

4

SEMAINES

*POUR*

SE

REMETTRE

DANS LES

RAILS

MARGAUX LIFESTYLE

01



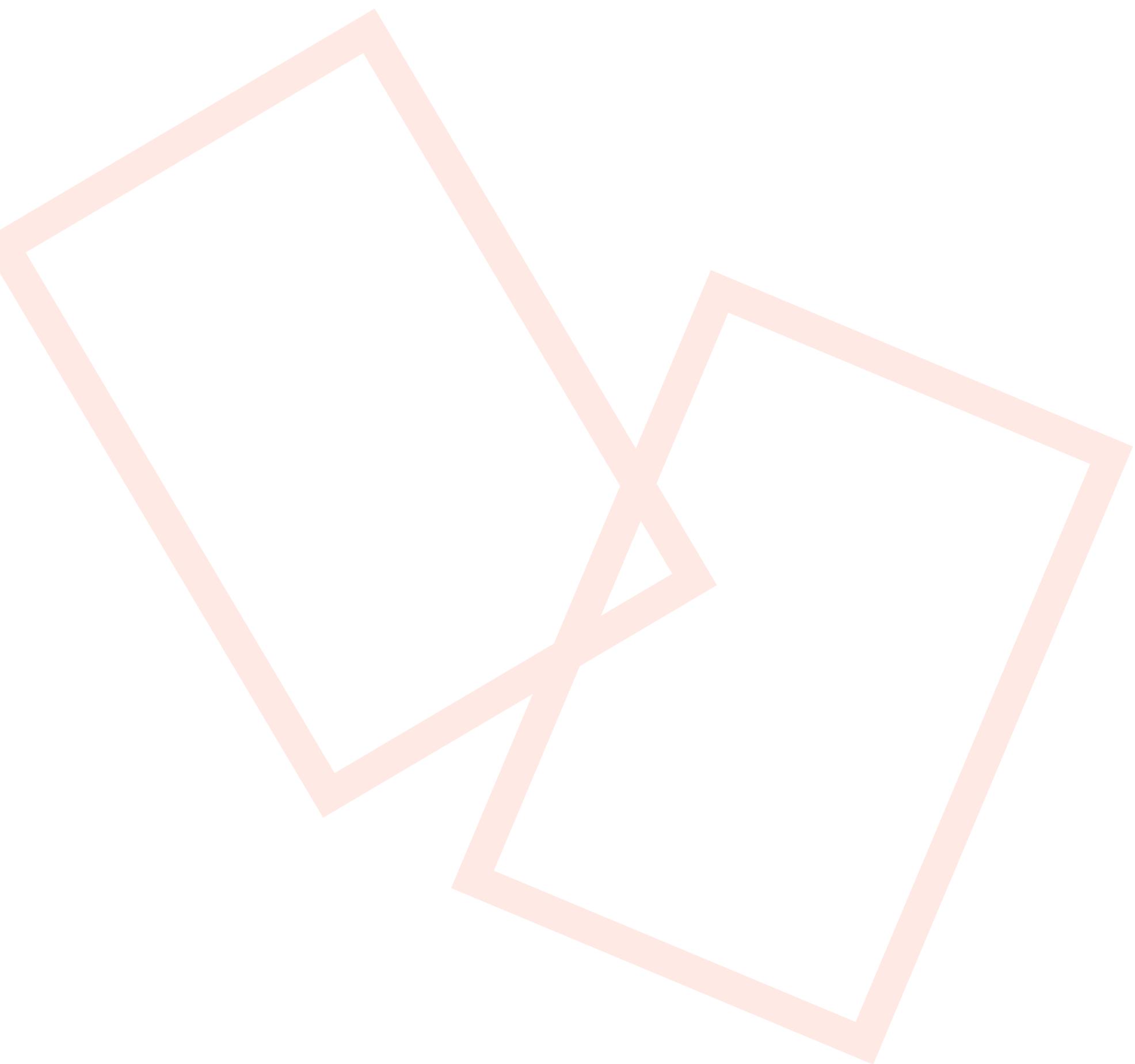
AVANT DE  
COMMENCER

01

*Bilan*

*Initial*

P H O T O S   D E   D É P A R T



# *Bilan initial*

P o i d s :  
:

d o n t m a s s e g r a s s e :

Mensurations :

Gauche

Droite

Cheville

Mollet

Genou

Cuisse

Fesses

Ventre

Bras

# *Objectifs*

*Pendant ces 4 semaines, je  
veux :*

- .....  
.....
- .....  
.....
- .....  
.....
- .....  
.....
- .....  
.....

02

P R O G R A M M E

02

# *SEMAINE*

# *1*

Du ... / ... au ... / ...

Lundi :

Mardi :

Mercredi :

Jeudi :

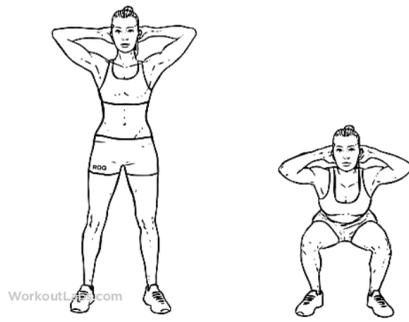
Vendredi :

Samedi :

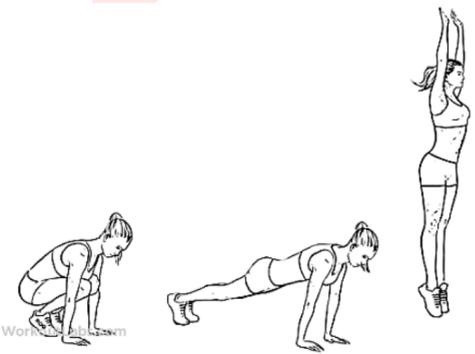
Dimanche :

# Semaine 1 - Full Body

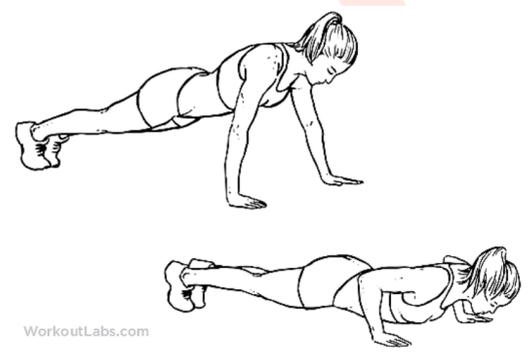
Circuit à faire 4 fois (1 minute de récup' entre chaque circuit, mais pas entre les exercices !)



20

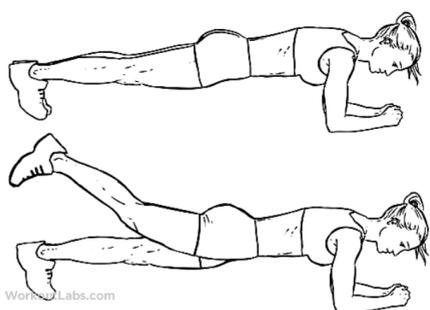


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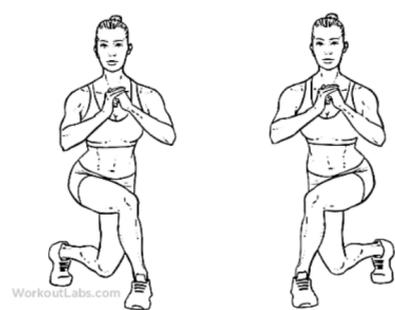


