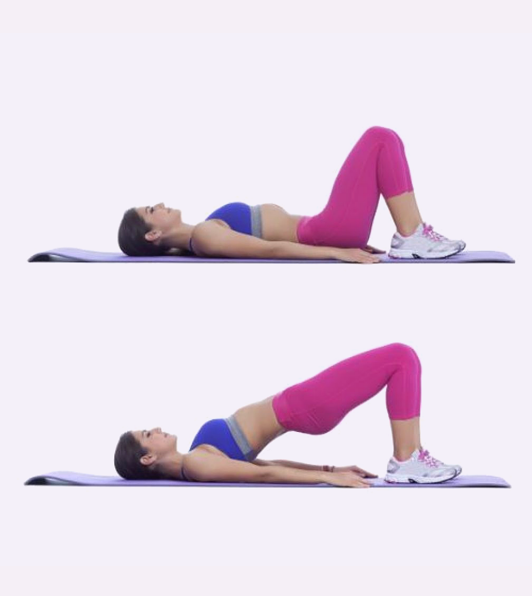
RENFORCEMENT MUSCULAIRE CROSSFIT SANS MATÉRIEL

MARCHE DE L'OURS



SAUTS EN AVANT

SUPERMAN



RELEVÉS DE BASSIN

TABLE (MAINS PIEDS)

9 TOURS AVEC 30 SECONDES DE TRAVAIL ET 10 SECONDES DE REPOS

SÉANCE 4

RENFORCEMENT MUSCULAIRE CROSSFIT SANS MATÉRIEL

ABDOS ESSUIE-GLACE

MONTER SUR CHAISE/BOX

POMPES HINDUS

MOUNTAIN CLIMBERS

FENTES SUR LE CÔTÉ

V-UPS

1/2 BURPEES

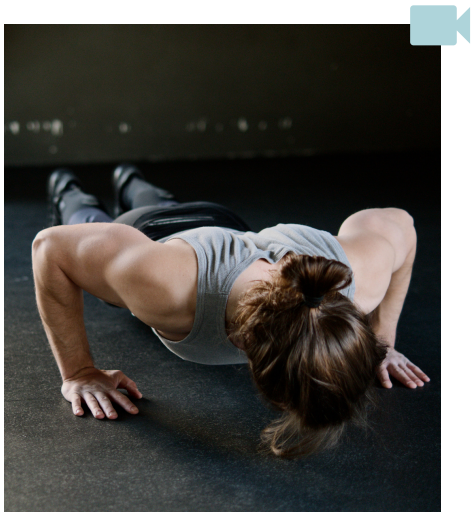
FAIRE 6 TOURS AVEC 50 SECONDES DE TRAVAIL ET 10 SECONDES DE REPOS

SÉANCE 5

RENFORCEMENT MUSCULAIRE TYPE HIIT

Débutant	3 tours	Confirmé	5 tours	Expert	6 tours

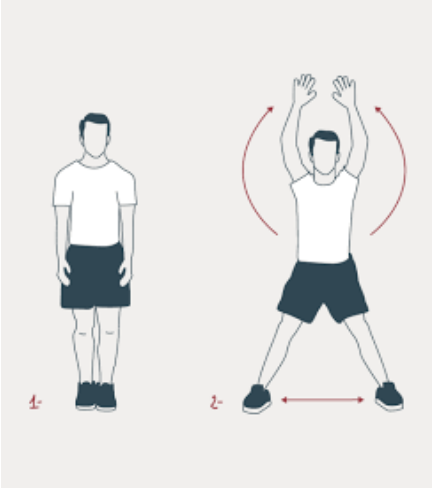
2' CORDE À SAUTER



30'' POMPES

30'' SQUATS

30'' CISEAUX



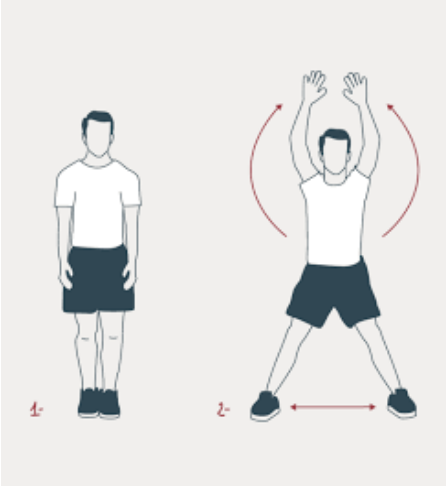
30'' JUMPING JACKS

30'' MOUNTAIN CLIMBERS

FAIRE LE PLUS DE RÉPÉTITIONS POSSIBLES DANS LE TEMPS IMPARTI

SÉANCE 6

RENFORCEMENT MUSCULAIRE CROSSFIT SANS MATÉRIEL

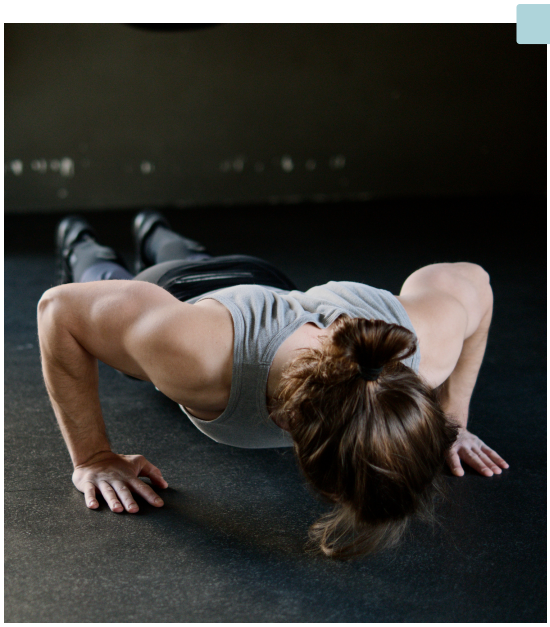


125 JUMPING JACKS

100 SAUTS

75 V-UPS

50 MOUNTAIN CLIMBERS

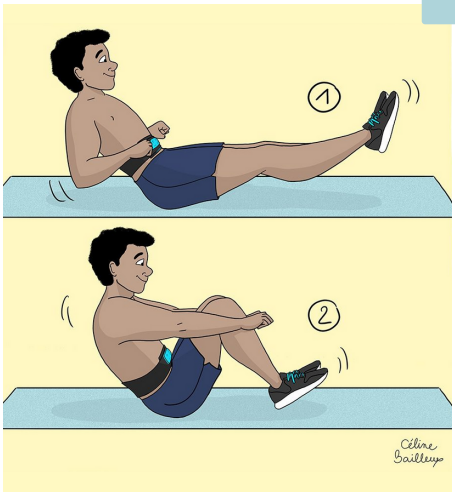


25 POMPES

LE PLUS RAPIDEMENT POSSIBLE, FAIRE 2 TOURS

SÉANCE 7

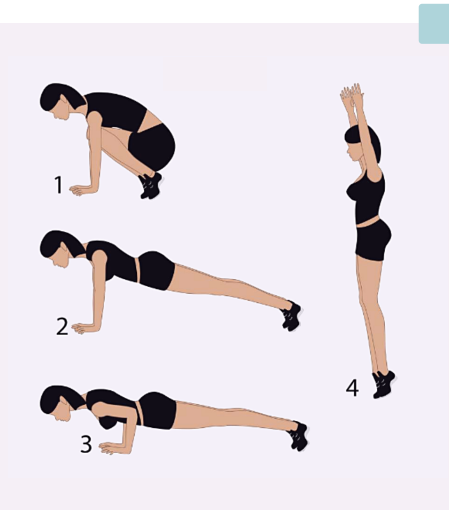
RENFORCEMENT MUSCULAIRE CROSSFIT SANS MATÉRIEL



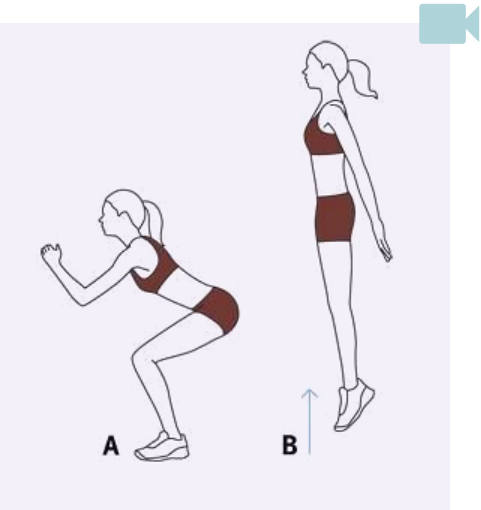
ABDOS GROUPÉS

MARCHE DE L'OURS

PAS DE PATINEUR



BURPEES



SQUATS SAUTÉS

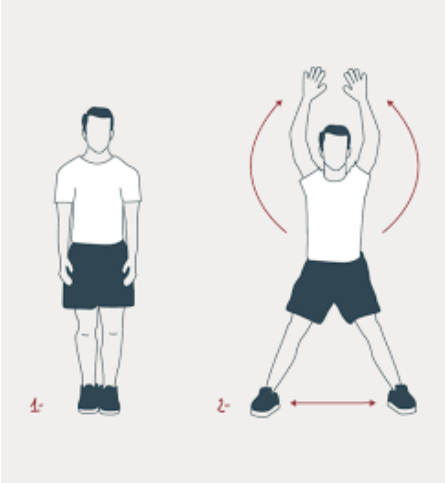
SUPERMAN STATIQUE

FAIRE 6 TOURS AVEC 50 SECONDES DE TRAVAIL ET 10 SECONDES DE REPOS

SÉANCE 8

RENFORCEMENT MUSCULAIRE TYPE HIIT

Débutant	3 tours	Confirmé	5 tours	Expert	6 tours



1' JUMPING JACKS

1' PLANCHE

1' CHAISE
AVEC OU SANS BALLON

1' PLANCHE LATÉRALE
COTÉ GAUCHE

1' PAS DE PATINEUR

1' PLANCHE LATÉRALE
CÔTÉ DROIT

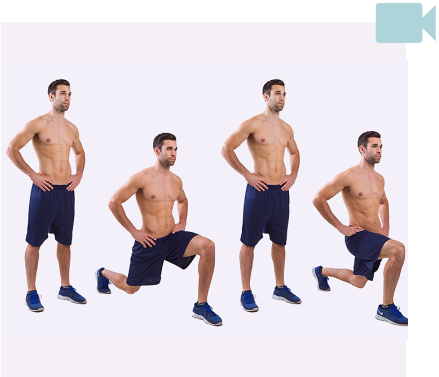
RÉCUPÉRATION DE 1 MINUTE

SÉANCE 9

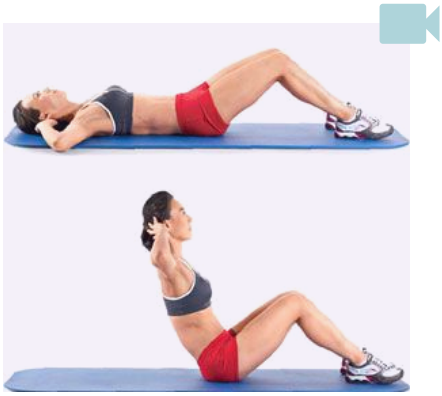
RENFORCEMENT MUSCULAIRE CROSSFIT SANS MATÉRIEL

