

SEMAINE
1

LUNDI ABDOS & CUISSSES

Chaque réussite commence par la décision ... d'essayer!

BRIDGE



20 LENTES
20 RAPIDES

AB BIKES*



20 REPS

PLANCHE



3 REPS / 20 SEC
(20SEC REPOS ENTRE)

CIRCUIT 1 - TOTAL : 10MN

SIT UPS



20 REPS

AB BIKES*



20 REPS

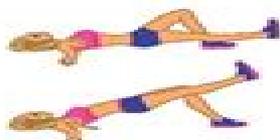
SUMO SQUAT



20 REPS

CIRCUIT 2 - TOTAL : 10MN

SINGLE LEG HIP RAISE



20 REPS PAR JAMBE

SQUAT



40 REPS

PLANCHE



6 REPS / 20 SEC
(20SEC REPOS ENTRE)

CIRCUIT 3 - TOTAL : 10MN

* Prenez votre temps et faites le mouvement sans élan. Ce sont les abdos qui font tout le travail, pas la nuque ni le haut du dos!

Sonia Tlev Gratuit

R. PINTO



Sonia Tlev Gratuit :

Se forcer à aller bien R. PINTO,2021-07-19T00:00:00Z Vous avez le sentiment de ne pas maîtriser tous les aspects de votre vie Vous vous sentez dépassé et vous plaignez de manquer de temps n'êtes pas à l'aise avec votre corps laissez peut-être s'accumuler les papiers et traiter des affaires chez vous Ce livre va vous aider restructurer votre vie et retrouver la maîtrise perdue Explication sur le fonctionnement du corps et du cerveau pour mieux se comprendre bilan émotionnel guide suivre et surtout des passages à l'action effectuer Car lire et comprendre c'est bien mais sans action de votre part il ne se passera jamais rien Remettre de l'ordre chez soi et dans sa tête reprendre le contrôle de sa vie se sentir bien a vous dit Alors c'est parti J'étais noyé dans le quotidien je me plaignais de tout et ne me sentais pas bien J'étais dépassé et pensais que c'était une fatalité J'attendais un miracle je me disais qu'un jour j'irai bien mais je ne changeais rien Après de nombreuses recherches sur le fonctionnement du corps humain pour essayer de trouver la raison de mon mal-être j'ai compris qu'il fallait que je prenne ma vie en main J'ai mis en place des actions que je me suis forcé de suivre et j'ai trouvé mon rythme de vie J'ai décidé de partager les connaissances acquises au cours de mes recherches ainsi que mon expérience à travers ce livre pour aider les personnes à retrouver la maîtrise de leur quotidien et se sentir bien Le secret se forcer à aller bien Ce livre vous montre le chemin **Arts Council of Great Britain Annual Report and Accounts ,1991**

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