12

2\*15

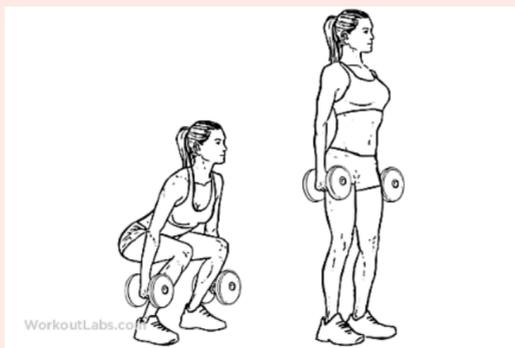


2\*15

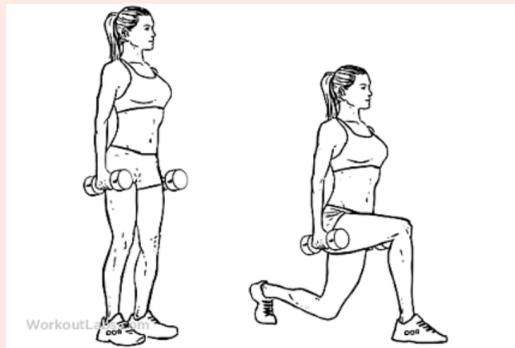


# Semaine 1 - Bas du Corps

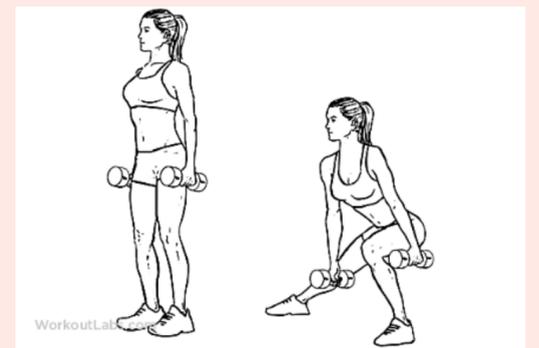
3 séries de chaque exercice - 45 sec de récup'



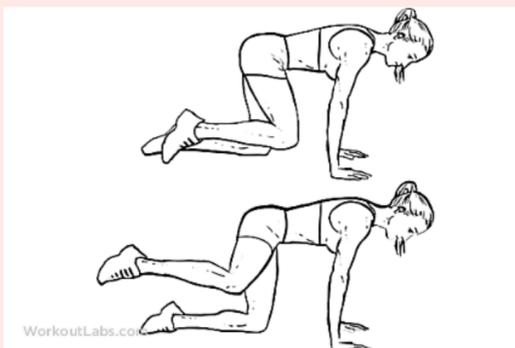
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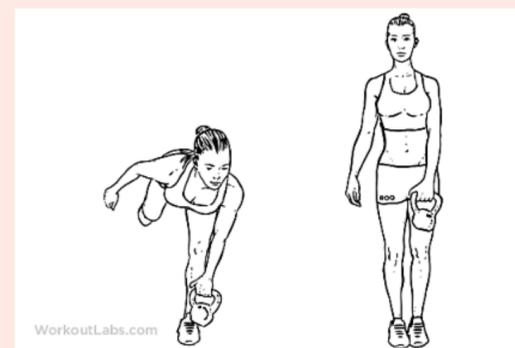
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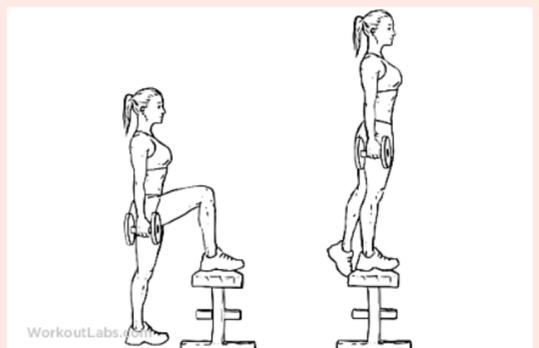
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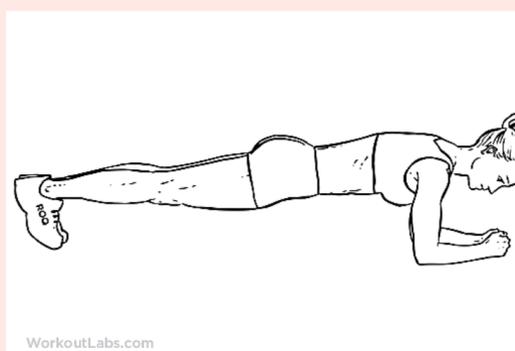
2\*15



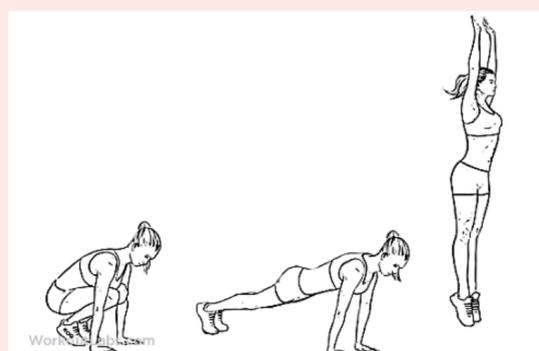
2\*15



2\*15



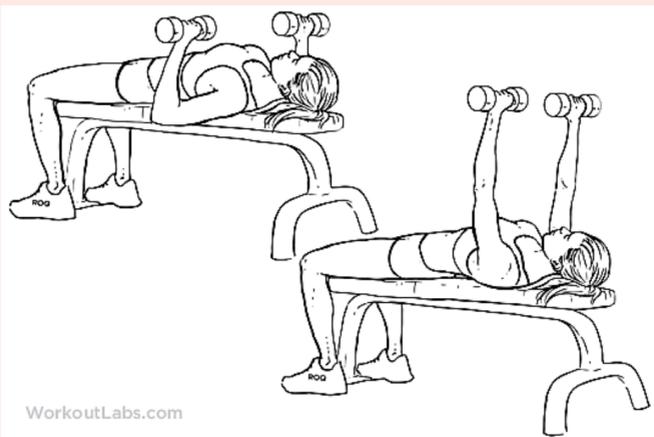
45 sec



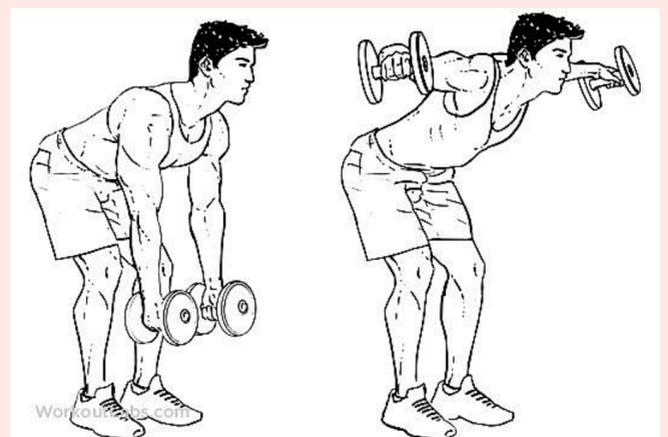
30 (facultatif)

# Semaine 1 - Haut du Corps

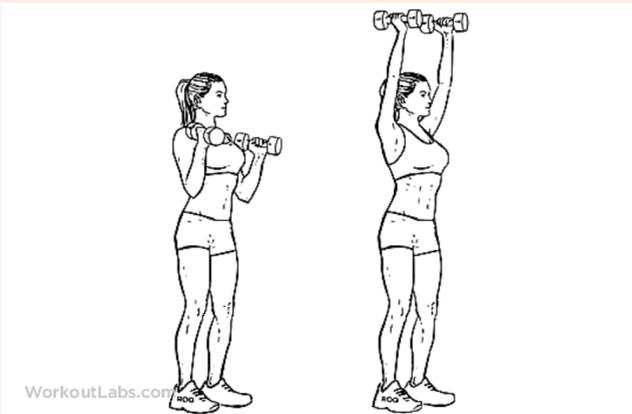
2 séries de chaque exercice - 45 sec de récup'