100 AIR SQUATS

90 MOUNTAIN CLIMBERS

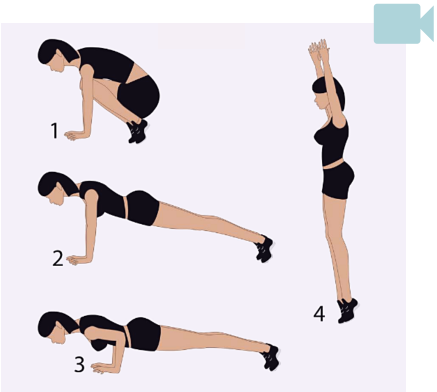


80 FENTES ALTERNÉES



70 SIT-UPS

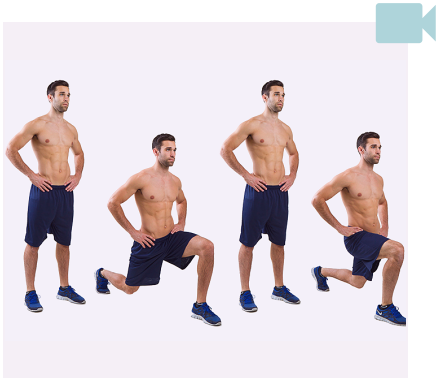
60 PUSH-UPS



50 BURPEES

40 PUSH-UPS

30 SIT-UPS



20 FENTES ALTERNÉES

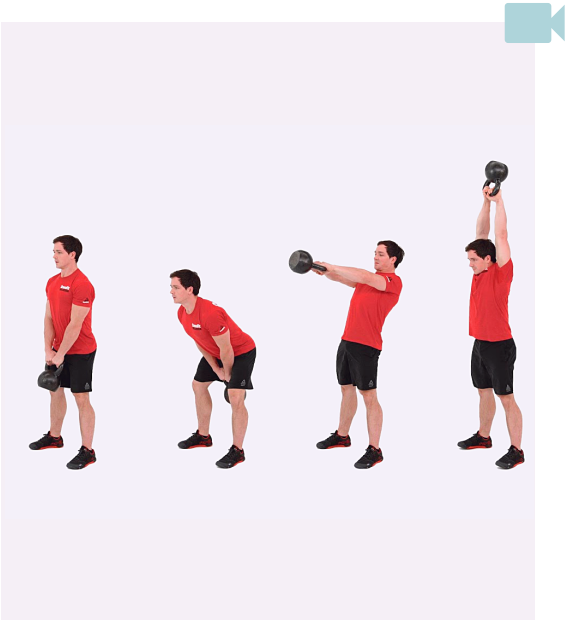
+ 10 MOUNTAIN CLIMBERS

PRENDRE LE TEMPS NÉCESSAIRE POUR TOUT FAIRE

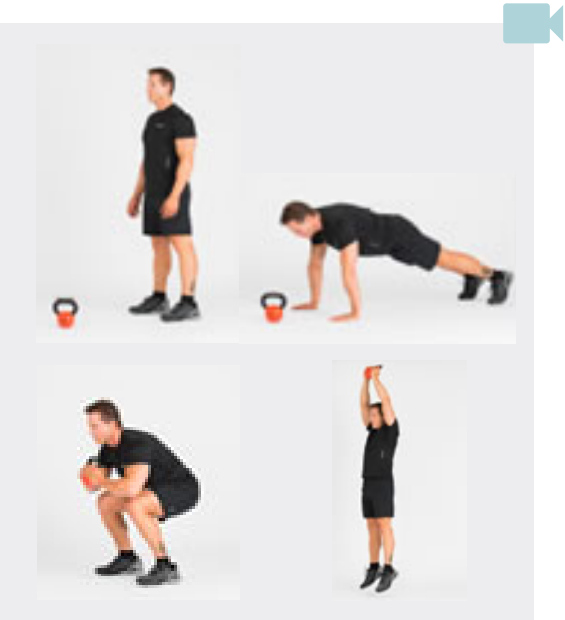
SÉANCE 10

RENFORCEMENT MUSCULAIRE CROSSFIT AVEC MATÉRIEL

20 KB SNATCH



20 KB SWING USA



5 BURPEES OVER KB

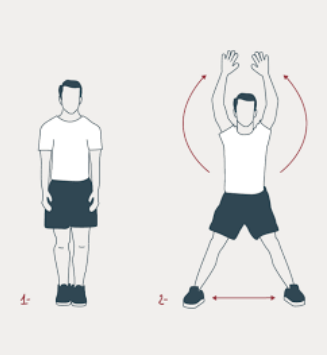
12 V-UPS

5 TOURS

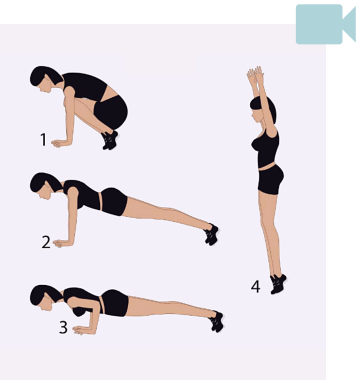
SÉANCE 11

RENFORCEMENT MUSCULAIRE CROSSFIT SANS MATÉRIEL

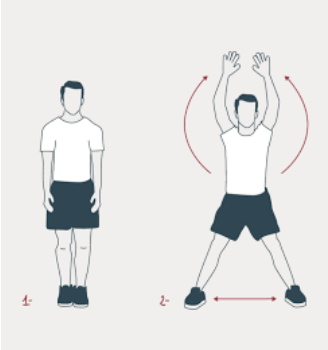
BLOC 1 :



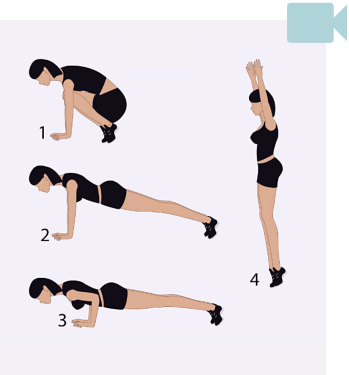
50 JUMPING JACKS



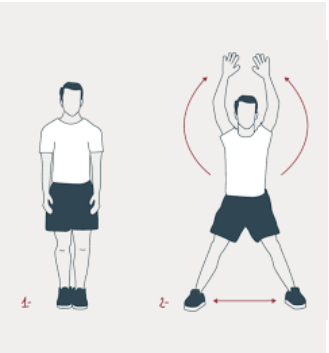
15 BURPEES



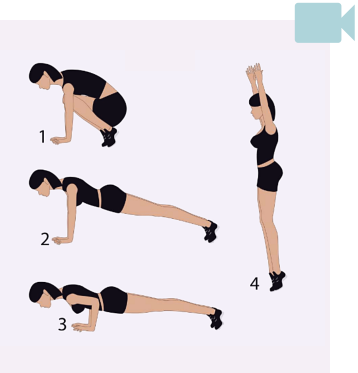
35 JUMPING JACKS



12 BURPEES

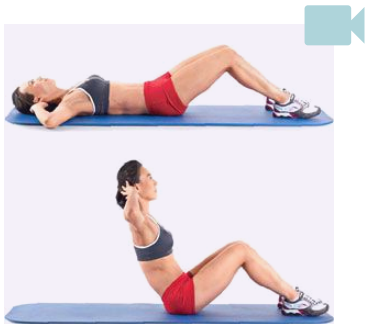


20 JUMPING JACKS



9 BURPEES

BLOC 2 :



6 SIT-UPS

6 PUSH-UPS

DURANT 11 MINUTES AUTANT QUE POSSIBLE

SÉANCE 12

RENFORCEMENT MUSCULAIRE TYPE HIIT

Débutant | 3 tours

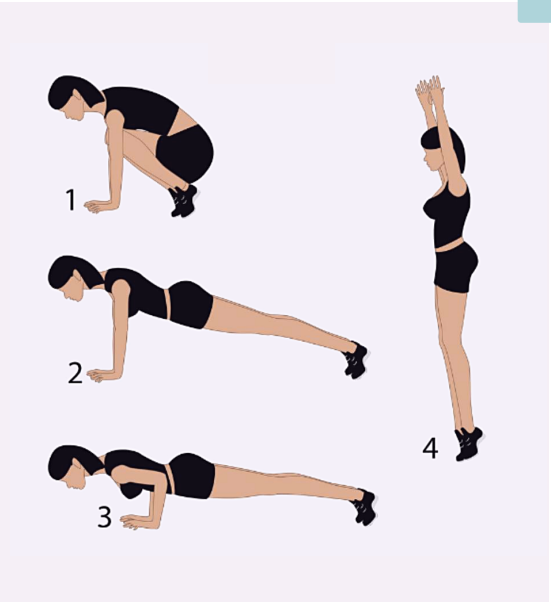
Confirmé | 4 tours

Expert | 5 tours

2' CORDE À SAUTER

20 MOUNTAIN CLIMBERS

20 FLEXIONS



10 BURPEES

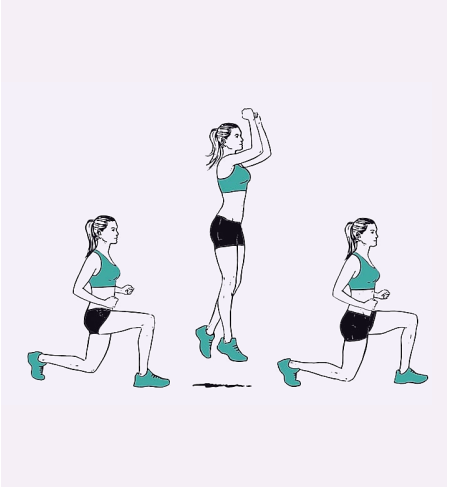
RÉCUPÉRATION ENTRE LES BLOCS – 1 MINUTE

SÉANCE 13

RENFORCEMENT MUSCULAIRE CROSSFIT SANS MATÉRIEL

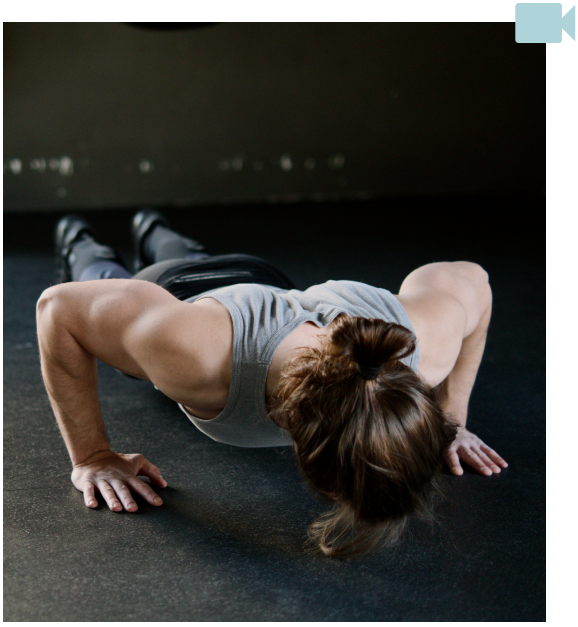
30s HANDSTAND

20 SQUATS



15 FENTES SAUTÉES

45' PLANCHE



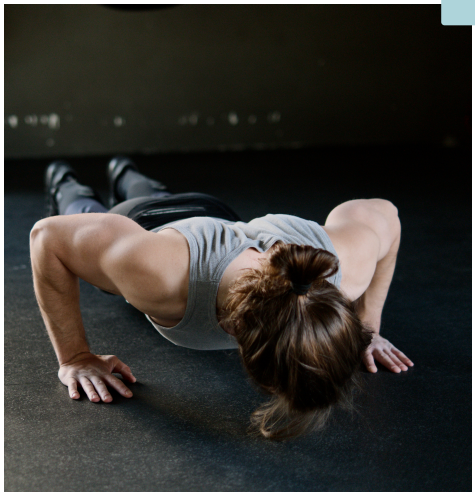
15 POMPES

10 TOURS

SÉANCE 14

RENFORCEMENT MUSCULAIRE CROSSFIT AVEC MATÉRIEL

1min DE PLANCHE

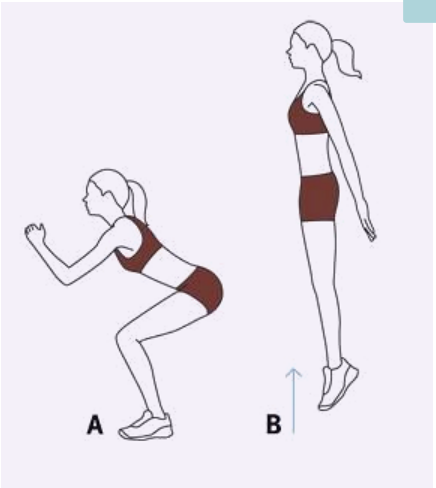


15 POMPES

30 SHOULDER TAPS

30 FENTES ALTERNÉES

10 COSSBACK SQUATS



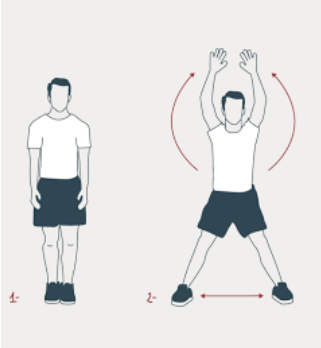
20 SQUATS SAUTÉS

DURANT 25MIN

SÉANCE 15

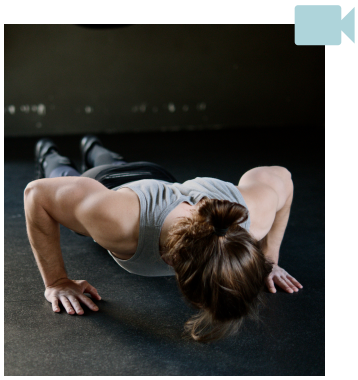
RENFORCEMENT MUSCULAIRE CROSSFIT SANS MATÉRIEL

Durant 10min :



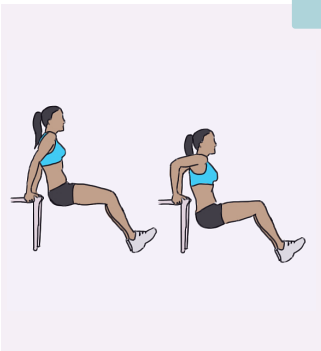
10 JUMPING JACKS

8 SQUATS

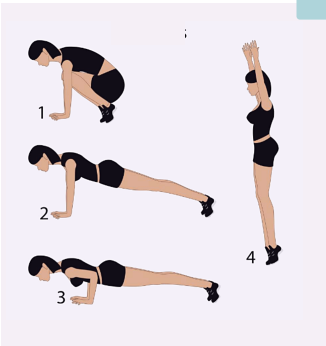


8 POMPES

Durant 20min :

