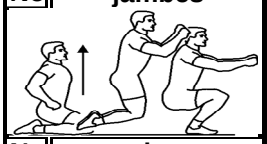
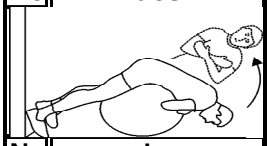
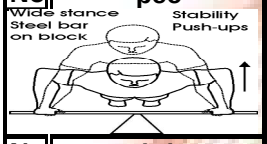
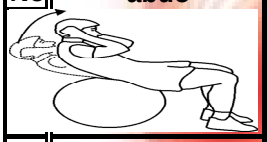
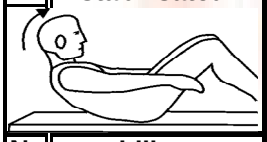
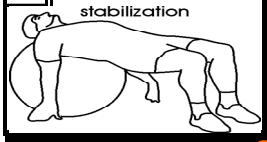
# Programme de renforcement musculaire — Phase 5

Club cycliste Acidose Lactique

## SECTION MUSCULAIRE en CIRCUIT

| No | | | DATE | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| No | jambes | S | 1 x | | | | | | | | | | | | | | |
| | | R | 30 sec | | | | | | | | | | | | | | |
| | | C | | | | | | | | | | | | | | | |
| | | T | | NOTES: pour augmenter la difficulté prendre quelque chose dans les mains | | | | | | | | | | | | | |
| | | R | 0 | | | | | | | | | | | | | | |
| No | jambes  | S | 1 x | | | | | | | | | | | | | | |
| | | R | 30 sec | | | | | | | | | | | | | | |
| | | C | | | | | | | | | | | | | | | |
| | | T | | NOTES: bien assis sur les talons, se relever rapidement pour attérir sur les pieds | | | | | | | | | | | | | |
| | | R | 0 | | | | | | | | | | | | | | |
| No | dos  | S | 1 x | | | | | | | | | | | | | | |
| | | R | 30 sec | | | | | | | | | | | | | | |
| | | C | | | | | | | | | | | | | | | |
| | | T | | NOTES: alterné chaque côté | | | | | | | | | | | | | |
| | | R | 0 | | | | | | | | | | | | | | |
| No | dos | S | 1 x | | | | | | | | | | | | | | |
| | | R | 30 sec | | | | | | | | | | | | | | |
| | | C | | | | | | | | | | | | | | | |
| | | T | | NOTES: coucher sur un ballon | | | | | | | | | | | | | |
| | | R | 0 | | | | | | | | | | | | | | |
| No | pec   | S | 1 x | | | | | | | | | | | | | | |
| | | R | 30 sec | | | | | | | | | | | | | | |
| | | C | | | | | | | | | | | | | | | |
| | | T | | NOTES: | | | | | | | | | | | | | |
| | | R | 0 | | | | | | | | | | | | | | |
| No | abdo  | S | 1 x | | | | | | | | | | | | | | |
| | | R | 30 sec | | | | | | | | | | | | | | |
| | | C | | | | | | | | | | | | | | | |
| | | T | | NOTES: | | | | | | | | | | | | | |
| | | R | 0 | | | | | | | | | | | | | | |
| No | abdo | S | 1 x | | | | | | | | | | | | | | |
| | | R | 30 sec | | | | | | | | | | | | | | |
| | | C | | | | | | | | | | | | | | | |
| | | T | | NOTES: allez chercher le ballon entre les jambes puis revenir en extension | | | | | | | | | | | | | |
| | | R | 0 | | | | | | | | | | | | | | |
| No | abdo | S | 1 x | | | | | | | | | | | | | | |
| | | R | 30 sec | | | | | | | | | | | | | | |
| | | C | | | | | | | | | | | | | | | |
| | | T | | NOTES: | | | | | | | | | | | | | |
| | | R | 0 | | | | | | | | | | | | | | |
| No | stabilisateur  | S | 1 x | | | | | | | | | | | | | | |
| | | R | 30 sec | | | | | | | | | | | | | | |
| | | C | | | | | | | | | | | | | | | |
| | | T | | NOTES: garder la position stable mais assis sur un ballon | | | | | | | | | | | | | |
| | | R | 0 | | | | | | | | | | | | | | |
| No | stabilisateur   | S | 1 x | | | | | | | | | | | | | | |
| | | R | 30 sec | | | | | | | | | | | | | | |
| | | C | | | | | | | | | | | | | | | |
| | | T | | NOTES: placer les deux pieds sur une chaise, jambes étendues | | | | | | | | | | | | | |
| | | R | 0 | | | | | | | | | | | | | | |

S = SÉRIE R = RÉPÉTITION C = CHARGE T = TEMPO R = REPOS