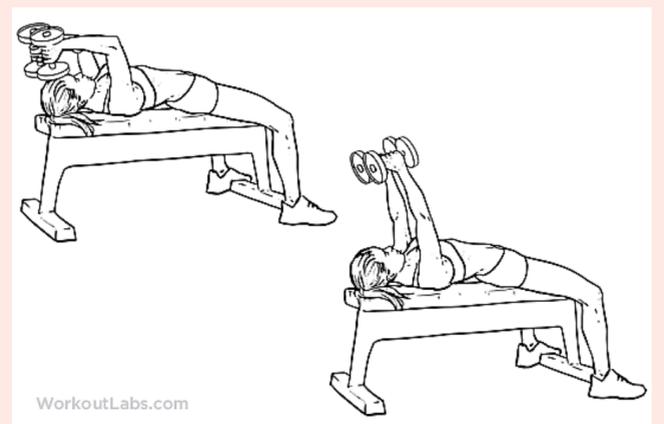
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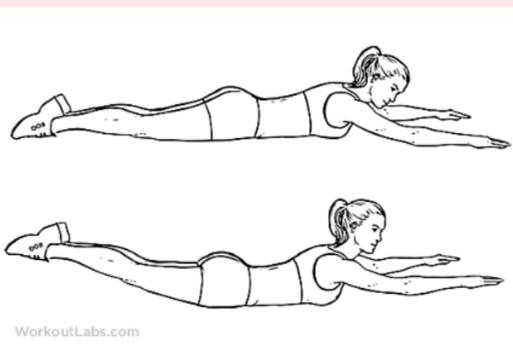
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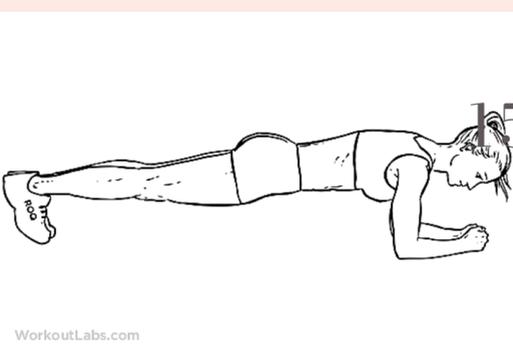
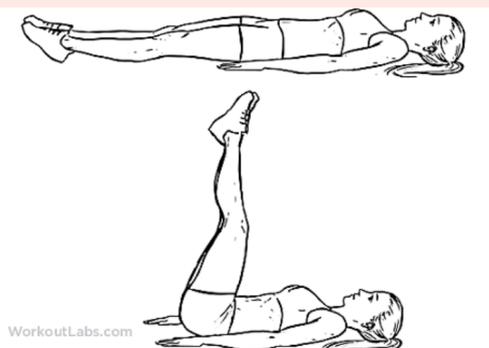


15



<- 15

20 ->



<- 1 min

20 ->



# *SEMAINE*

# 2

Du ... / ... au ... / ...

Lundi :

Mardi :

Mercredi :

Jeudi :

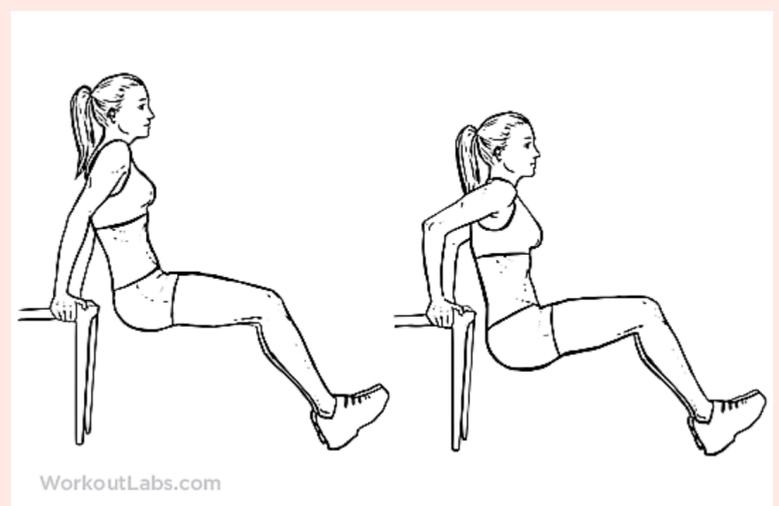
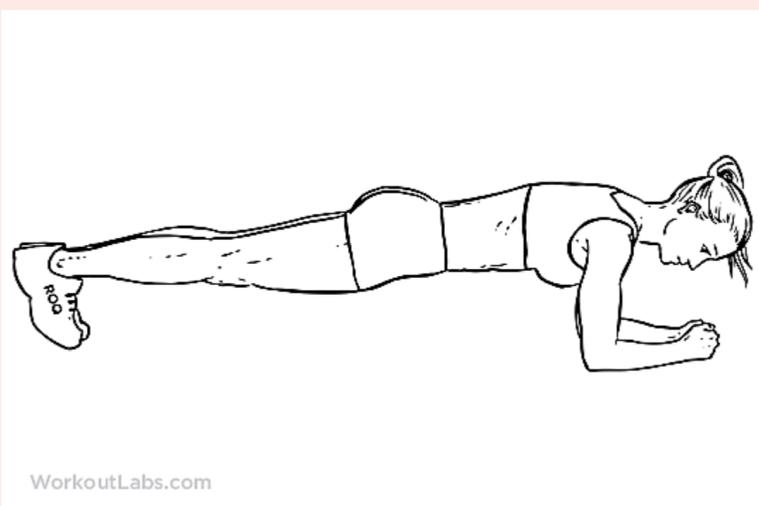
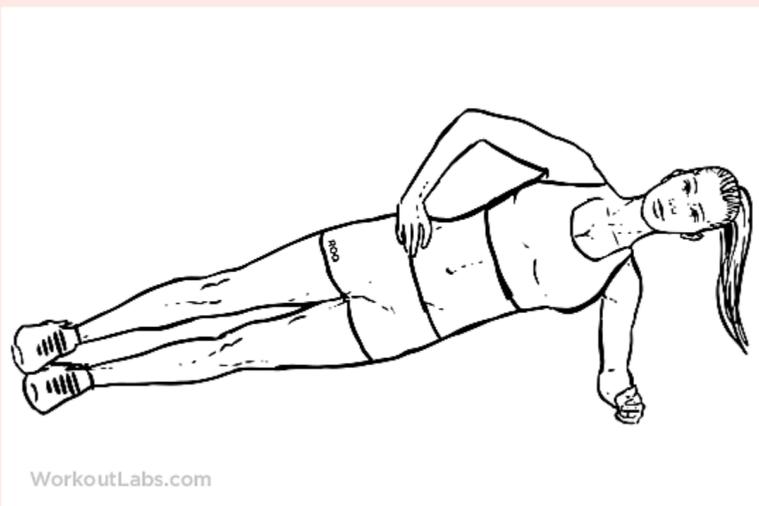
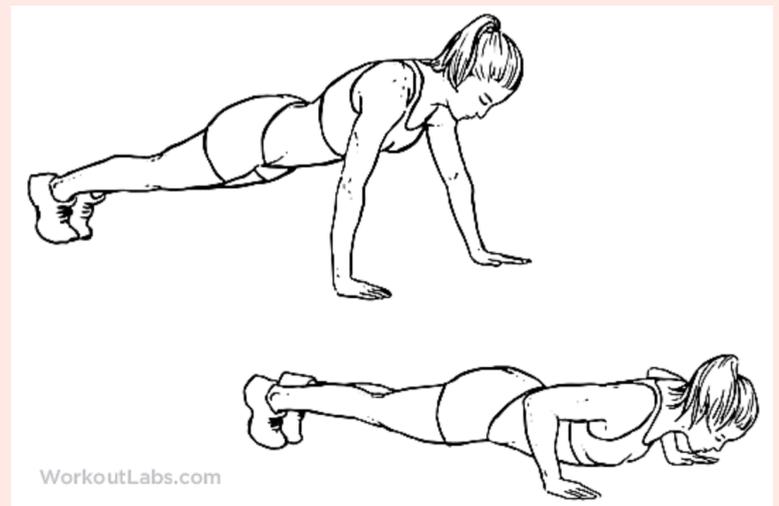
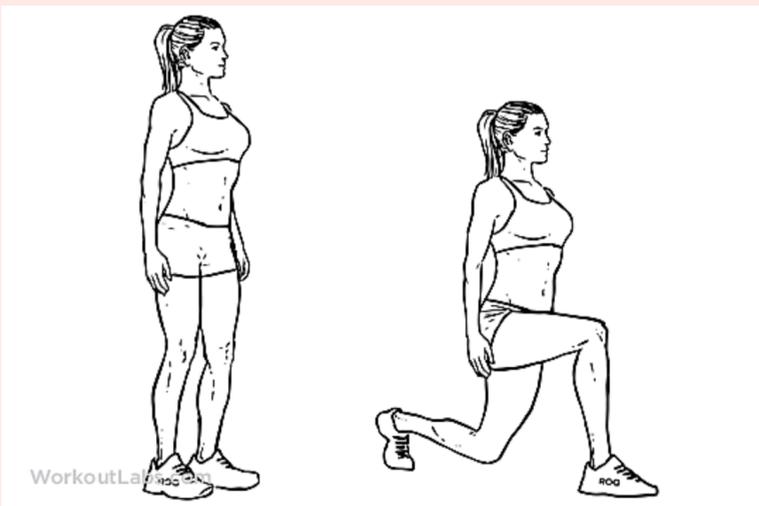
Vendredi :