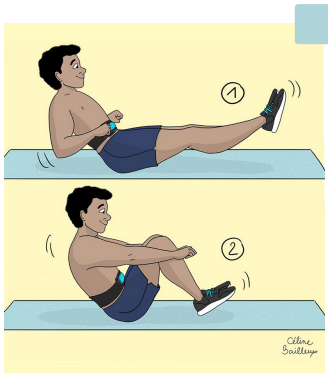


7 DIPS

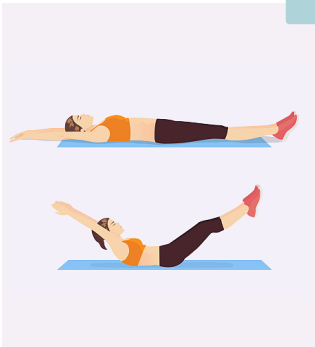


7 BURPEES

7 FENTES



7 ABDOS GROUPÉS



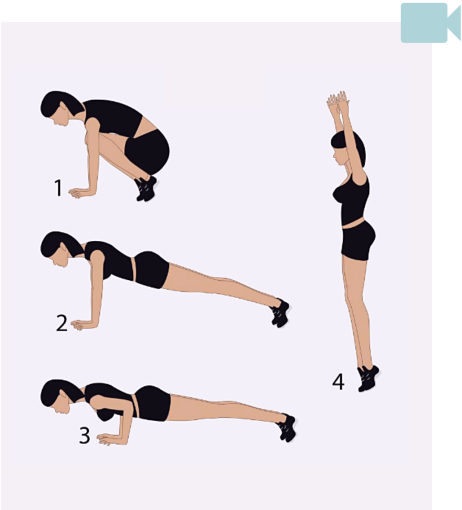
7 HOLLOW BODY

SÉANCE 16

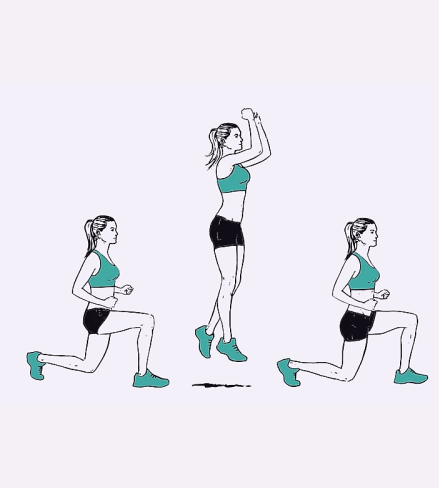
RENFORCEMENT MUSCULAIRE TYPE HIIT

Débutant	3 tours	Confirmé	5 tours	Expert	6 tours

MOUNTAIN CLIMBERS



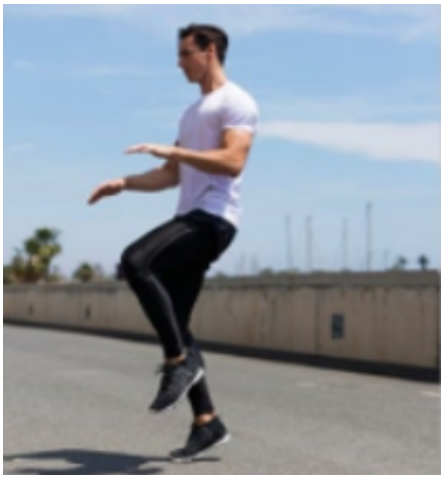
BURPEES



FENTES SAUTÉES

SQUATS STATIQUES

CISEAUX



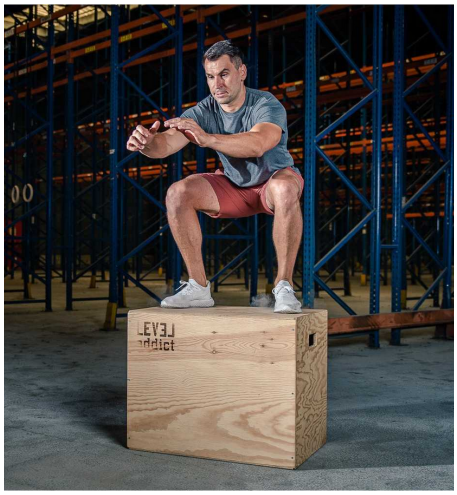
LEVÉES DE GENOUX

FAIRE CHAQUE EXERCICE DURANT 50 SECONDES ET 10 SECONDES DE RÉCUPÉRATION

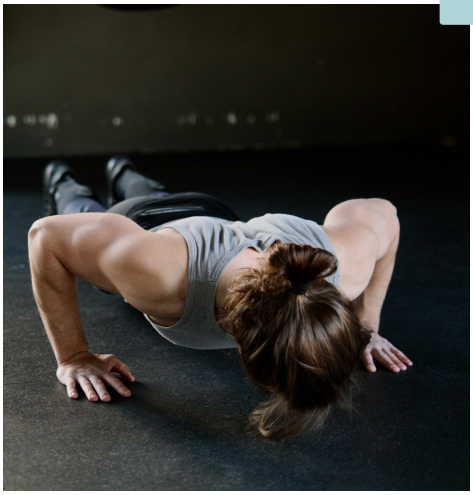
SÉANCE 17

RENFORCEMENT MUSCULAIRE CROSSFIT AVEC MATÉRIEL

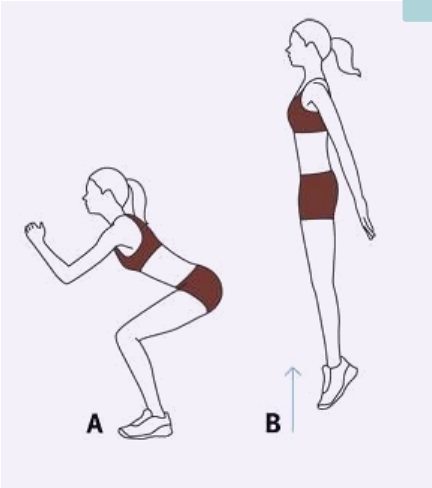
4 TOURS - 1 MINUTE PAR EXERCICE



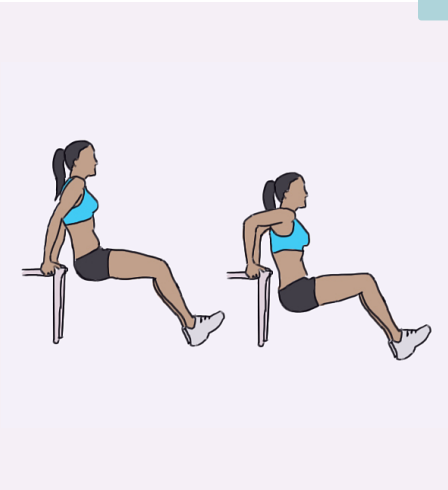
BOX JUMP



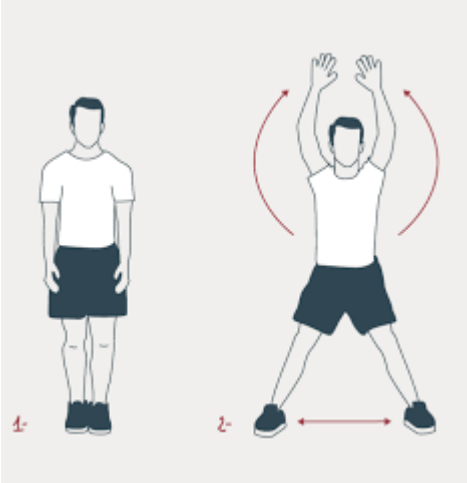
POMPES



SQUATS SAUTÉS



DIPS



JUMPING JACKS

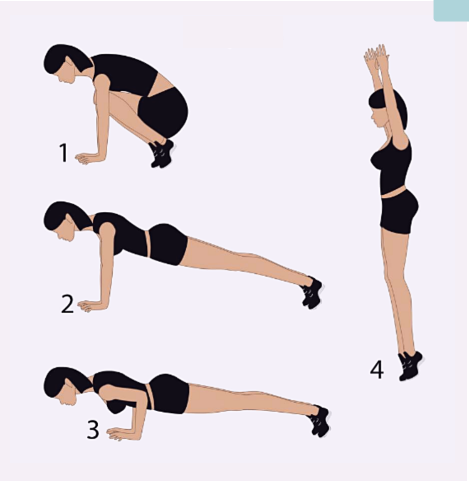
HOLLOW BODY

1 MINUTE DE RÉCUPÉRATION ENTRE LES TOURS

SÉANCE 18

RENFORCEMENT MUSCULAIRE CROSSFIT AVEC MATÉRIEL

Minute 1

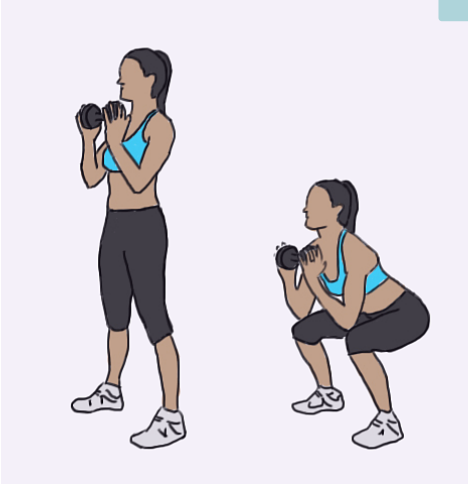


12 BURPEES

Minute 2

16 KB SNATCH

Minute 3



16 GOBLET SQUAT

Minute 4 : REPOS

20MIN - 5 TOURS - LE RESTE DU TEMPS REPOS

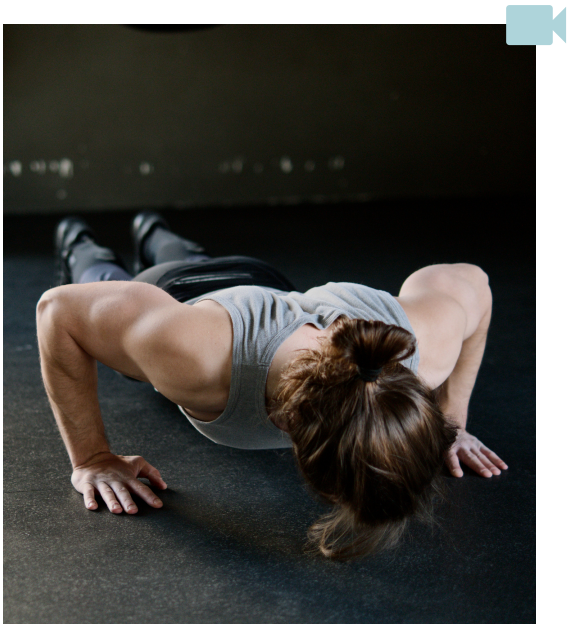
SÉANCE 19

RENFORCEMENT MUSCULAIRE TYPE HIIT

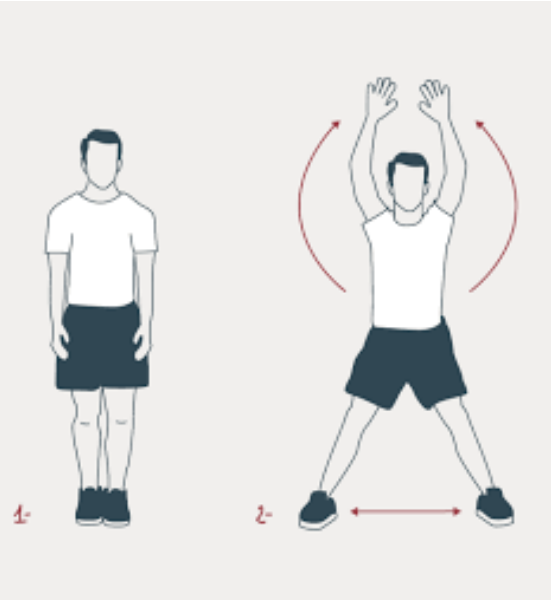
Débutant | 2 tours

Confirmé | 3 tours

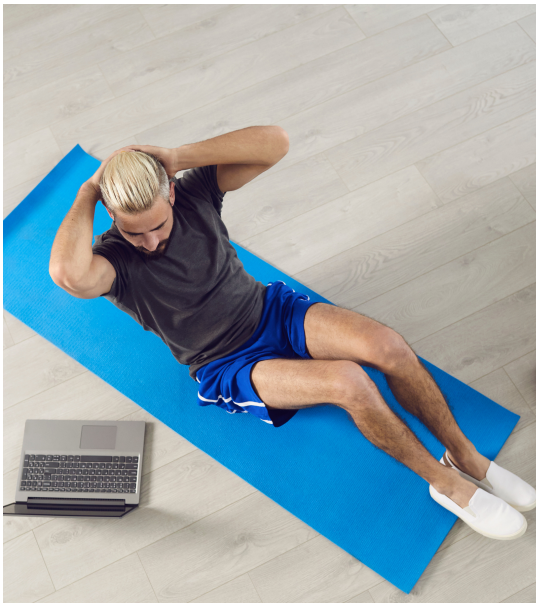
Expert | 5 tours



POMPES (10, 20, 30 ou 40)



JUMPING JACKS (10, 20, 30 ou 40)



ABDOS (10, 20, 30 ou 40)

