

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
	1 <a href="#">Séance HIIT</a> <a href="#">Jambes fessiers</a>	2 <b>Challenge pompes</b> 1	3 <a href="#">Séance bras + challenge</a> gainage/squat/sit ups 1	4 <i>Repos</i>	5 <a href="#">Séance HIIT</a> <a href="#">Abdos cardio</a>	6 <b>Challenge pompes</b> 2 + challenge gainage/squat/sit ups 2
7 <i>Repos</i> ou <a href="#">Pilates</a>	8 <b>Challenge swings</b> 1	9 <a href="#">Séance HIIT abdos + challenge</a> gainage/squat/sit ups 3	10 <b>Challenge pompes</b> 3	11 <i>Repos</i>	12 <a href="#">Séance HIIT tout le corps + challenge</a> gainage/squat/sit ups 4	13 <b>Challenge swings</b> 2
14 <i>Repos</i> ou <a href="#">Pilates</a>	15 <a href="#">Séance HIIT</a> <a href="#">Jambes fessiers</a>	16 <b>Challenge pompes</b> 4	17 <a href="#">Séance bras + challenge</a> gainage/squat/sit ups 5	18 <i>Repos</i>	19 <a href="#">Séance HIIT</a> <a href="#">Abdos cardio</a>	20 <b>Challenge pompes</b> 5 + challenge gainage/squat/sit ups 6
21 <i>Repos</i> ou <a href="#">Pilates</a>	22 <b>Challenge swings</b> 3	23 <a href="#">Séance HIIT bras et abdos + challenge</a> gainage/squat/sit ups 7	24 <b>Challenge pompes</b> 6 + <b>swings</b> 1	25 <i>Repos</i>	26 <a href="#">Séance HIIT jambes fessiers + challenge</a> gainage/squat/sit ups 8	27 <b>Challenge swing</b> 5
28 <a href="#">Séance tout le corps</a>	29 <i>Repos</i> ou <a href="#">Pilates</a>	30 <a href="#">Séance HIIT fesses + challenge</a> gainage/squat/sit ups 9				

**Challenge pompes** : 1. 5\*10 (50) - 2. 3\*20 (60) - 3. 4\*20 (80) - 4. 5\*20 (100) - 5. 6\*20 (120) - 6. 7\*20 (140)

**Challenge swings** : 1. 30R 10sec/20sec (15min) - 2. 30R 05sec/25sec (15min) - 3. 40R 10sec/20sec (20min) - 4. 40R 05sec/25sec (20min)

**Challenge gainage** : 1. 2\*30sec (1min) - 2. 1\*1min (1min) - 3. 2\*1min (2min) - 4. 2\*1min (2min) - 5. 2\*1.5min (3min) - 6. 2\*1.5min (3min) - 7. 2\*2min (4min) - 8. 2\*2min (4min) - 9. 2\*2.5min (5min)

**Challenge sit ups** : 1. 50 - 2. 60 - 3. 100 - 4. 130 - 5. 160 - 6. 200 - 7. 230 - 8. 260 - 9. 300

**Challenge squats** : 1. 20 - 2. 35 - 3. 50 - 4. 65 - 5. 80 - 6. 100 - 7. 120 - 8. 130 - 9. 150



Fitness Bien-être

avec *Juliana*