Samedi :

Dimanche :

# Semaine 2 - Full Body

Circuit Training : 30 sec par exercice à enchaîner -  
5 tours et une minute de récup' entre chaque tour



# Semaine 2 - Bas du Corps

Circuit Cardio : 30 sec par exercice, 3/4 fois et une minute de récup' entre chaque tour



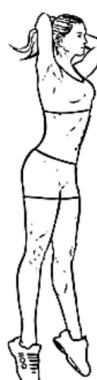
WorkoutLabs.com



WorkoutLabs.com



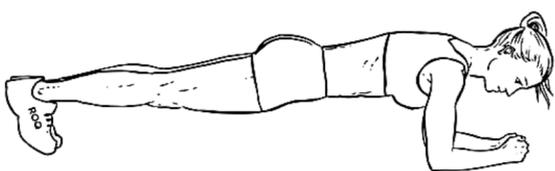
WorkoutLabs.com



WorkoutLabs.com



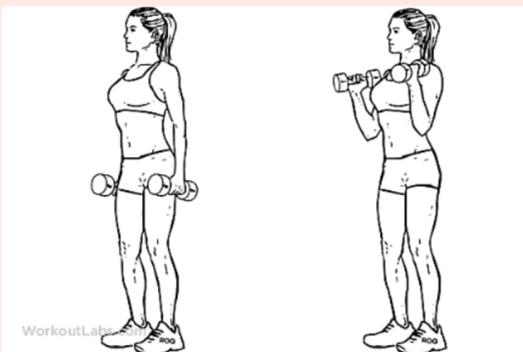
WorkoutLabs.com



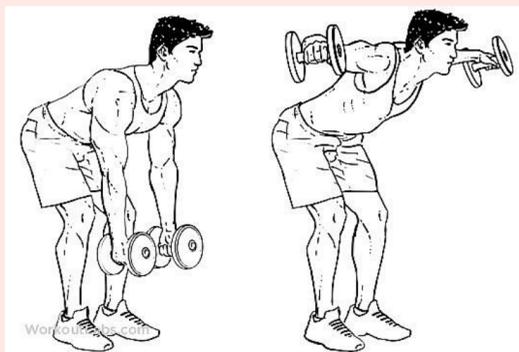
WorkoutLabs.com

# Semaine 2 - Haut du Corps

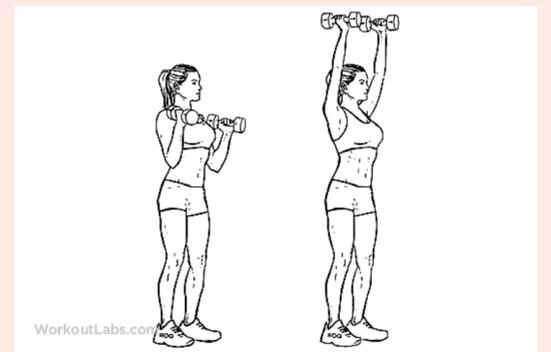
3 séries - 45 sec de récup'



20



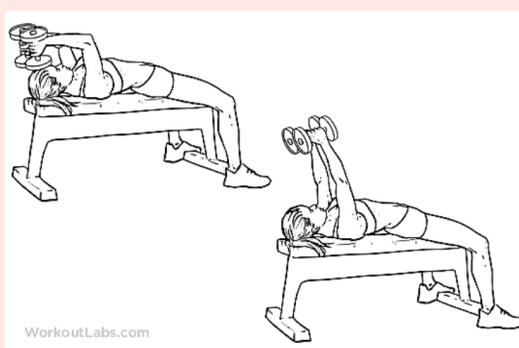
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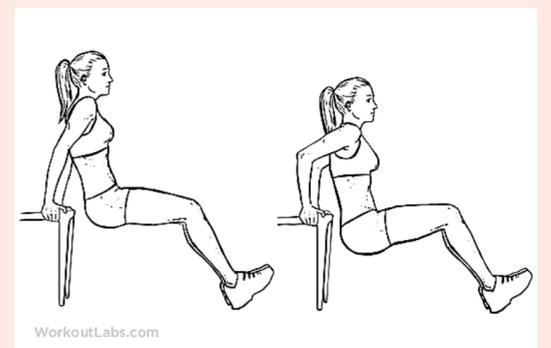
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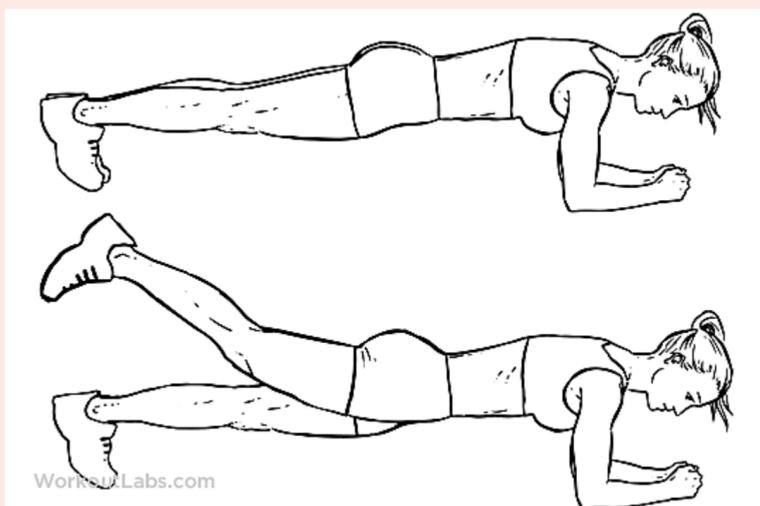
2\*15