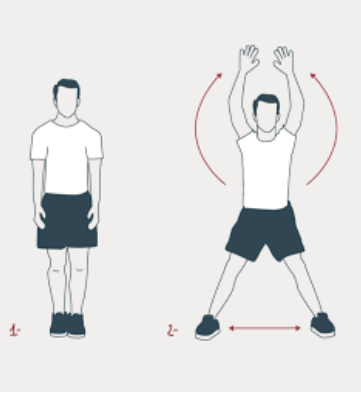
PLANCHE (1', 2',3' ou 4')

RÉCUPÉRATION ENTRE LES BLOCS – 1 MINUTE

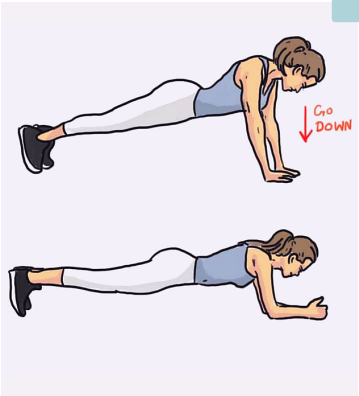
SÉANCE 20

RENFORCEMENT MUSCULAIRE CROSSFIT SANS MATÉRIEL

ÉCHAUFFEMENT :



20 JUMPING JACKS



10 UP AND DOWN

10m MARCHE DE L'OURS

PUIS DURANT 15 MINUTES, FAIRE AUTOUR DE TOURS POSSIBLE

8s EN FENTE DROIT STATIQUE

+

5 SAUTS ALTÉRNÉS

8s EN FENTE GAUCHE STATIQUE

+

5 SAUTS ALTÉRNÉS

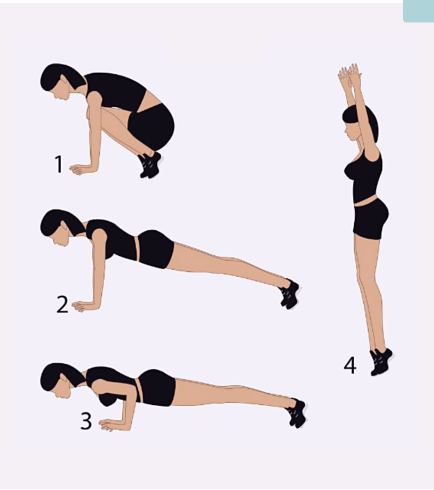
+ 6 BURPEES

SÉANCE 21

RENFORCEMENT MUSCULAIRE CROSSFIT AVEC MATÉRIEL

SINGLE LEG DEADLIFT

PISTOL SQUATS



BURPEES

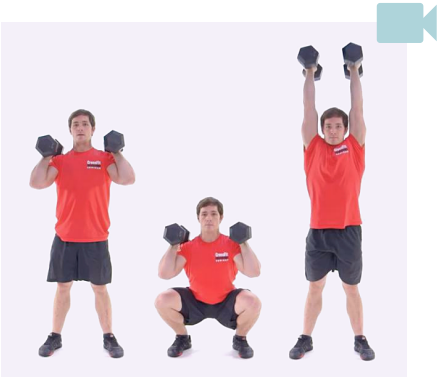
JUMPING LUNGES

SIT-UPS

21 RÉPÉTITIONS DE L'ENSEMBLE DES EXERCICES, PUIS 15, PUIS 9

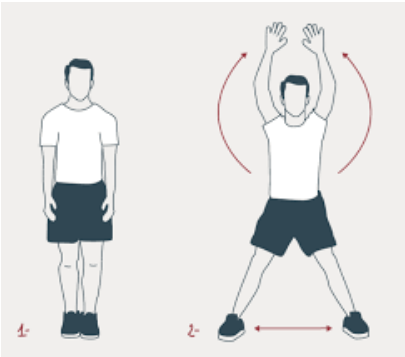
SÉANCE 22

RENFORCEMENT MUSCULAIRE CROSSFIT AVEC MATÉRIEL

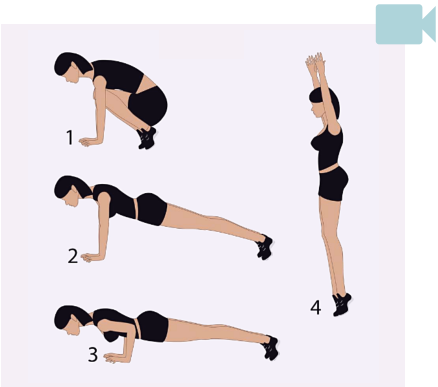


10 DB THRUSTERS

20 HSPU



30 JUMPING JACKS

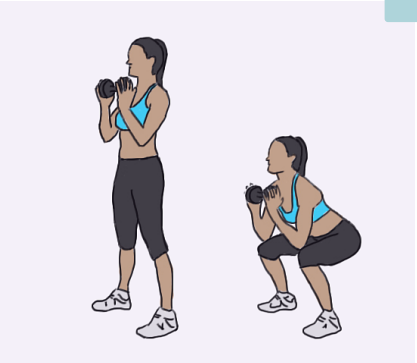


40 BURPEES

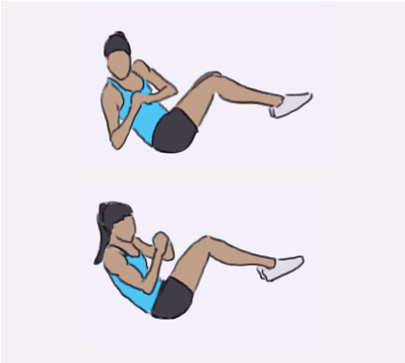
50 INCHWORMS

60 MOUNTAIN CLIMBER

70 SUPERMAN



80 GOBLET SQUATS



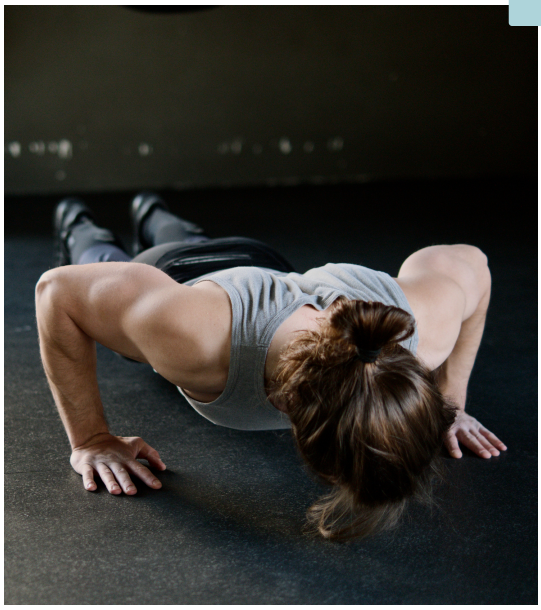
90 RUSSIAN TWISTS

+ 100 JUMPING JACK

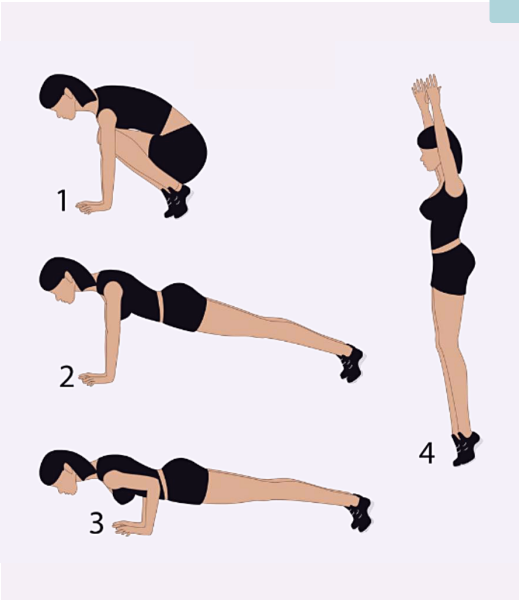
GARDER VOTRE TECHNIQUE ET PRENEZ LE TEMPS NÉCESSAIRE

SÉANCE 23

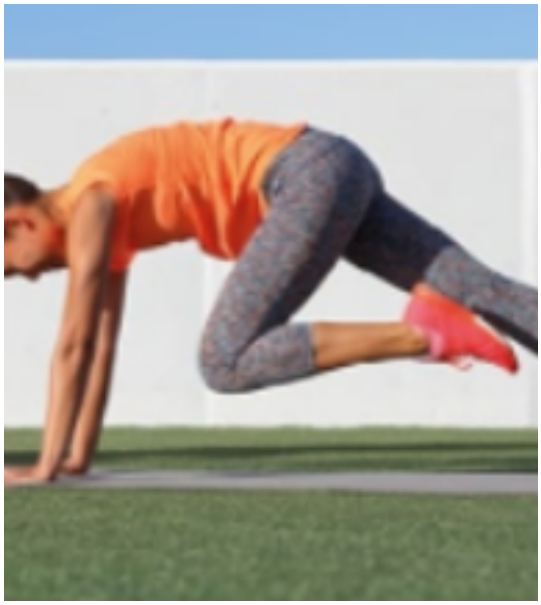
RENFORCEMENT MUSCULAIRE CROSSFIT SANS MATÉRIEL



POMPES



10 BURPEES



MOUNTAIN CLIMBERS

SQUATS

21	15	12	9	6	3	Répétitions

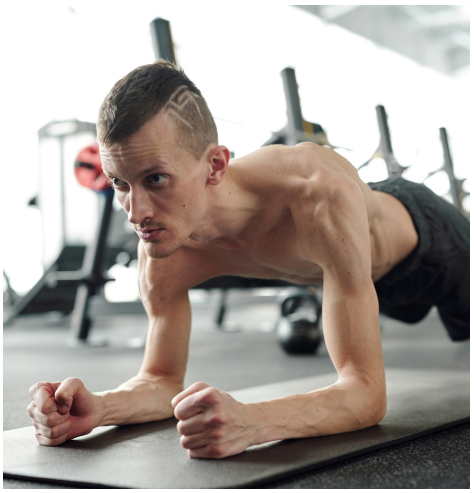
JUSQU'À QUE VOUS NE PUISSIEZ PLUS FAIRE ENTRER LE BLOC DANS LA MINUTE!

SÉANCE 24

RENFORCEMENT MUSCULAIRE TYPE HIIT

Débutant	3 tours	Confirmé	4 tours	Expert	5 tours

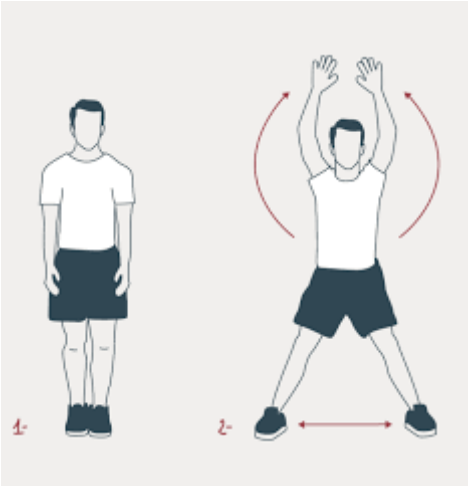
2' CORDE À SAUTER



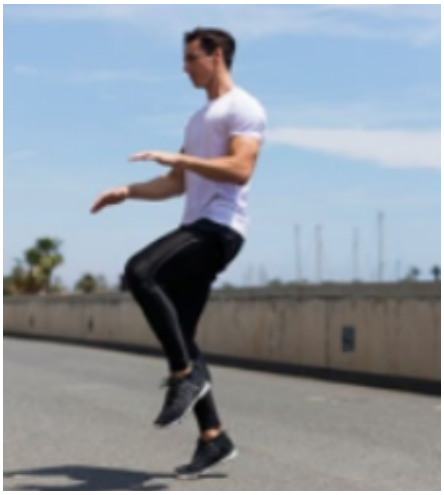
30'' PLANCHE

30'' SQUATS

30'' CISEAUX



30'' JUMPING JACKS



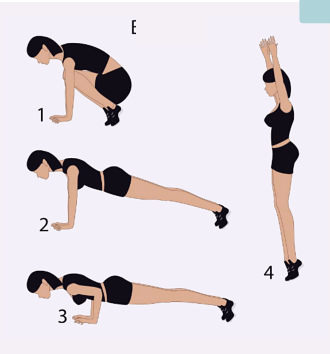
30'' LEVERS DE GENOUX

RÉCUPÉRATION ENTRE LES BLOCS – 1 MINUTE

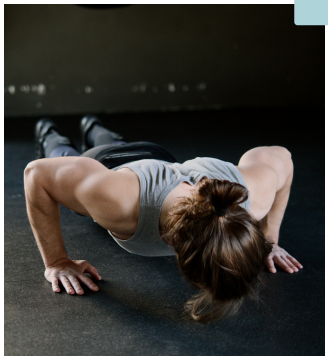
SÉANCE 25

RENFORCEMENT MUSCULAIRE CROSSFIT SANS MATÉRIEL

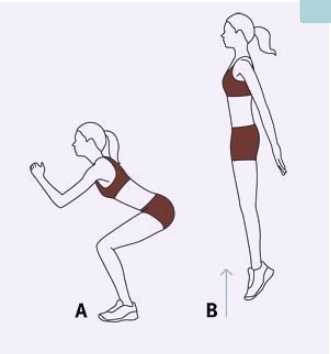
Durant 10min :



