



# Entraînement de 30 jours de niveau débutant

## Jour 1

Pompes: 5  
Squats: 10  
Redressements  
assis: 15

## Jour

Pompes: 5  
Squats: 12  
Redressements  
assis 15

## Jour

Pompes: 5  
Squats: REPOS  
Planche: 15 sec.

## Jour

Pompes: 7  
Squats: 15  
Redressements  
assis : 30

## Jour

Pompes: 7  
Squats: 18  
Redressements  
assis: 35

## Jour 6

Pompes: REST  
Squats: 20  
Redressements  
assis: REPOS

## Jour 7

Pompes: 8  
Squats: REPOS  
Planche: 15 sec.

## Jour 8

Pompes: 8  
Squats: 22  
Redressements  
assis: 45

## Jour 9

Pompes: 8  
Squats: 25  
Redressements  
assis: 50

## Jour 10

Pompes: 8  
Squats: 28  
Planche: 30 sec.

## Jour 11

Pompes: 9  
Squats: REPOS  
Redressements  
assis: 55

## Jour 12

Pompes: 9  
Squats: 30  
Redressements  
assis: REPOS

## Jour 13

Pompes: REPOS  
Squats: 32  
Redressements  
assis: 60

## Jour 14

Pompes: 10  
Squats: 35  
Planche: 30  
sec.

## Jour 15

Pompes: 10  
Squats: REPOS  
Redressements  
assis: 65

## Jour 16

Pompes: 10  
Squats: 38  
Redressements  
assis: 70

## Jour 17

Pompes: 11  
Squats: 40  
Planche: 45 sec.

## Jour 18

Pompes: 11  
Squats: 42  
Redressements  
assis: 75

## Jour 19

Pompes: 11  
Squats: REPOS  
Redressements  
assis: 75

## Jour 20

Pompes: REPOS  
Squats: 45  
Planche: 45 sec.

## Jour 21

Pompes: 12  
Squats: 48  
Redressements  
assis : REPOS

## Jour 22

Pompes: 12  
Squats: 50  
Redressements  
assis: 80

## Jour 23

Pompes: 12  
Squats: REPOS  
Redressements  
assis: 80

## Jour 24

Pompes: 13  
Squats: 52  
Planche: 1 min.

