

	Date:			Date:			Date:			Date:			Date:			Date:			Date:			Date:					
	Ch.	Rép.		Ch.	Rép.		Ch.	Rép.		Ch.	Rép.		Ch.	Rép.		Ch.	Rép.		Ch.	Rép.		Ch.	Rép.				
Ex.1	S1			S1			S1			S1			S1			S1			S1			S1			S1		
	S2			S2			S2			S2			S2			S2			S2			S2			S2		
12-15 RM / 60 sec	S3			S3			S3			S3			S3			S3			S3			S3			S3		
Ex.2	S1			S1			S1			S1			S1			S1			S1			S1			S1		
	S2			S2			S2			S2			S2			S2			S2			S2			S2		
12-15 RM / 60 sec	S3			S3			S3			S3			S3			S3			S3			S3			S3		
Ex.3	S1			S1			S1			S1			S1			S1			S1			S1			S1		
	S2			S2			S2			S2			S2			S2			S2			S2			S2		
12-15 RM / 60 sec	S3			S3			S3			S3			S3			S3			S3			S3			S3		
Ex.4	S1			S1			S1			S1			S1			S1			S1			S1			S1		
	S2			S2			S2			S2			S2			S2			S2			S2			S2		
12-15 RM / 60 sec	S3			S3			S3			S3			S3			S3			S3			S3			S3		
	Ch.	Rép.		Ch.	Rép.		Ch.	Rép.		Ch.	Rép.		Ch.	Rép.		Ch.	Rép.		Ch.	Rép.		Ch.	Rép.		Ch.	Rép.	
Ex.5	S1			S1			S1			S1			S1			S1			S1			S1			S1		
	S2			S2			S2			S2			S2			S2			S2			S2			S2		
12-15 RM / 60 sec	S3			S3			S3			S3			S3			S3			S3			S3			S3		
Ex.6	S1			S1			S1			S1			S1			S1			S1			S1			S1		
	S2			S2			S2			S2			S2			S2			S2			S2			S2		
12-15 RM / 0 sec	S3			S3			S3			S3			S3			S3			S3			S3			S3		
Ex.7	S1			S1			S1			S1			S1			S1			S1			S1			S1		
	S2			S2			S2			S2			S2			S2			S2			S2			S2		
12-15 RM / 30 sec	S3			S3			S3			S3			S3			S3			S3			S3			S3		
Ex.8	S1			S1			S1			S1			S1			S1			S1			S1			S1		
	S2			S2			S2			S2			S2			S2			S2			S2			S2		
12-15 RM / 60 sec	S3			S3			S3			S3			S3			S3			S3			S3			S3		

Ex = Exercice

S = Série

Ch = Charge

Rép = Répétitions

	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	
	Ch.	Rép.	Ch.	Rép.	Ch.	Rép.	Ch.	Rép.	Ch.	Rép.	Ch.	Rép.
Ex.1	S1		S1		S1		S1		S1		S1	
	S2		S2		S2		S2		S2		S2	
15-18 RM / 45 sec	S3		S3		S3		S3		S3		S3	
Ex.2	S1		S1		S1		S1		S1		S1	
	S2		S2		S2		S2		S2		S2	
15-18 RM / 45 sec	S3		S3		S3		S3		S3		S3	
Ex.3	S1		S1		S1		S1		S1		S1	
	S2		S2		S2		S2		S2		S2	
15-18 RM / 45 sec	S3		S3		S3		S3		S3		S3	
Ex.4	S1		S1		S1		S1		S1		S1	
	S2		S2		S2		S2		S2		S2	
15-18 RM / 10 sec	S3		S3		S3		S3		S3		S3	
	Ch.	Rép.	Ch.	Rép.	Ch.	Rép.	Ch.	Rép.	Ch.	Rép.	Ch.	Rép.
Ex.5	S1		S1		S1		S1		S1		S1	
	S2		S2		S2		S2		S2		S2	
15-18 RM / 45 sec	S3		S3		S3		S3		S3		S3	
Ex.6	S1		S1		S1		S1		S1		S1	
	S2		S2		S2		S2		S2		S2	
15-18 RM / 0 sec	S3		S3		S3		S3		S3		S3	
Ex.7	S1		S1		S1		S1		S1		S1	
	S2		S2		S2		S2		S2		S2	
15-18 RM / 10 sec	S3		S3		S3		S3		S3		S3	
Ex.8	S1		S1		S1		S1		S1		S1	
	S2		S2		S2		S2		S2		S2	
15-18 RM / 45 sec	S3		S3		S3		S3		S3		S3	

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