3 BURPEES

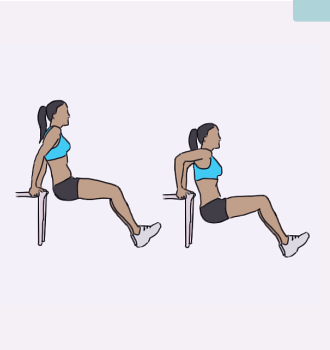


5 POMPES

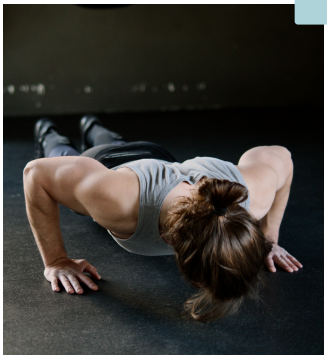


5 SQUATS SAUTÉS

Durant 20min :



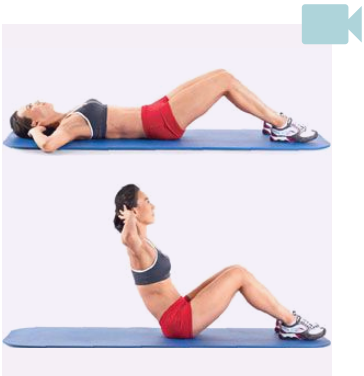
5 DIPS



5 POMPES

10 SQUATS

10 FENTES



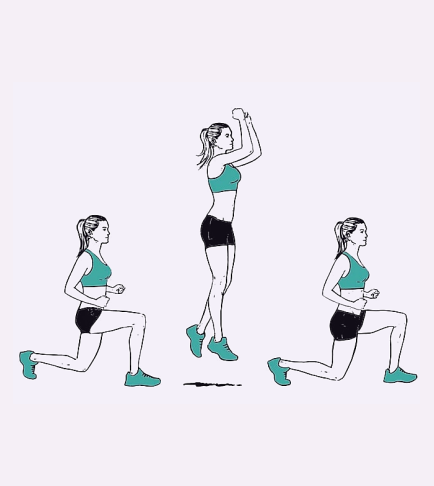
10 SIT-UPS

SÉANCE 26

RENFORCEMENT MUSCULAIRE CROSSFIT AVEC MATÉRIEL

LES MINUTES PAIRES

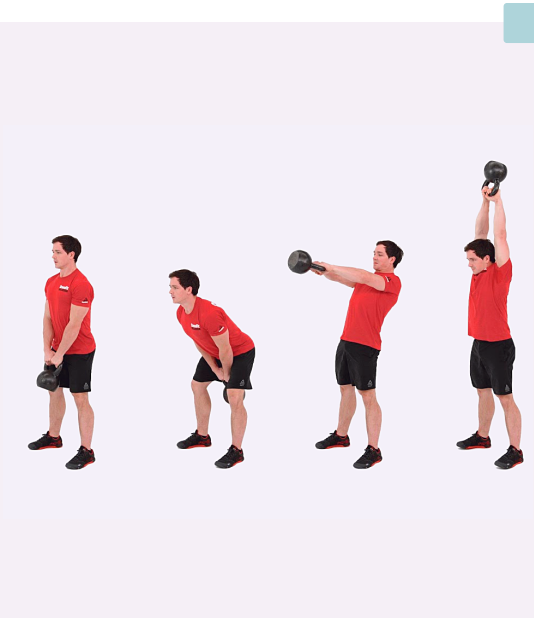
30 SAUTS EN CORDE À SAUTER



10 FENTES SAUTÉS

LES MINUTES IMPAIRES

JUMPING LUNGES



20 KB SWING USA

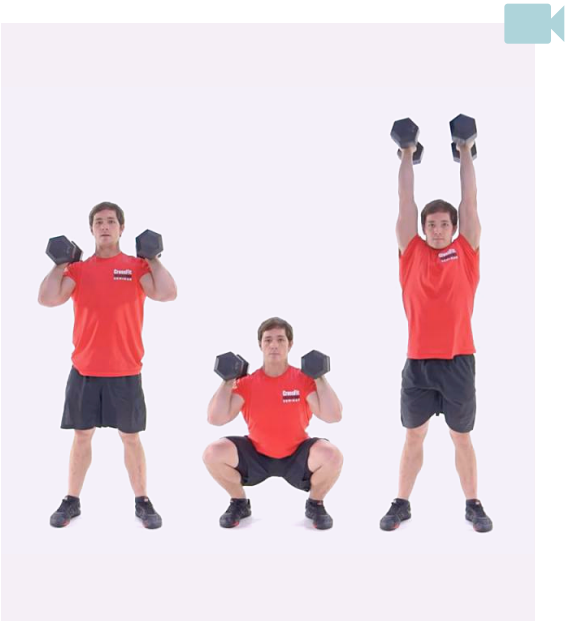
DURANT 20MIN

SÉANCE 27

RENFORCEMENT MUSCULAIRE CROSSFIT AVEC MATÉRIEL

12 KB SNATCH

12 KB OVH SQUATS



9 KB THRUSTER

6 HSPU

DURANT 20MIN

SÉANCE 28

RENFORCEMENT MUSCULAIRE CROSSFIT SANS MATÉRIEL

30 SQUATS	30s PLANCHE	30 JUMPING JACKS
30s PLANCHE	30 POMPES (ou sur les genoux)	30s PLANCHE
30 LEVERS DE GENOUX	30s PLANCHE	30s BURPEES
30s PLANCHE	30 MOUNTAIN CLIMBERS	30s PLANCHE

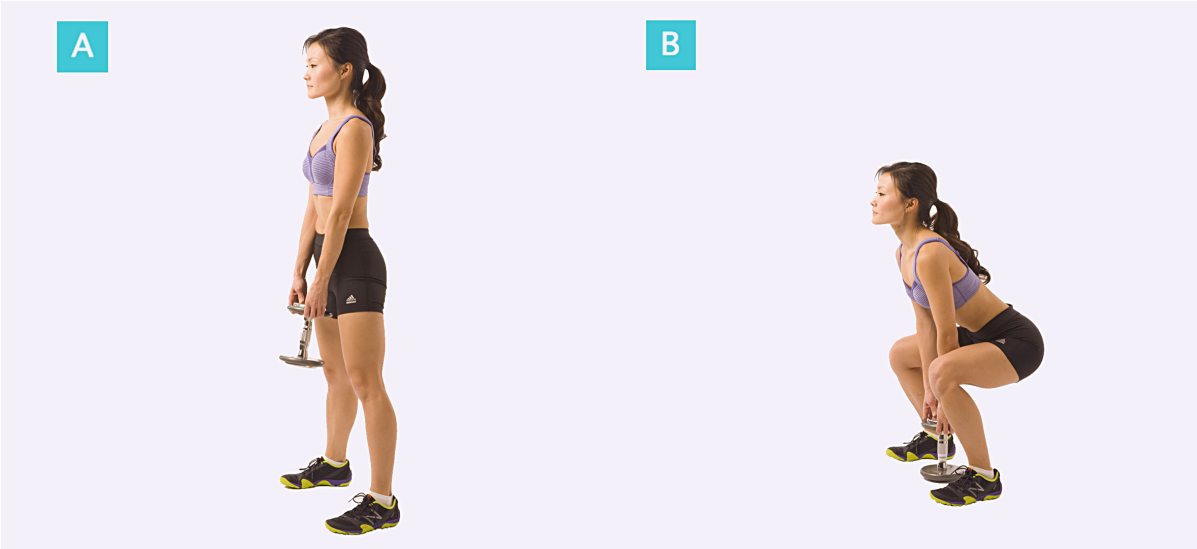
POUR LES DÉBUTANTS, REMPLACER LES 30 PAR DES 15. ET POUR LES EXPERTS REMPLACER LES 30 PAR DES 50

SÉANCE 29

RENFORCEMENT MUSCULAIRE CROSSFIT AVEC MATÉRIEL

10 MÈTRES DB OVH
WALKING LUNGES

10 PISTOL SQUATS



10 DB SUMO DEADLIFT

8 TOURS

SÉANCE 30

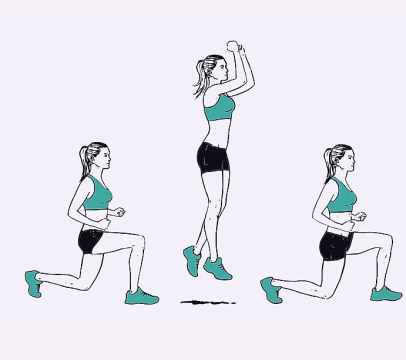
RENFORCEMENT MUSCULAIRE TYPE HIIT

Débutant	Finir en étant focaliser sur une bonne position		
Confirmé	1 tour avec de l'intensité	Expert	2 tours

50 FENTES MARCHÉES AU RALENTI

50 LEVERS DE BRAS ET PIED EN GAINAGE

50 POMPES LES PIEDS SUR SWISS BALL



50 FENTES SAUTÉES

2X25 FENTES SUR UNE JAMBE

2X25 LEVERS DE JAMBE EN GAINAGE LATÉRAL (genou posé ou jambe tendue)

2X25 FLEXIONS SUR UNE JAMBE

2X25 POMPES UN PIED EN L'AIR

2X25 MONTÉES EN POINTE DE PIED SUR UNE BOX

SÉANCE 31

RENFORCEMENT MUSCULAIRE CROSSFIT SANS MATÉRIEL

BLOC 1 :

15 POMPES

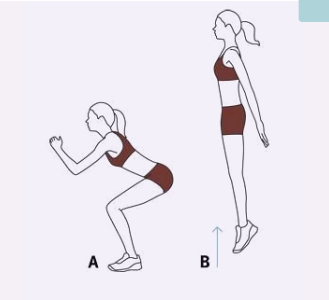
1 WALLCLIMB
(Tenir 20s)

4 TOURS

BLOC 2 :