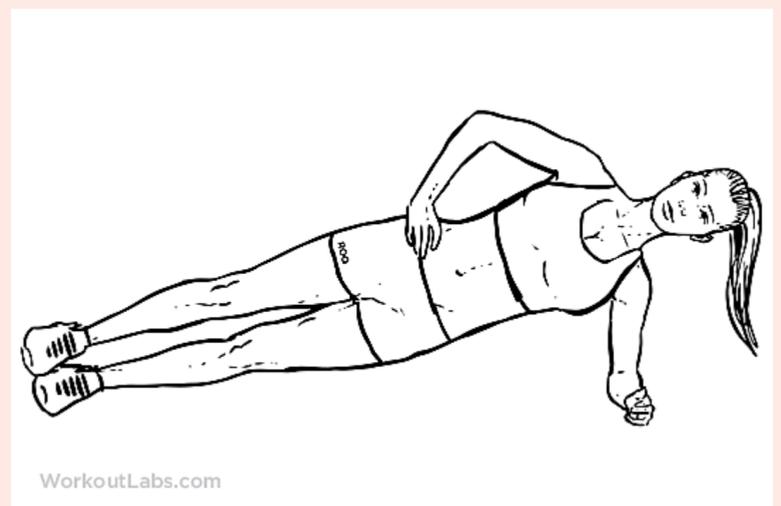
20



15



2\*30



2\*45sec

# *SEMAINE*

# 3

Du ... / ... au ... / ...

Lundi :

Mardi :

Mercredi :

Jeudi :

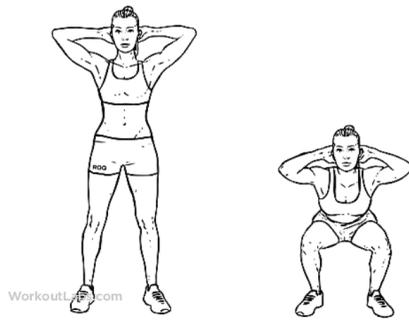
Vendredi :

Samedi :

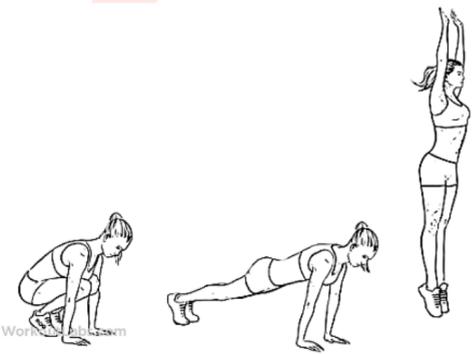
Dimanche :

# Semaine 3 - Full Body

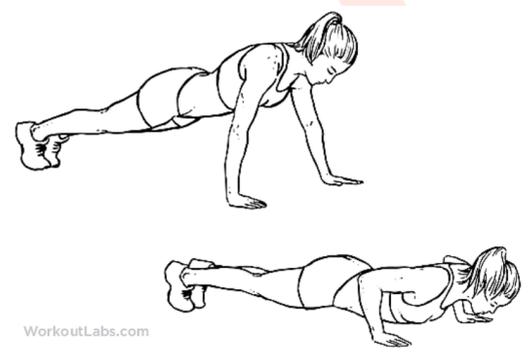
Circuit à faire 4 fois (1 minute de récup' entre chaque circuit, mais pas entre les exercices !)



20

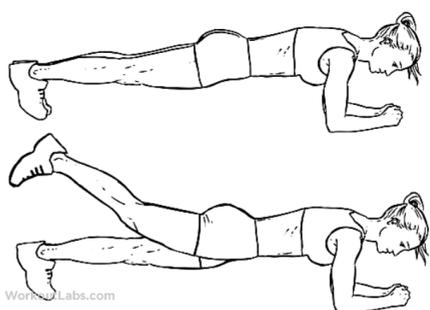


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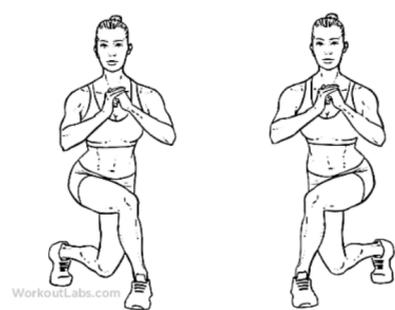


12

2\*15

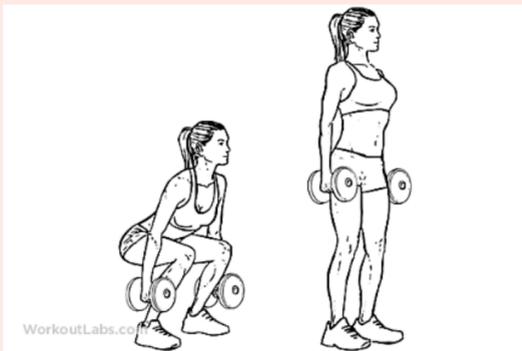


2\*15

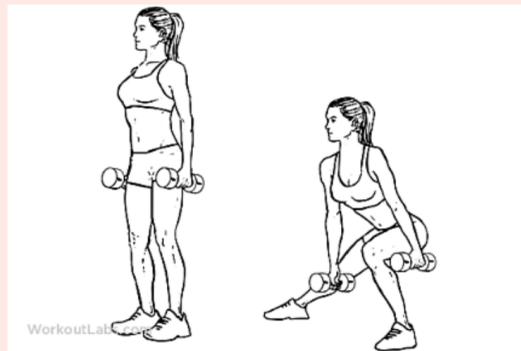


# Semaine 3 - Bas du Corps

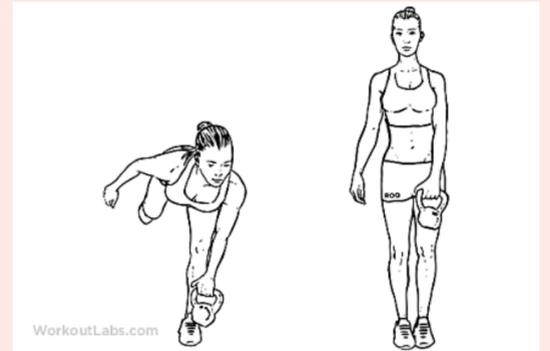
Circuit à faire 2 fois avec 45 sec de récup' entre les exercices



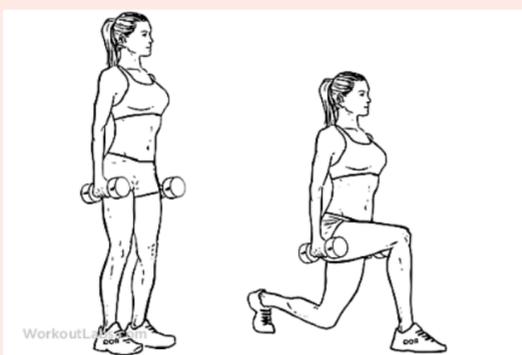
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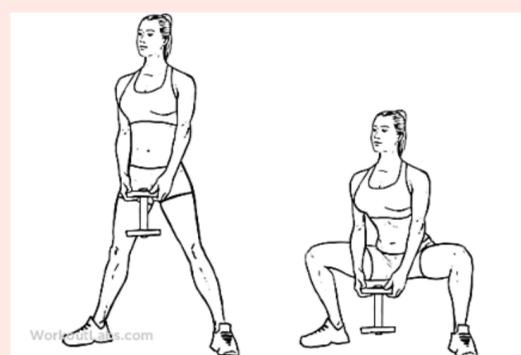
2\*15