## Jour 25

Pompes: 13  
Squats: 55  
Redressements  
assis: 85

## Jour 26

Pompes: 14  
Squats: 58  
Redressements  
assis: 90

## Jour 27

Pompes: 14  
Squats: REPOS  
Redressements  
assis: REPOS

## Jour 28

Pompes: REPOS  
Squats: 60  
Planche: 1 min

## Jour 29

Pompes: 15  
Squats: 62  
Redressements  
assis: 95

## Jour 30

Pompes: 15  
Squats: 65  
Redressements  
assis: 100



# Entraînement de 30 jours de niveau intermédiaire

## Jour 1

Pompes: 5  
Squats: 30  
Redressements  
assis: 15

## Jour 2

Pompes: 5  
Squats: 32  
Redressements  
assis: 15

## Jour 3

Pompes: 6  
Squats: REST  
Redressements  
assis: 25

## Jour 4

Pompes: 6  
Squats: 36  
Redressements  
assis: 30

## Jour 5

Pompes: 7  
Squats: 38  
Redressements  
assis: 35

## Jour 6

Pompes: REST  
Squats: 40  
Redressements  
assis: REST

## Jour 7

Pompes: 8  
Squats: REST  
Redressements  
assis: 45

## Jour 8

Pompes: 8  
Squats: 44  
Redressements  
assis: 45

## Jour 9

Pompes: 9  
Squats: 46  
Redressements  
assis: 50

## Jour 10

Pompes: 9  
Squats: 48  
Redressements  
assis: 55

## Jour 11

Pompes: 10  
Squats: REST  
Redressements  
assis: 55

## Jour 12

Pompes: 11  
Squats: 52  
Redressements  
assis: REST

## Jour 13

Pompes: REST  
Squats: 54  
Redressements  
assis: 60

## Jour 14

Pompes: 11  
Squats: 58  
Redressements  
assis: 65

## Jour 15

Pompes: 12  
Squats: REST  
Redressements  
assis: 65

## Jour 16

Pompes: 12  
Squats: 60  
Redressements  
assis: 70

## Jour 17

Pompes: 13  
Squats: 62  
Redressements  
assis: 70

## Jour 18

Pompes: 14  
Squats: 66  
Redressements  
assis: 75

## Jour 19

Pompes: 14  
Squats: REST  
Redressements  
assis: 75

## Jour 20

Pompes: REST  
Squats: 68  
Redressements  
assis: 75

## Jour 21

Pompes: 15  
Squats: 70  
Redressements  
assis: REST

## Jour 22

Pompes: 15  
Squats: 74  
Redressements  
assis: 80

## Jour 23

Pompes: 16  
Squats: REST  
Redressements  
assis: 80

## Jour 24

Pompes: 17  
Squats: 76  
Redressements  
assis: 85

## Jour 25

Pompes: 17  
Squats: 78  
Redressements  
assis: 85

## Jour 26

Pompes: 18  
Squats: 82  
Redressements  
assis: 90

## Jour 27

Pompes: 18  
Squats: REST  
Redressements  
assis: REST

## Jour 28

Pompes: REST  
Squats: 84  
Redressements  
assis: 95

## Jour 29

Pompes: 19  
Squats: 88  
Redressements  
assis: 95

## Jour 30

Pompes: 20  
Squats: 90  
Redressements  
assis: 100



# Entraînement de 30 jours de niveau avancé

## Jour 1

Pompes: 5  
Squats: 55  
Redressements  
assis: 15

## Jour 2

Pompes: 7  
Squats: 60  
Redressements  
assis: 15

## Jour 3

Pompes: 7  
Squats: REPOS  
Redressements  
assis: 25

## Jour 4

Pompes: 8  
Squats: 70  
Redressements  
assis: 30

## Jour 5

Pompes: 9  
Squats: 75  
Redressements  
assis: 35

## Jour 6

Pompes: REPOS  
Squats: 80  
Redressements  
assis: REPOS

## Jour 7

Pompes: 8  
Squats: REPOS  
Redressements  
assis: 45

## Jour 8

Pompes: 9  
Squats: 100  
Redressements  
assis: 45

## Jour 9

Pompes: 10  
Squats: 105  
Redressements  
assis: 50

## Jour 10

Pompes: 10  
Squats: 110  
Redressements  
assis: 55

## Jour 11

Pompes: 12  
Squats: REPOS  
Redressements  
assis: 55

## Jour 12

Pompes: 12  
Squats: 130  
Redressements  
assis: REPOS

## Jour 13

Pompes: REPOS  
Squats: 135  
Redressements  
assis: 60

## Jour 14

Pompes: 13  
Squats: 140  
Redressements  
assis: 65

## Jour 15

Pompes: 15  
Squats: REPOS  
Redressements  
assis: 65

## Jour 16

Pompes: 16  
Squats: 150  
Redressements  
assis: 70

## Jour 17

Pompes: 16  
Squats: 155  
Redressements  
assis: 70

## Jour 18

Pompes: 19  
Squats: 160  
Redressements  
assis: 75

## Jour 19

Pompes: 21  
Squats: REPOS  
Redressements  
assis: 75

## Jour 20

Pompes: REPOS  
Squats: 180  
Redressements  
assis: 75

## Jour 21

Pompes: 23  
Squats: 185  
Redressements  
assis: REPOS

## Jour 22

Pompes: 26  
Squats: 190  
Redressements  
assis: 80

## Jour 23

Pompes: 28  
Squats: REPOS  
Redressements  
assis: 80

## Jour 24

Pompes: 30  
Squats: 220  
Redressements  
assis: 85

## Jour 25

Pompes: 32  
Squats: 225  
Redressements  
assis: 85

## Jour 26

Pompes: 34  
Squats: 230  
Redressements  
assis: 90

## Jour 27

Pompes: 36  
Squats: REPOS  
Redressements  
assis: REST

## Jour 28

Pompes: REPOS  
Squats: 235  
Redressements  
assis: 95

## Jour 29

Pompes: 38  
Squats: 240  
Redressements  
assis: 95

## Jour 30

Pompes: 40  
Squats: 245  
Redressements  
assis: 100