SIT-UPS

50 PUIS 40 PUIS 30 PUIS 20 PUIS 10



SQUAT SAUTÉS

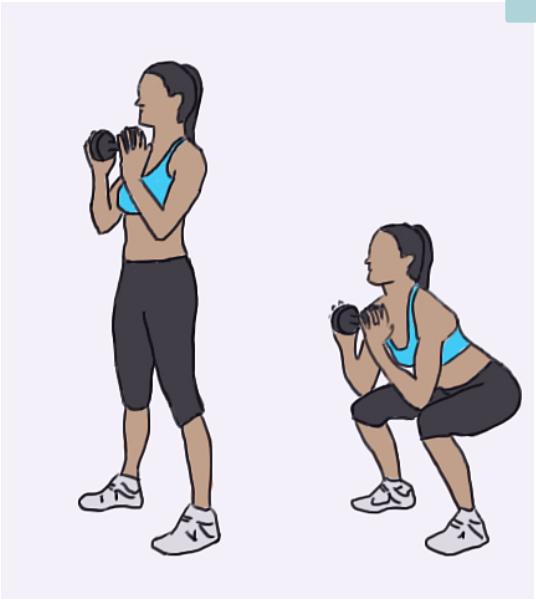
10 PUIS 20 PUIS 30 PUIS 40 PUIS 50

SÉANCE 32

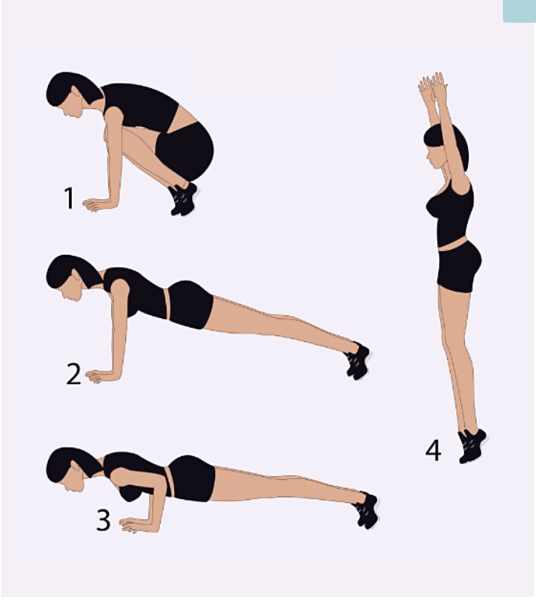
RENFORCEMENT MUSCULAIRE CROSSFIT AVEC MATÉRIEL

40 SAUTS DE CORDE À SAUTER

30 GROUND TO OVERHEAD



20 GOBLET SQUATS

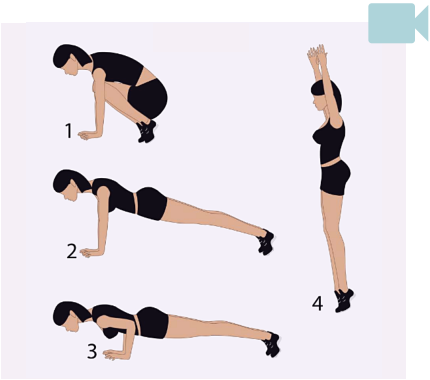


10 BURPEES

3 TOURS

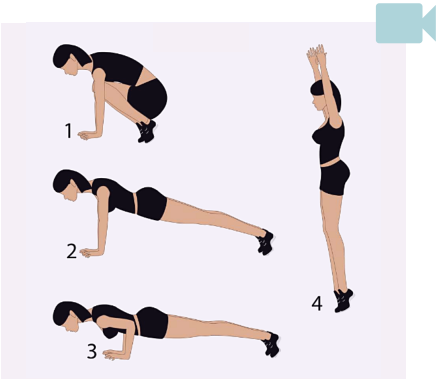
SÉANCE 33

RENFORCEMENT MUSCULAIRE CROSSFIT SANS MATÉRIEL



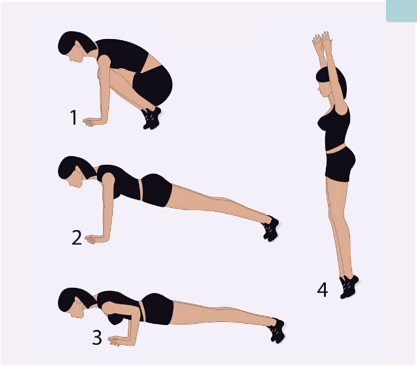
5 BURPEES

10 AIR SQUAT

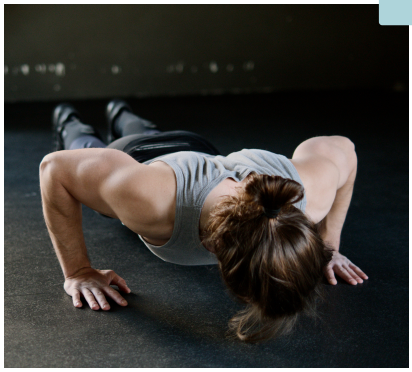


4 BURPEES

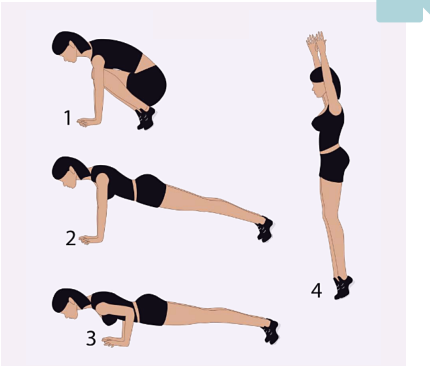
15 SIT-UPS



3 BURPEES

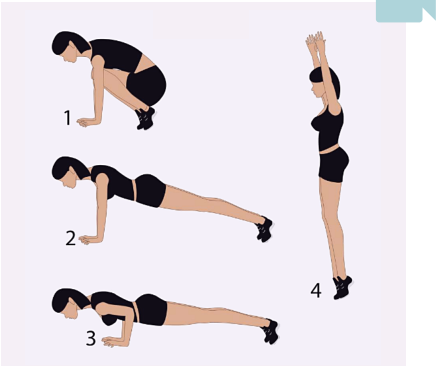


10 POMPES



2 BURPEES

60 SECONDES DE PLANCHE



1 BURPEE

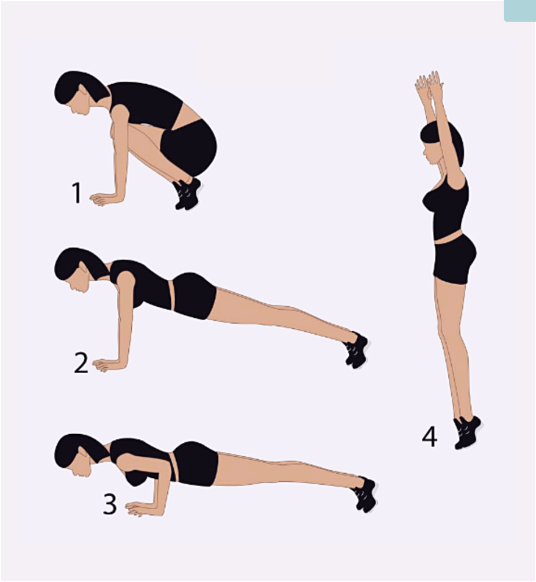
DURANT 20 MINUTES

SÉANCE 34

RENFORCEMENT MUSCULAIRE CROSSFIT SANS MATÉRIEL

A CHAQUE NOUVELLE MINUTE, AJOUTEZ 1 AIR SQUAT + 1 BURPEE

14 AIR SQUATS



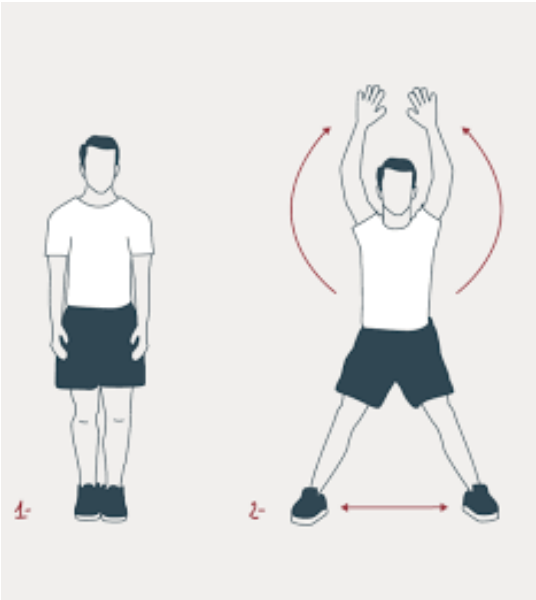
2 BURPEES

DONC MINUTE 2 : 15 AIR SQUATS + 3 BURPEES
MINUTE 3 : 16 AIR SQUATS + 4 BURPEES
...

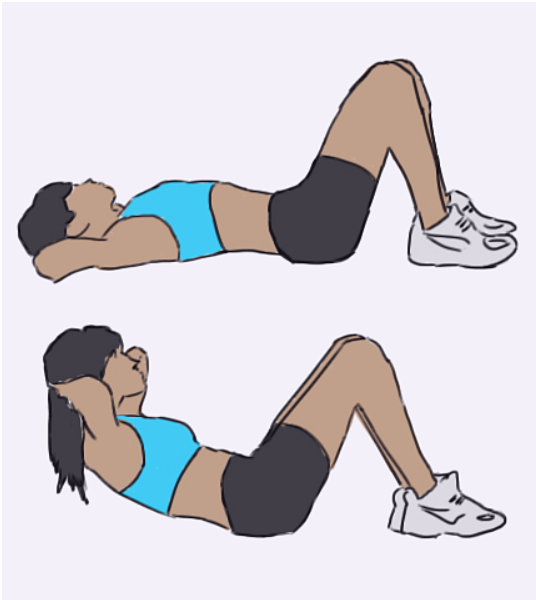
JUSQU'À QUE VOUS NE PUISSIEZ PLUS FAIRE ENTRER LE BLOC DANS LA MINUTE!