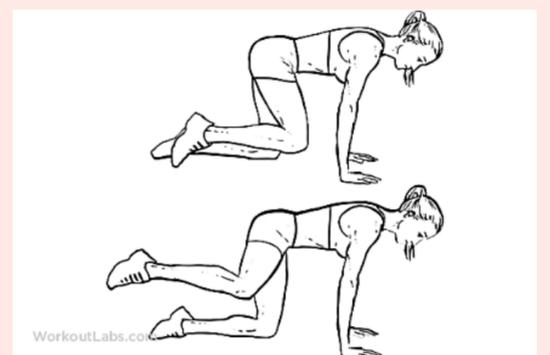
2\*12



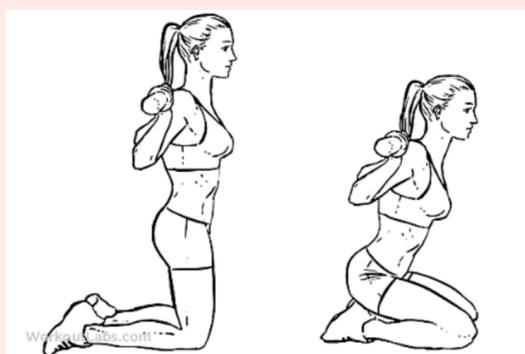
2\*15



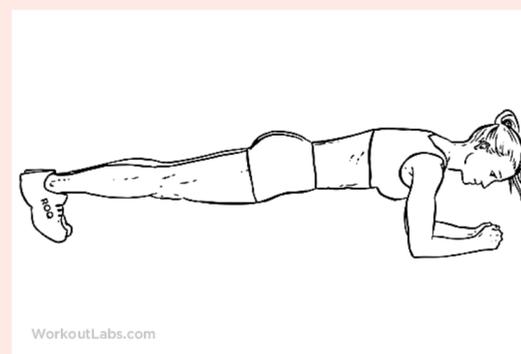
20



2\*15



12



1min



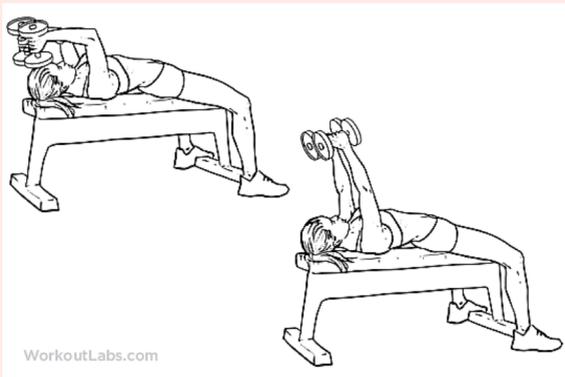
Max en 45 sec

# Semaine 3 - Haut du Corps

Bloc 1 : 3 tours, 30 sec de récup' entre les exo

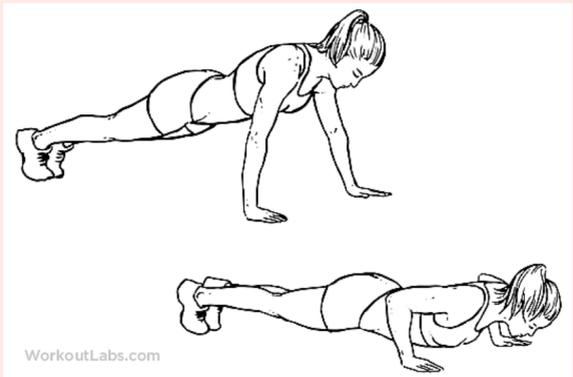
Bloc 2 : enchaîner les exercices sans pause 2 fois

## BLOC 1 :



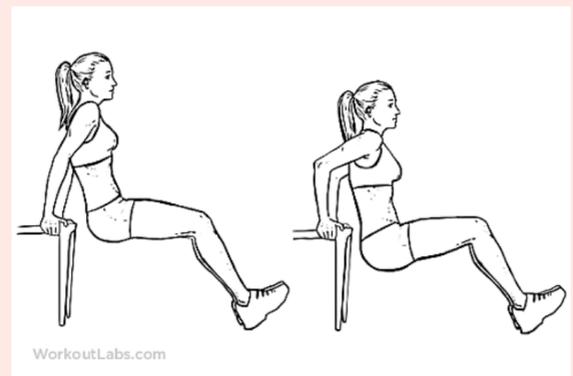
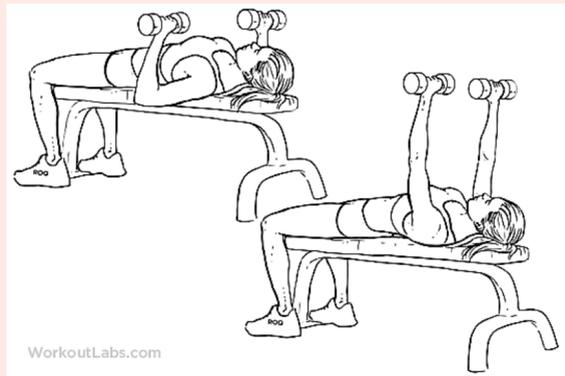
<- 15

12 ->

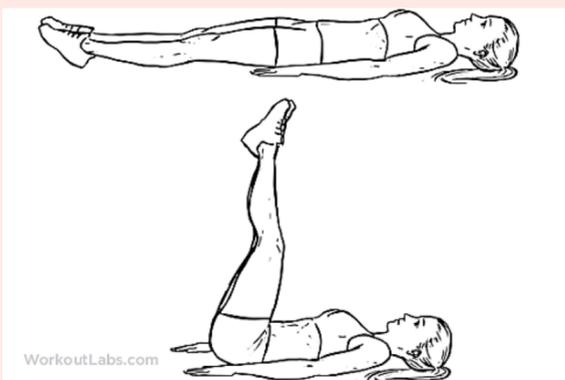


<- 20

12 ->

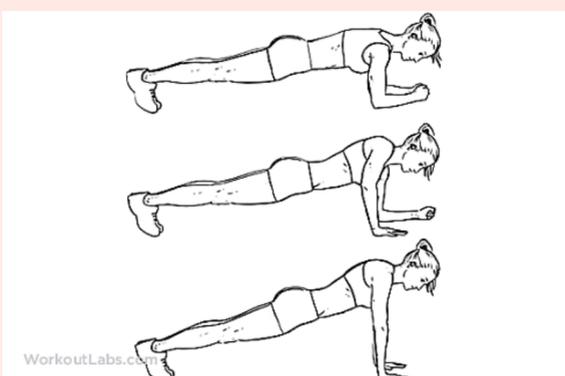
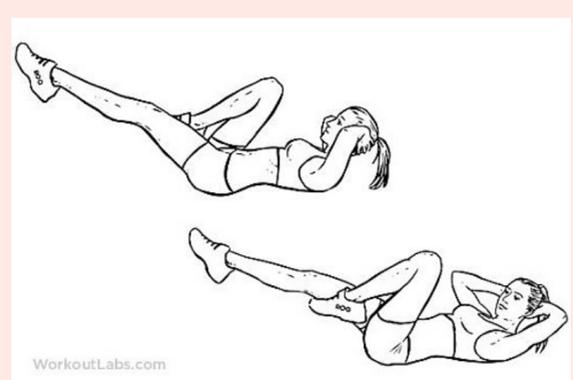


## BLOC 2 :



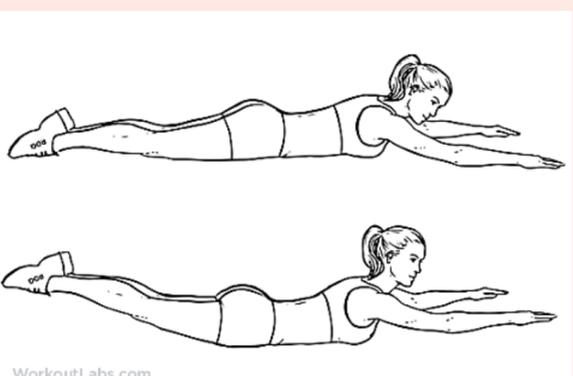
<- 20

20 ->



<- 10

15 ->



# *SEMAINE*

*4*

Du ... / ... au ... / ...

