



# CORE TRAINING

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LA FRENCH CO HOME PROGRAMATION

# INTRO

## Matériel requis :

Un DB/KB, un semblant d'abdos et lombaire

## Consignes :

- Respectez bien les tempos et temps de rest !
- Réaliser les séries unbroken.



# SEANCE 1

## PART 1

5 sets of

- 30" arch hold
- 10 deadlift one arm 5G / 5D tempo 3/3/0/1
- 1'30 rest

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## PART 2

5 sets of

- 30" hollow hold
- 12 one arm russian swing 6G / 6D @ 24/32kg
- 1'30 rest

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## PART 3

4 sets of

- 1' Gainage planche (bras tendus)
- 6 over head one arm reverse lunge @ 24/32kg
- 2' rest

2 sets bras gauche, 2 sets bras droit

BONUS : FOR TIME  
40 Devil press ALT

# SEANCE 2

## PART 1

5 sets of

- 40" arch hold
- 10 deadlift one arm 5G / 5D tempo 3/3/0/1
- 1'30 rest

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## PART 2

5 sets of

- 40" hollow hold
- 12 one arm russian swing 6G / 6D @ 24/32kg
- 1'30 rest

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## PART 3

4 sets of

- 1' Gainage planche (bras tendus)
- 6 over head one arm reverse lunge @ 24/32kg
- 2' rest

2 sets bras gauche, 2 sets bras droit

BONUS : FOR TIME  
50 Devil press ALT

# SEANCE 3

## PART 1

5 sets of

- 40" arch hold
- 12 deadlift one arm 6G / 6D tempo 3/3/0/1
- 1'30 rest

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## PART 2

5 sets of

- 40" hollow hold
- 12 one arm russian swing 6G / 6D @ 24/32kg
- 1'30 rest

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## PART 3

4 sets of

- 1' Gainage planche (bras tendus)
- 6 over head one arm reverse lunge @ 24/32kg
- 6 « front rack » reverse lunge
- 2' rest

2 sets bras gauche, 2 sets bras droit

BONUS : FOR TIME

20 devil press alt + 1' gainage planche

20 devil press alt + 1' gainage planche

10 devil press

# SEANCE 4

## PART 1

5 sets of

- 45" arch hold
- 10 one leg deadlift one arm 5G / 5D tempo 3/3/0
- 20 arch rock
- 1'30 rest

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## PART 2

5 sets of

- 45" hollow hold
- 12 one arm russian swing 6G / 6D @ 24/32kg
- 20 hollow rock
- 1'30 rest

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## PART 3

4 sets of

- 1' Gainage planche (bras tendus)
- 6 over head one arm reverse lunge @ 24/32kg
- 6 « front rack » reverse lunge
- 20 shoulder taps
- 2' rest

2 sets bras gauche, 2 sets bras droit

BONUS : FOR TIME

15 devil press alt + 100 shoulder taps

15 devil press alt + 100 shoulder taps

15 devil press

# SEANCE 5

## PART 1

5 sets of

- 45" arch hold
- 12 one leg deadlift one arm 6G / 6D tempo 3/3/0
- 30 arch rock
- 1'30 rest

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## PART 2

5 sets of

- 45" hollow hold
- 12 one arm russian swing 6G / 6D @ 24/32kg
- 30 hollow rock
- 1'30 rest

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## PART 3

4 sets of

- 1' Gainage planche (bras tendus)
- 6 over head one arm reverse lunge @ 24/32kg
- 6 « front rack » reverse lunge
- 30 shoulder taps
- 2' rest

2 sets bras gauche, 2 sets bras droit

BONUS : FOR TIME

20 devil press alt + 100 shoulder taps

20 devil press alt + 100 shoulder taps

10 devil press + 1' gainage planche