

**SHOULD(ERS)
I STAY OR
SHOULD(ERS)
I GO**



LA FRENCH CO HOME PROGRAMATION

INTRO

Matériel requis :

Votre bag-pack chargé (ou un DB/KB), un mur sur lequel faire des appuis renversés ou une chaise/ un banc.

Consignes :

- Respectez bien les tempos !
- Essayez de tenir "unbroken" les répétitions sur les mouvements dynamiques et le temps sur les mouvements statique (sinon, cumuler le temps demandé)

Adaptations :

Scales et Rx+ mentionnés dans la programmation



SEANCE 1



PART 1

4 sets (2' rest between sets)

30 sec HSH / 2 wall climbs

5/5 tempo push press (1131)

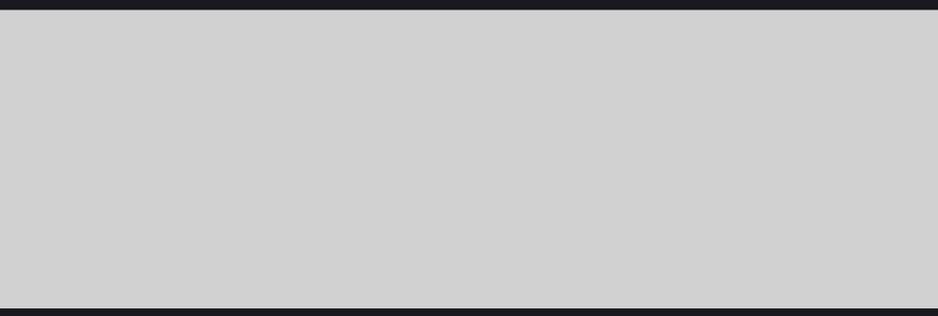
30 sec HSH / 2 wall climbs

15 écartés oiseaux + 10 elevations latérales

30 sec HSH / 2 wall climbs

15 pikes push ups

30 sec HSH / 2 wall climbs



PART 2

2x Max strict HSPU / HSPU / plank
shoulder tap

PART 3

Cumuler 400m de walking bag-back
overhead (deux bras)

SEANCE 2

PART 1

4 sets (2' rest between sets)

45 sec HSH / 3 wall climbs

6/6 tempo push press (1131)

45 sec HSH / 3 wall climbs

20 écartés oiseaux + 10 elevations latérales

45 sec HSH / 3 wall climbs

15 pikes push ups

45 sec HSH / 3 wall climbs

PART 2

2x Max strict HSPU / HSPU / plank shoulder tap

PART 3

Cumuler 500m de walking bag-back overhead (deux bras)

SEANCE 3

PART 1

4 sets (2' rest between sets)

30 sec HSH + 2 wall climbs / 5 wall climbs

5/5 tempo push press (1331)

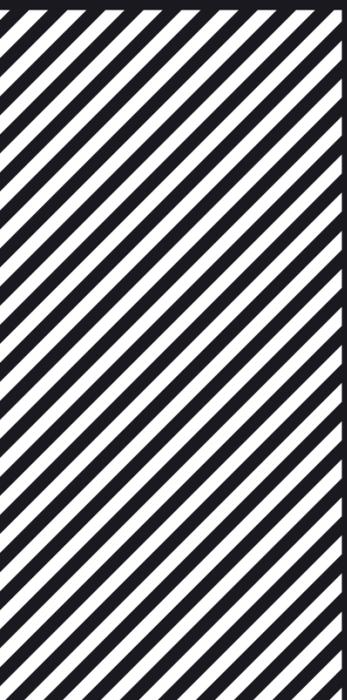
30 sec HSH + 2 wall climbs / 5 wall climbs

20 élévations frontales + 10 elevations latérales

30 sec HSH + 2 wall climbs / 5 wall climbs

15 pikes push ups

30 sec HSH + 2 wall climbs / 5 wall climbs



PART 2

2x Max strict HSPU / HSPU / plank
shoulder tap



PART 3

Cumuler 700m de walking bagback
overhead (deux bras)

SEANCE 4

PART 1

4 sets (2' rest between sets)

45 sec HSH + 2 wall climbs / 5 wall climbs

6/6 tempo push press (1331)

45 sec HSH + 2 wall climbs / 5 wall climbs

20 élévations frontales + 10 elevations latérales

45 sec HSH + 2 wall climbs / 5 wall climbs

15 pikes push ups

45 sec HSH + 2 wall climbs / 5 wall climbs

PART 2

2x Max strict HSPU / HSPU / plank
shoulder tap

PART 3

Cumuler 900m de walking bagback
overhead (deux bras)