SÉANCE 35

RENFORCEMENT MUSCULAIRE CROSSFIT SANS MATÉRIEL

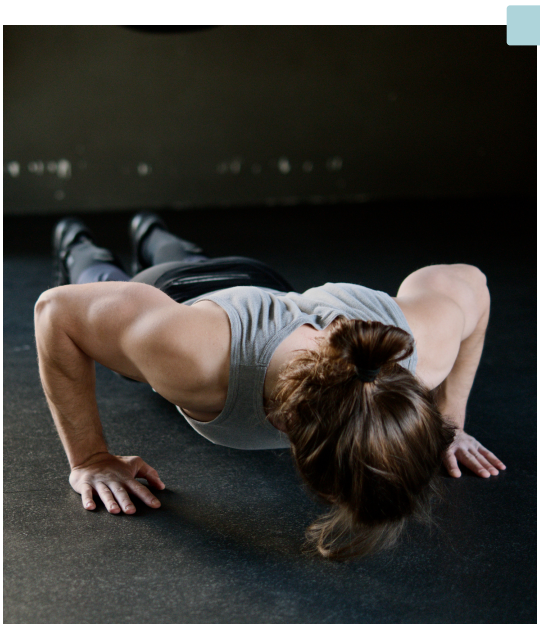


40 JUMPING JACKS



30 CRUNCHES

20 SQUATS



10 POMPES

5 TOURS

SÉANCE 36

RENFORCEMENT MUSCULAIRE TYPE HIIT

Débutant	4 tours	Confirmé	5 tours	Expert	6 tours

JUMPING JACKS

PAS CISEAUX

FENTES SAUTÉES

SQUATS SAUTÉS

PAS DE PATINEUR

SQUATS POP

MONTÉES DE GENOUX

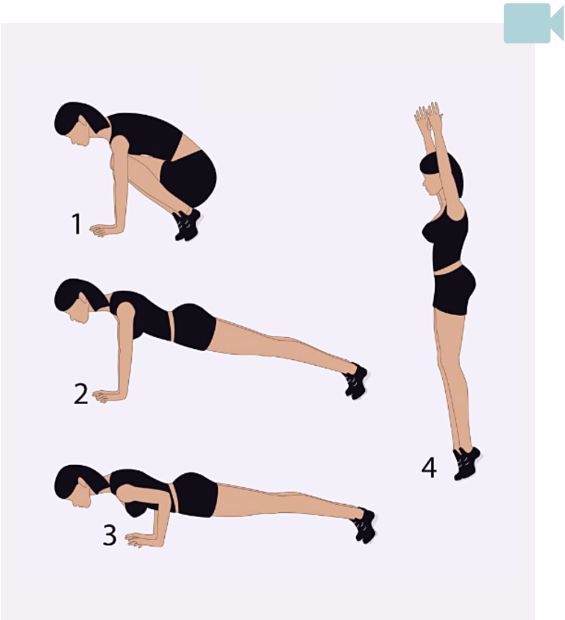
BURPEES

RÉCUPÉRATION DE 1 MINUTE

SÉANCE 37

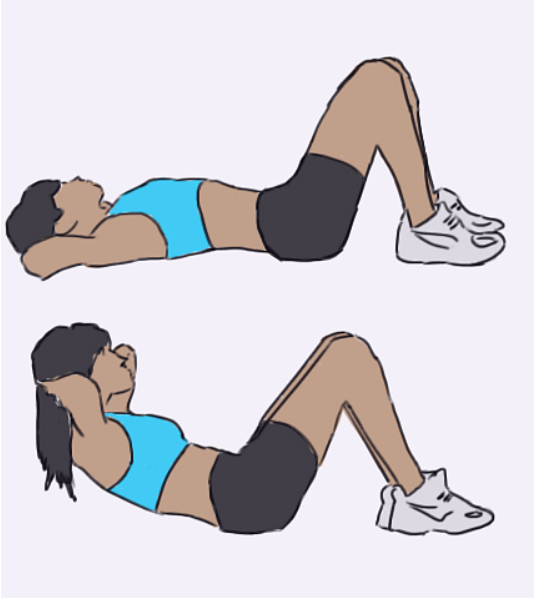
RENFORCEMENT MUSCULAIRE CROSSFIT AVEC MATÉRIEL

100 SAUTS CORDE
À SAUTER



20 BURPEES

10 BOX JUMPS

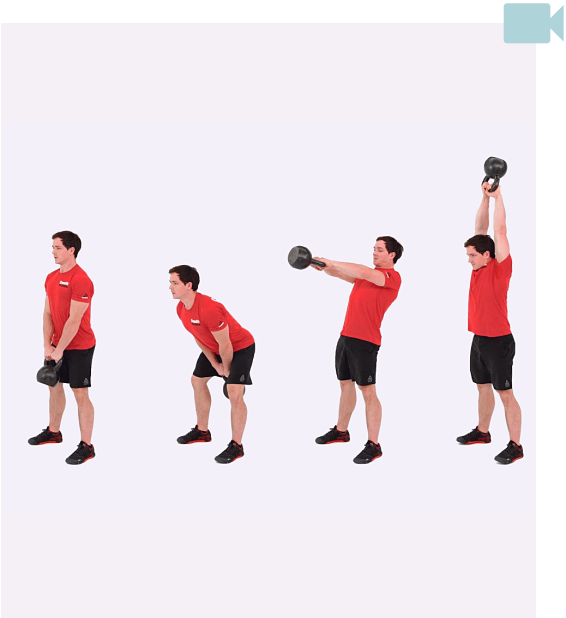


20 CRUNCHES

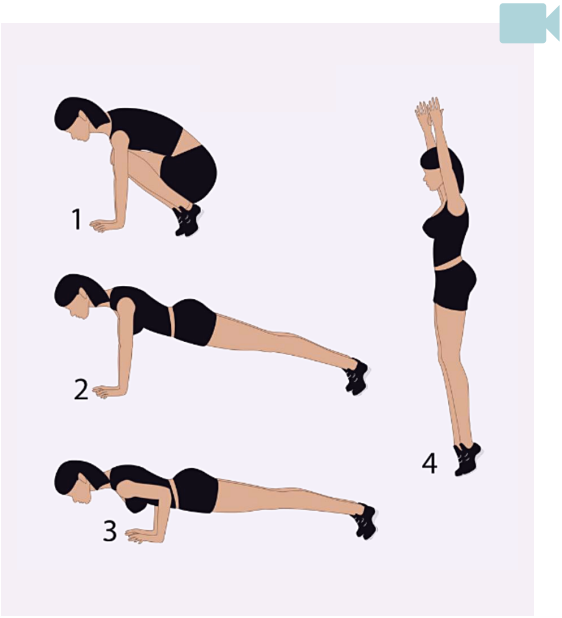
DURANT 20 MINUTES

SÉANCE 38

RENFORCEMENT MUSCULAIRE CROSSFIT AVEC MATÉRIEL

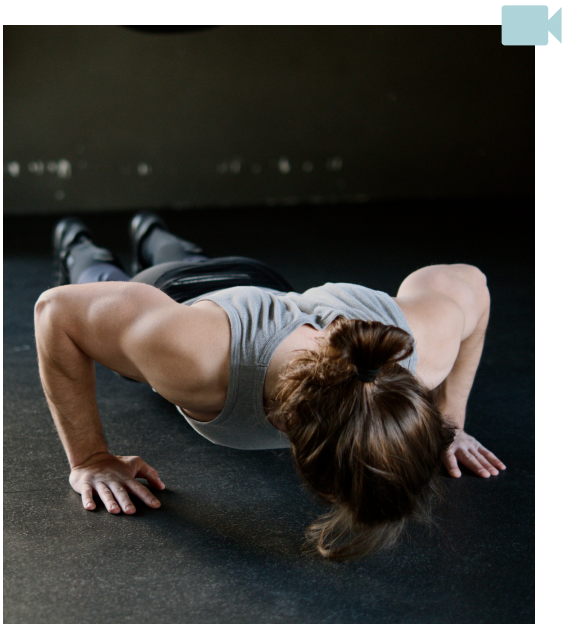


15 KB SWING USA



10 BURPEES

15 AIR SQUATS



10 POMPES

TEMPS TOTAL : 15 MINUTES

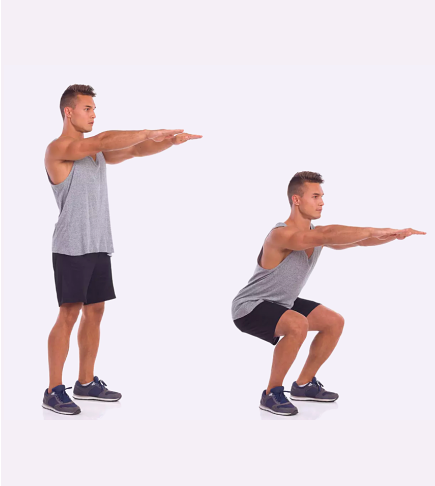
SÉANCE 39

RENFORCEMENT MUSCULAIRE CROSSFIT SANS MATÉRIEL

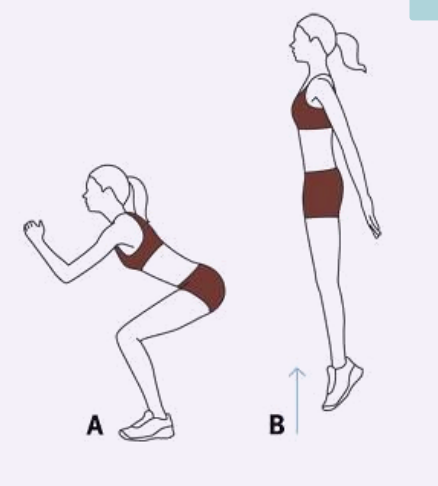
50 JUMPING JACKS	50 CRUNCHES	45 JUMPING JACKS
45 SQUATS	40 JUMPING JACKS	40 FENTES SAUTÉES
35 JUMPING JACKS	35 POMPES	30 JUMPING JACK
30 BURPEES	25 JUMPING JACKS	25 CRUNCHES
20 JUMPING JACKS	20 SQUATS	15 JUMPING JACKS
15 FENTES SAUTÉES	10 JUMPING JACKS	10 POMPES

SÉANCE 40

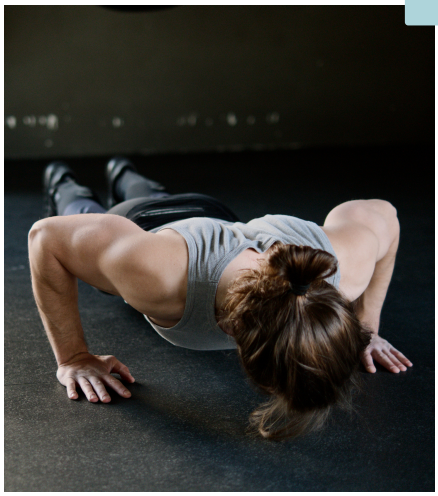
RENFORCEMENT MUSCULAIRE CROSSFIT SANS MATÉRIEL



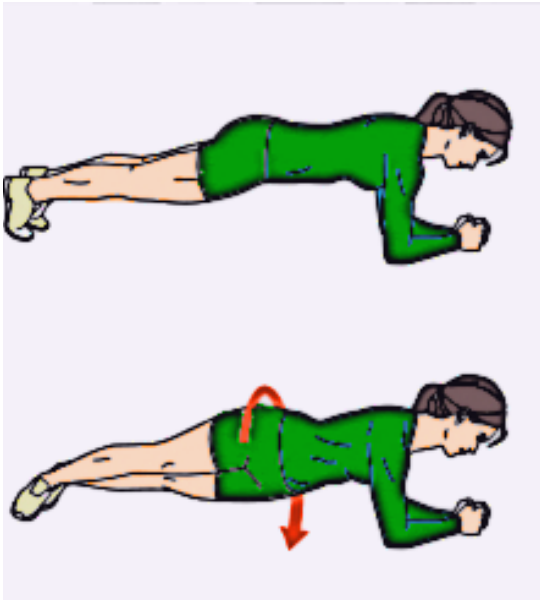
2 SQUATS BRAS TENDUS



2 SQUATS SAUTÉS



2 POMPES



2 PLANCHES TWIST
(passage à gauche et à droite)

2 SIT-UPS

DURÉE : 20 MINUTES – AJOUTER 2 RÉPÉTITIONS À CHAQUE TOUR

SURTOUT, N'OUBLIEZ PAS LES ÉTIREMENTS !

VOICI QUELQUES EXEMPLES

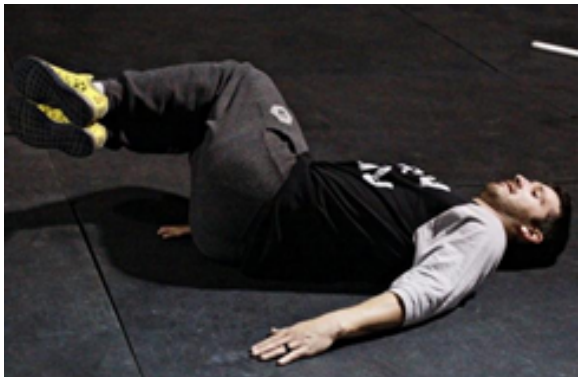
FINISHER
TRIATHLON

BONUS ÉTIREMENTS

A RÉALISER 1 À 2 HEURES APRÈS L'ENTRAINEMENT MINIMUM*

ÉTIREMENT DU MOLLET

ÉTIREMENT DE LA CHEVILLE



ÉTIREMENT DE LA COLONNE

LE CHIEN TÊTE EN BAS

ÉTIREMENT DE L'ÉPAULE

LE WALL SITS

*POUR LAISSER LES MUSCLES REFROIDIR ET SE RÉOXYGÉNER

BONUS ÉTIREMENTS

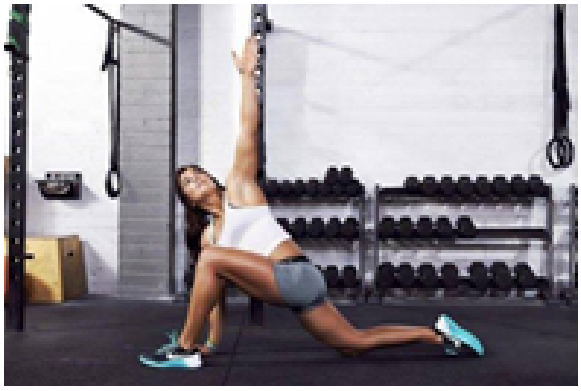
A RÉALISER 1 À 2 HEURES APRÈS L'ENTRAINEMENT MINIMUM*

LE PRY SQUAT

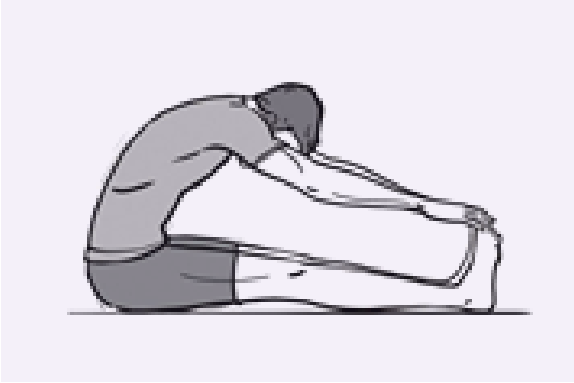
LE PIGEON

COBRA

LE QUADRICEPS



LE PSOAS



ÉTIREMENT DU DOS

*POUR LAISSER LES MUSCLES REFROIDIR ET SE RÉOXYGÉNER

PLACE AUX CHALLENGES BONUS

DON'T THINK LIMITS !

GO.

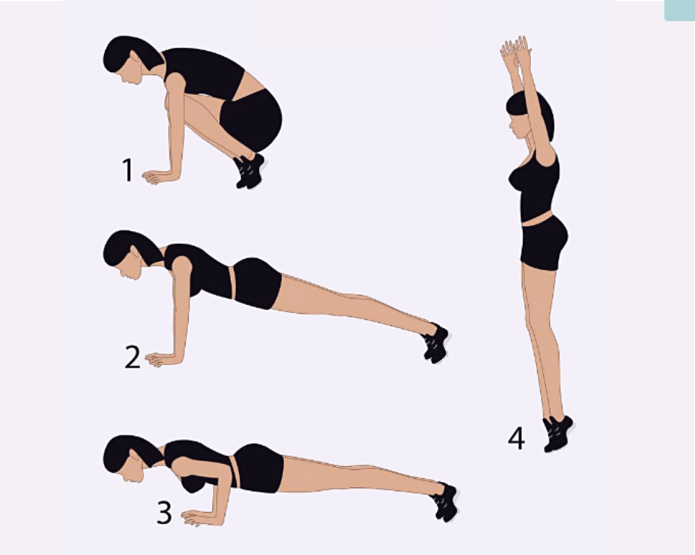
FINISHER
TRIATHLON

CHALLENGE DIANE

DÉFIEZ LE CHRONO'

10 TRACTIONS

Records : .....



20 BURPEES

30 SQUATS

LE PLUS RAPIDEMENT POSSIBLE

CHALLENGE JUPITER

DÉFIEZ LE CHRONO'

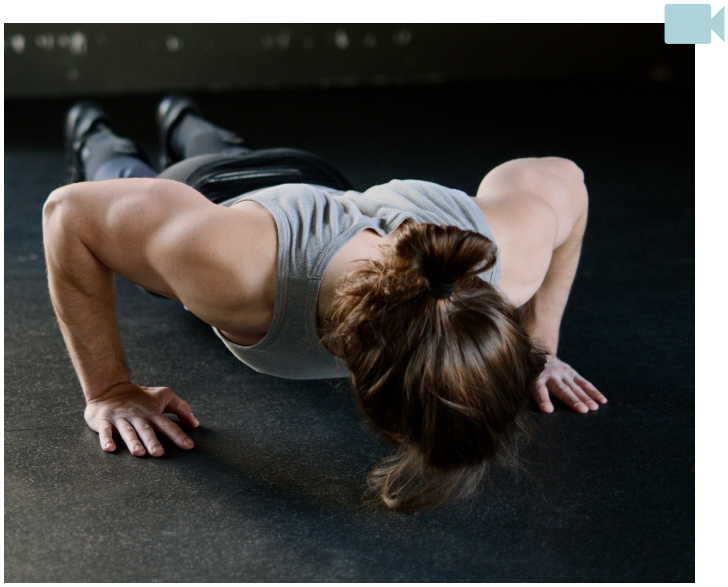
40 BURPEES	40 FENTES SAUTÉES	40 CRUNCHES
30 BURPEES	30 FENTES SAUTÉES	30 CRUNCHES
20 BURPEES	20 FENTES SAUTÉES	20 CRUNCHES
10 BURPEES	10 FENTES SAUTÉES	10 CRUNCHES

Records : .....

LE PLUS RAPIDEMENT POSSIBLE

CHALLENGE MARS

DÉFIEZ LE CHRONO'



5 POMPES

Records : .....

