

Semaine 1 Lundi

ABDOS TAILLE BRAS

Continuez à travailler pour développer le muscle, rendre le corps et plus de muscle sans volume.

Circuit 1 (2 tours)

30 secondes	30 secondes	30 secondes
20 reps de Crunch côté	20 reps	20 reps

Circuit 2 (2 tours)

30 secondes	30 secondes	30 secondes
20 reps de Crunch côté	20 reps	20 reps

Circuit 3 (1 tour)

1 minute	1 minute	1 minute	1 minute
10 reps de Crunch côté	10 reps	10 reps de Crunch côté	10 reps



LES 10 RÈGLES SAINES

Le top de sa forme, ce n'est pas uniquement être canon en maillot de bain. Être en bon état sain à l'intérieur, cela se voit à l'extérieur. Une bonne alimentation, l'hydratation, un sommeil réparateur sont les clés d'une jolie peau, d'une forme équilibrée et durable.

Voici 10 règles à adopter pour garder une ligne et la santé sans effort :

9

Ne mouler les muscles, il est tout possible que tout soit très musculaire les jambes, les bras... La meilleure solution, c'est de se mouler avec une suite à l'entraînement. Cependant, une bonne alimentation est la clé pour garder une ligne et une forme équilibrée de 5 à 10 minutes sur les autres jours.

10

Étaler 2 à 3 fois par mois pendant une heure les muscles par les mouvements de votre corps. Cela permet de travailler les muscles et de garder une ligne et une forme équilibrée. Cela permet aussi de garder une ligne et une forme équilibrée de 5 à 10 minutes sur les autres jours.



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TD Snyder



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