Lundi :

Mardi :

Mercredi :

Jeudi :

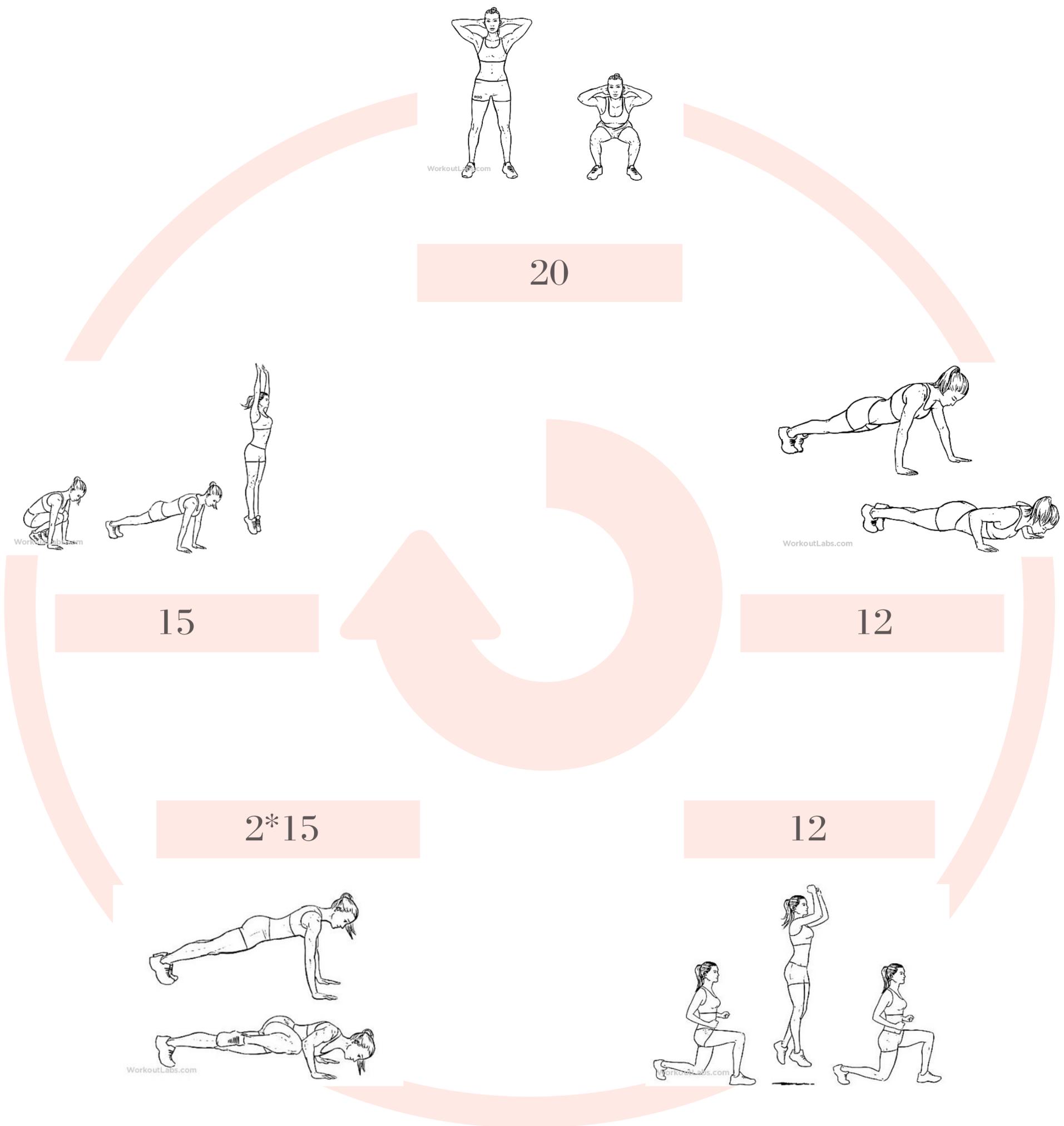
Vendredi :

Samedi :

Dimanche :

# Semaine 4 - Full Body

Circuit à faire 4 fois (1 minute de récup' entre chaque circuit, mais pas entre les exercices !)

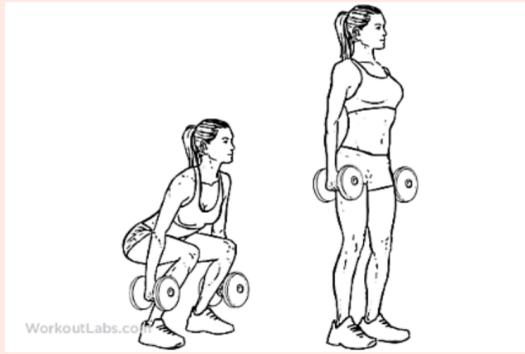


# Semaine 4 - Bas du Corps

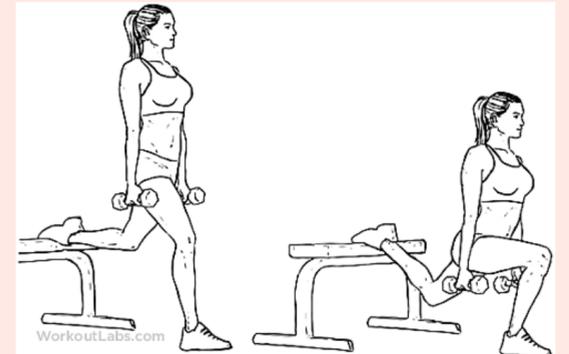
3 séries - 45 sec de récup'



