

SEM 6

Mardi 3/2 tech-renf

12 x 50 le – de mvts possible chq 50 (sans ratt !) R 15''
4 x (100 1 bras/50/ 100 nc)
4 x 200 plaq pull rma R 20'' lent & ampl
10 x 50 plaq seules R 20'' rapide
12 x 50 le – de mvts poss chq 50 R 15''
(3300)

Jeudi 5/2 ppg/vma

Esc + sqs dyn + 300

Vendredi 6/2 tech –renf

600 pull rma
600 25 jbs/25 ratt
2 x 400 plaq pull respi 3,5 R 30''
8 x 100 plaq pull rapide & ampl R 30''
400 pull rma le – de mvts poss chq 50
(3200)

SEM 7

Mardi 10/2 tech/renf

4 x 100 4n inv 1pull/1jbs/2 nc R30''
300 1 bras/50
300 25 jbs/25 polo
200 jbs bras oppo
15 x 100 plaq pull R 20'' ampl
8 x 50 dim les mvts chq 50 R 20''
(3100)

Jeudi 12/2 ppg/vma

Esc + 3 x 30/30 vma + chaise 1' + 1 ' vma

Vendredi 13/2 tech –renf

400 1 bras/50
200 ratt
300 batt 25 rapide/25 souple
1500 plaq pull 100 rma/100 rapide/100 ampl
8 x 100 plaq seules r 30'' rapide & ampl
400 pull 100 dos/100 dos
(3600)