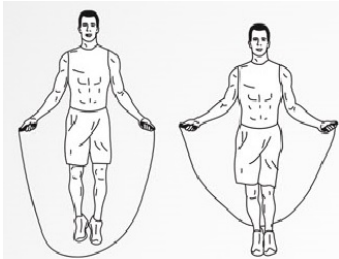
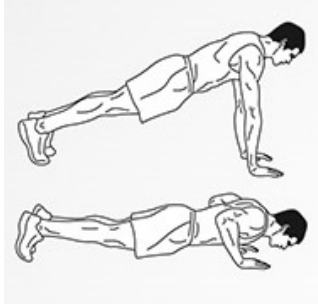
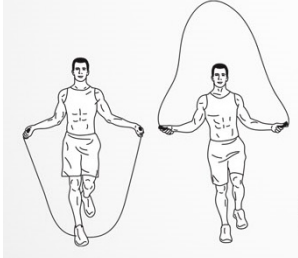
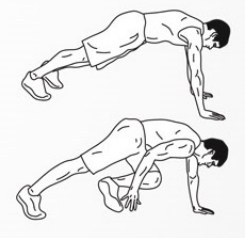
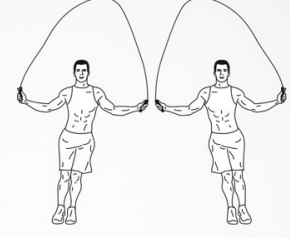
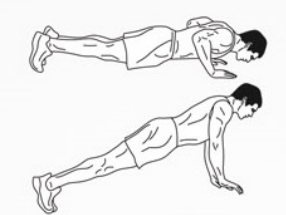
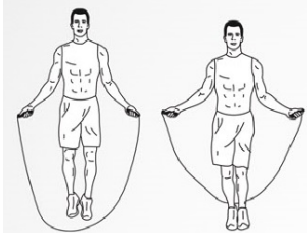



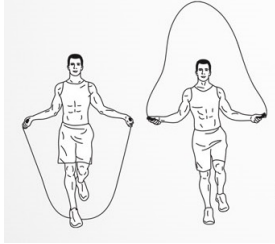
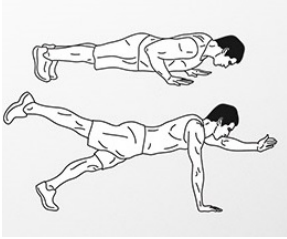

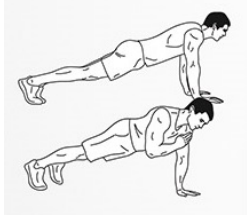
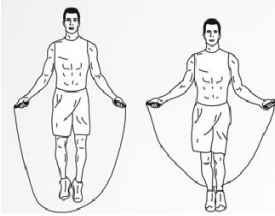
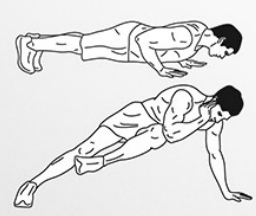
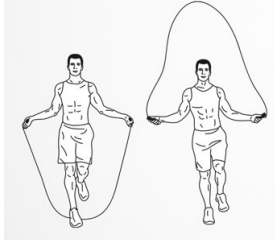
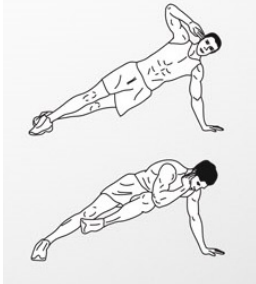
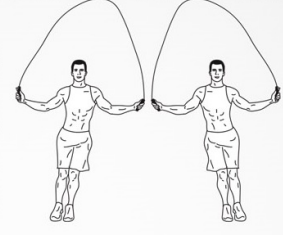
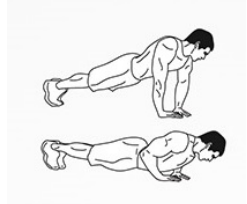

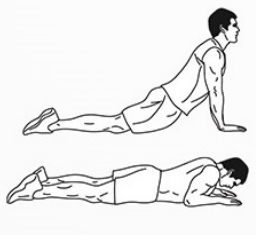
# Renforcement haut du corps



## Objectif

Renforcement du haut du corps, musculature épaule/bras/dos  
Corde à sauter 1' puis 30'' exercices à répéter 5 ou 10 fois

Rep.	1' cordes à sauter	30'' 5 ou 10 répétitions
1	 <b>Feet Together Jumps</b>	 <b>5 Classic Push-Up</b>
2	 <b>Skip Jumps</b>	 <b>10 Climber Tap Push-Up</b>
3	 <b>Together Side-to-Side</b>	 <b>5 Power Push-Up</b>
4	 <b>Feet Together Jumps</b>	 <b>10 Rotation Push-Up</b>

<p><b>5</b></p>	 <p><b>Skip Jumps</b></p>	 <p><b>5 Arm/Leg Rises Push-Up</b></p>
<p><b>6</b></p>	 <p><b>High Knee Skip Jumps</b></p>	 <p><b>10 Shoulder Tap Push-Up</b></p>
<p><b>7</b></p>	 <p><b>Feet Together Jumps</b></p>	 <p><b>5 Side Crunc Push-Up</b></p>
<p><b>8</b></p>	 <p><b>Skip Jumps</b></p>	 <p><b>10 Side Plank Push-Up</b></p>
<p><b>9</b></p>	 <p><b>Together Side-to-Side</b></p>	 <p><b>5 Close Grip Push-Up</b></p>
<p><b>10</b></p>	 <p><b>High Knee Skip Jumps</b></p>	 <p><b>10 Arches</b></p>