

Programme Entraînement – Upper / Lower (4 jours)

Jour 1 – Upper (Push Focus)

1. Lateral Raises Machine – 3 séries (RIR 0/1)
2. Overhead Dumbbell Press – 3 séries (RIR 0/1)
3. Weighted Pull-ups – 2 séries (RIR 0)
4. Barbell Row – 3 séries (RIR 1/2)
5. Weighted Dips – 2 séries (RIR 0/1)
6. Incline Chest Press – 2 séries (RIR 0/1)
7. **Superset** : Overhead Triceps Extension + Cable Biceps Curl – 3 séries (RIR 1/2)

Jour 2 – Lower

1. Squat – 3 séries (RIR 0/1)
2. Leg Extension – 3 séries (RIR 1/2)
3. Leg Curl (machine) – 2 séries (RIR 0/1)
4. Single-leg RDL – 3 séries (RIR 1/2)
5. Calves (debout machine ou presse) – 3 séries (RIR 0/1)
6. Crunch Machine – 3 séries (RIR 1/2)
7. Plank – 1 min (3 fois)

Jour 3 – Upper (Pull Focus)

1. Lat Pull Down – 2 séries (RIR 0/1)
2. Chest-Supported Row (machine ou haltères) – 3 séries (RIR 0/1)
3. Pull-over – 2 séries (RIR 1/2)
4. Dumbbell Press – 3 séries (RIR 0/1)
5. Peck Deck – 1 série (RIR 0)
6. Overhead Press (machine) – 2 séries (RIR 0/1)
7. Rear Delt (lent, strict) – 2 séries (RIR 1/2)
8. **Superset** :
 - Triceps Pushdown
 - EZ Bar Curl→ 3 séries (RIR 0/1)

Jour 4 – Lower 2 (Normal)

1. Squat – 3 séries (RIR 0/1)
2. Leg Extension – 3 séries (RIR 1/2)
3. Leg Curl (machine) – 2 séries (RIR 0/1)
4. Single-leg RDL – 3 séries (RIR 1/2)
5. Calf Raise (debout machine ou presse) – 3 séries (RIR 0/1)
6. Crunch Machine – 3 séries (RIR 1/2)
7. Plank – 1 min (3 fois)