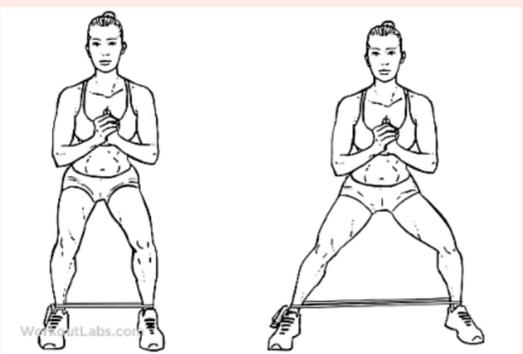
2\*15



15 + 10sec tenues



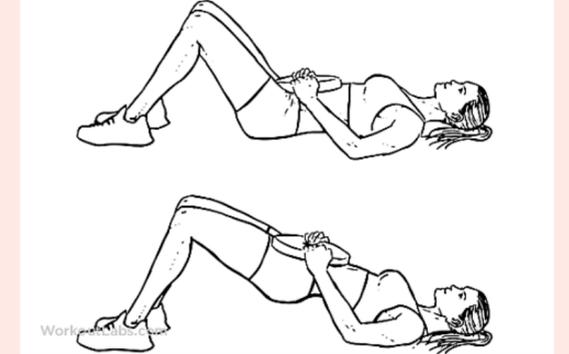
2\*12



2\*20



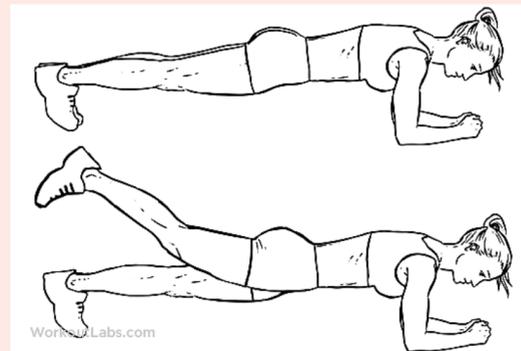
2\*15



20



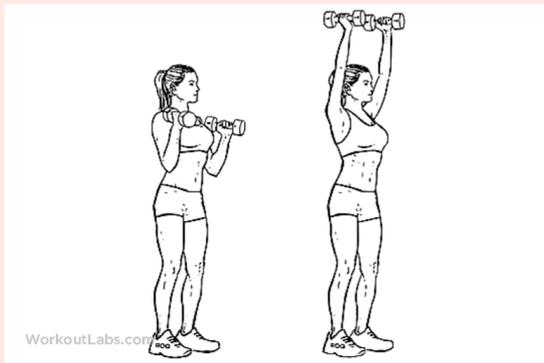
2\*12



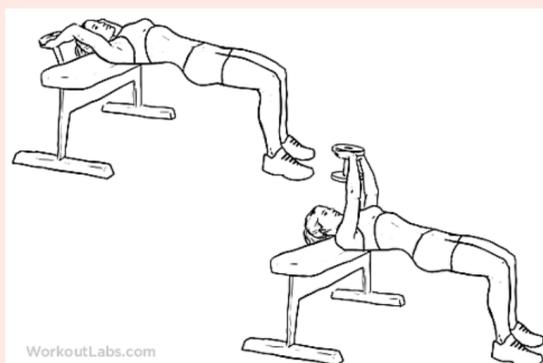
2\*30

# Semaine 4 - Haut du Corps

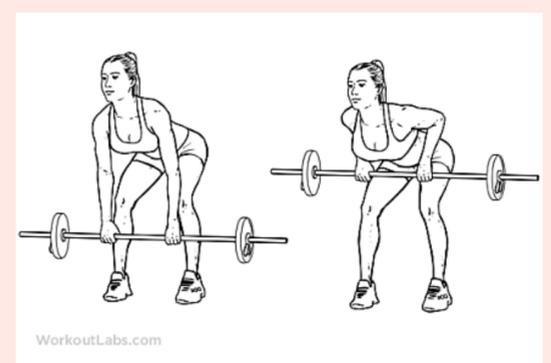
3 séries - 45 sec de récup'



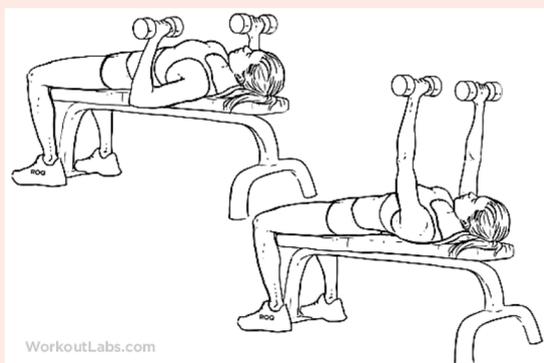
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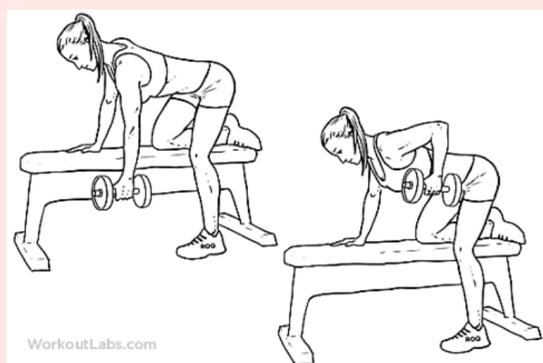
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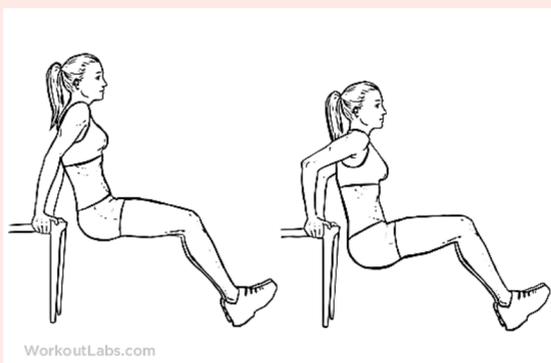
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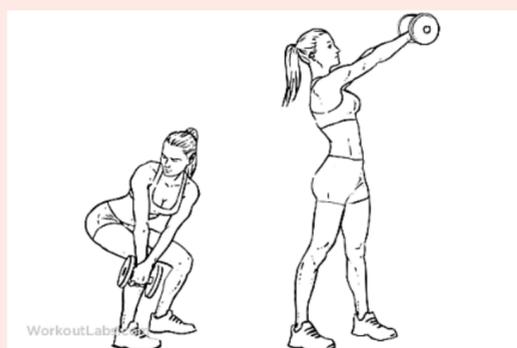
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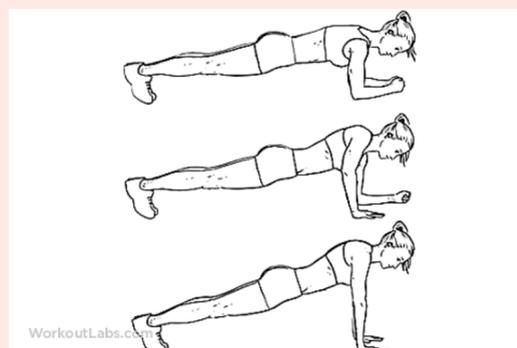
2\*15



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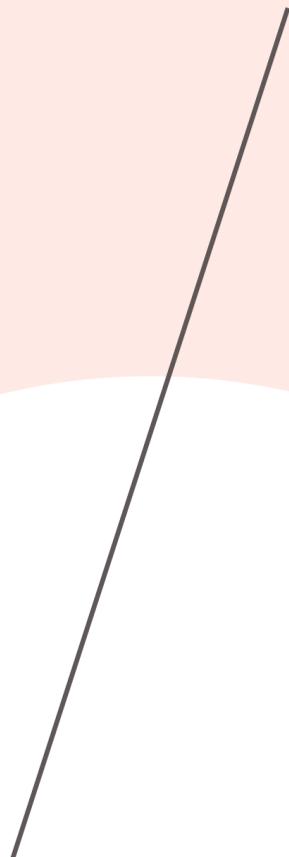


2\*15

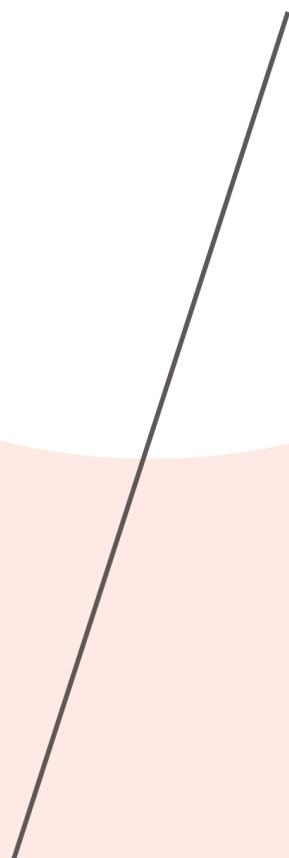


12

03



LES  
P R O G R È S



03

*Bilan  
final*

P H O T O S   D E   D ' A R R I V É E



# *Bilan final*

P o i d s :

d o n t m a s s e g r a s s e :

Mensurations :

Gauche

Droite

Cheville

Mollet

Genou

Cuisse

Fesses

Ventre

Bras

Evolution :

E T  
S U R T O U T  
N ' O U B L I E  
P A S :  
T U  
D É C H I R E S  
!