10 TOUCH TOES

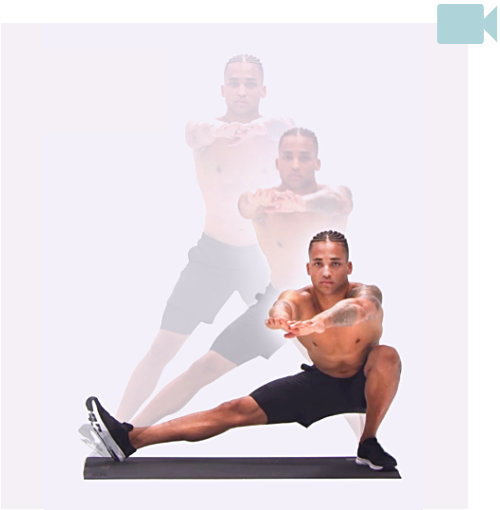
20 SQUATS

LE PLUS RAPIDEMENT POSSIBLE

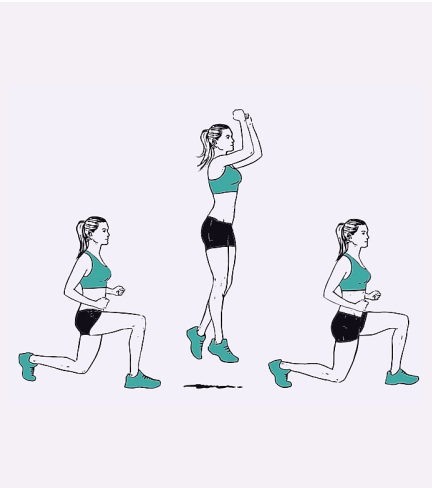
CHALLENGE MINERVE

DÉFIEZ LE CHRONO'

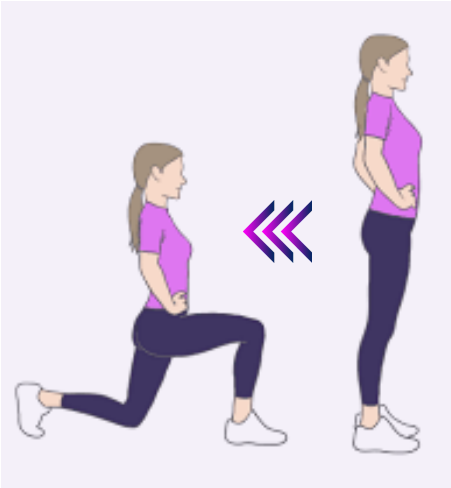
20 FENTES



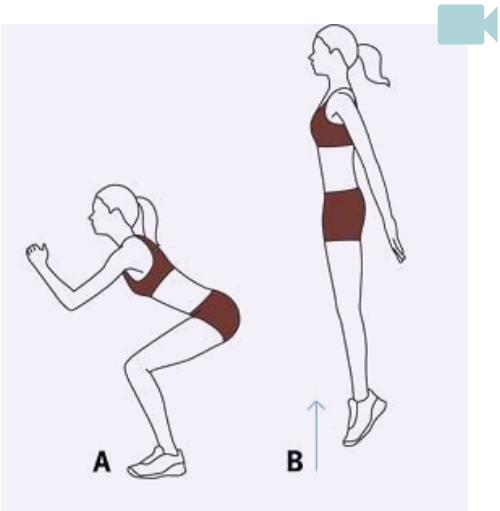
20 COSSACK SQUATS



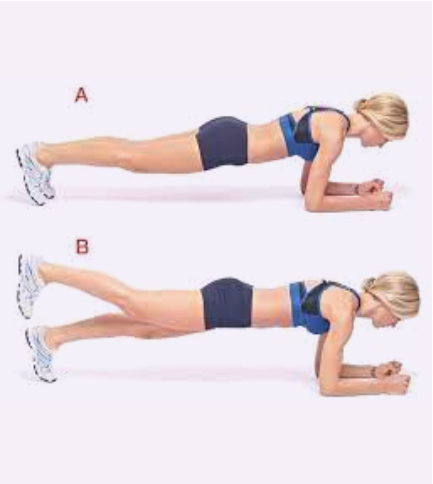
20 FENTES SAUTÉS



20 FENTES ARRIÈRE



20 SQUATS SAUTÉS



100 PLANCHE
(levées de pied)

Records : .....

LE PLUS RAPIDEMENT POSSIBLE

CHALLENGE MERCURE

DÉFIEZ LE CHRONO'

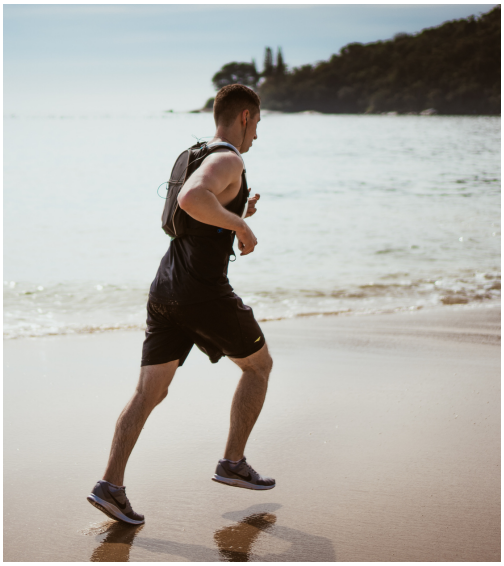
50 BURPEES	50 SQUATS	50 SIT-UPS
40 BURPEES	40 SQUATS	40 SIT-UPS
30 BURPEES	30 SQUATS	30 SIT-UPS
20 BURPEES	20 SQUATS	20 SIT-UPS
10 BURPEES	10 SQUATS	10 SIT-UPS

Records : .....

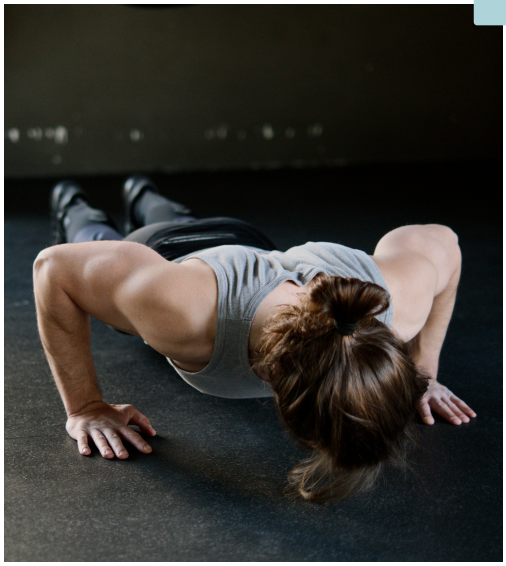
LE PLUS RAPIDEMENT POSSIBLE

CHALLENGE BACCHUS

DÉFIEZ LE CHRONO'



400m RUN



20 POMPES

20 SIT-UPS

3 MINUTES DE REPOS

5 SÉRIES

Records : .....

LE PLUS RAPIDEMENT POSSIBLE

CHALLENGE PLUTON

DÉFIEZ LE CHRONO'

25 MOUNTAIN CLIMBERS

25 SIT-UPS

25 SQUATS

25 SECONDES DE REPOS

5 SÉRIES

Records : .....

LE PLUS RAPIDEMENT POSSIBLE

CHALLENGE VULCAIN

DÉFIEZ LE CHRONO'

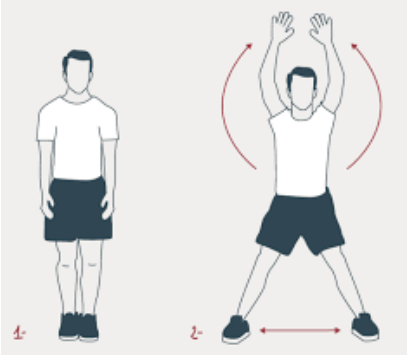
40 CRUNCHES	40 FENTES ARRIÈRES	40 CISEAUX-ABDOS
40 SQUATS	30 CRUNCHES	30 FENTES ARRIÈRES
30 CISEAUX-ABDOS	30 SQUATS	20 CRUNCHES
20 FENTES ARRIÈRES	20 CISEAUX-ABDOS	20 SQUATS
10 CRUNCHES	10 FENTES ARRIÈRES	10 CISEAUX-ABDOS
10 SQUATS		

Records : .....

LE PLUS RAPIDEMENT POSSIBLE

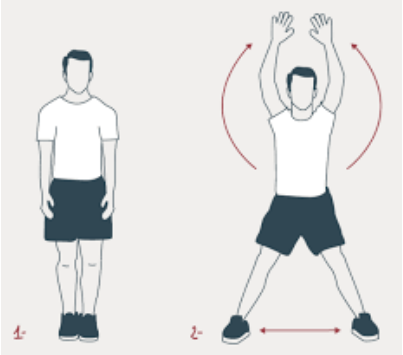
CHALLENGE JUNON

DÉFIEZ LE CHRONO'



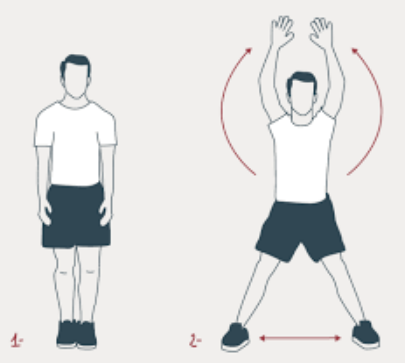
10 JUMPING JACKS

20 SQUATS



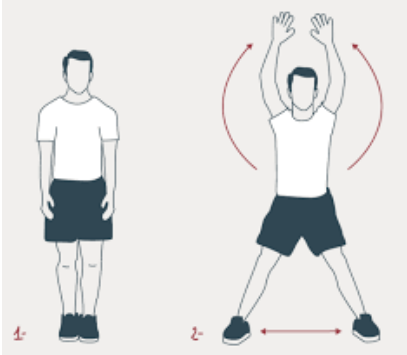
20 JUMPING JACKS

40 SQUATS



40 JUMPING JACKS

20 SQUATS



20 JUMPING JACKS

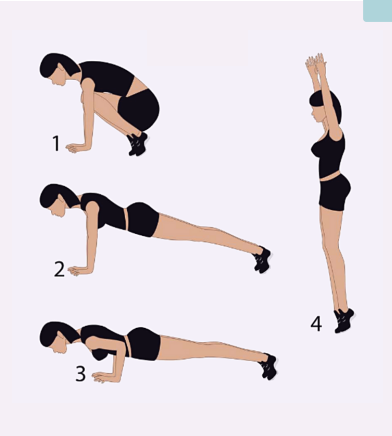
10 SQUATS

Records : .....

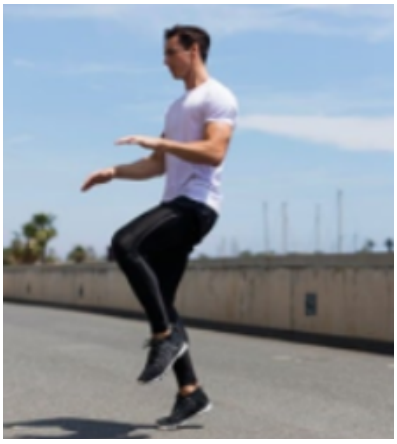
LE PLUS RAPIDEMENT POSSIBLE

CHALLENGE VESTA

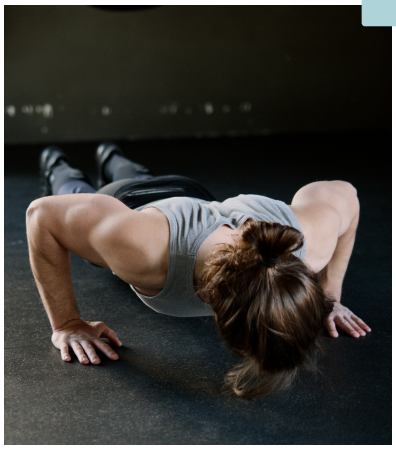
DÉFIEZ LE CHRONO'



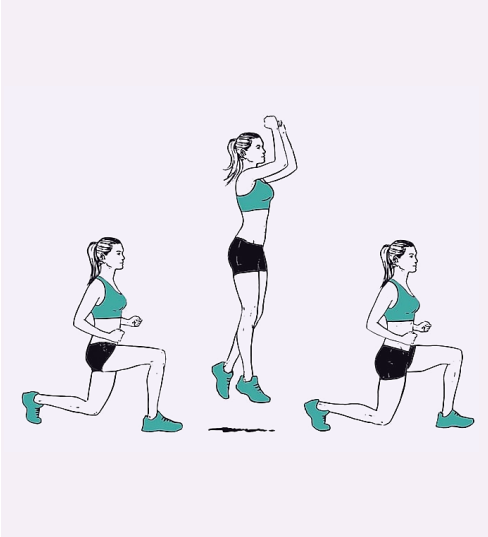
10 BURPEES



20 LEVÉS DE GENOUX



10 POMPES



20 FENTES SAUTÉES

30 SECONDES REPOS

5 SÉRIES

Records : .....

LE PLUS RAPIDEMENT POSSIBLE

FÉLICITATIONS

VOUS EN ÊTES VENU À BOUT

FINISHER
TRIATHLON

DON'T THINK LIMITS !