

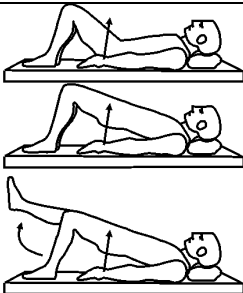


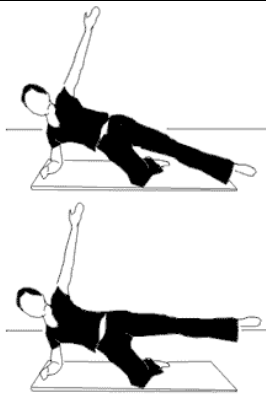
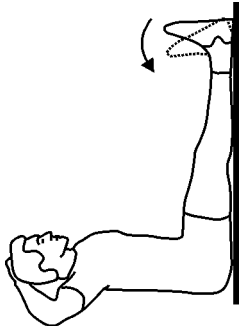
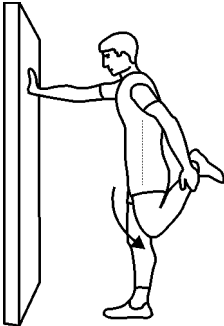
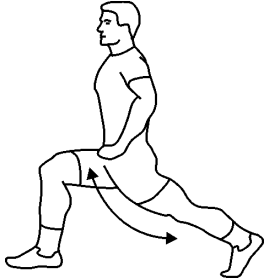
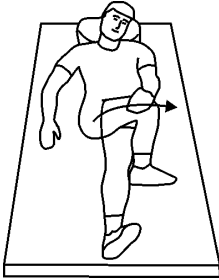
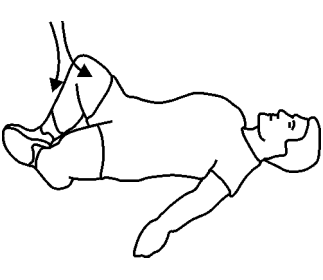


Nom : Gainage - Stretching
 Info

Date :

Consultant :

															
Sér	Rép	Tempo	Rep os	Sér	Rép	Tempo	Rep os	Sér	Rép	Tempo	Rep os	Sér	Rép	Tempo	Rep os
1		30	30	3	10		30	3	10		30	3	10		30
2		40													
3		50													
															
Sér	Rép	Tempo	Rep os	Sér	Rép	Tempo	Rep os	Sér	Rép	Tempo	Rep os	Sér	Rép	Tempo	Rep os
3	10		30	3	10		30			3-5 min		3		45sec	

															
Sér	Rép	Tempo	Repos	Sér	Rép	Tempo	Repos	Sér	Rép	Tempo	Repos	Sér	Rép	Tempo	Repos
3		45 sec		3		45sec				3-5 min					

