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| THEME  D’ENTRAINEMENT | | | **HYPERTROPHIE** |
| Objectif | ***Mobile lié à la pratique sportive :***  Ciblage post blessure  Préparation à la compétition ( préservation de soi ) | | ***Mobile non lié à la pratique sportive:***  Reconstruction musculaire post blessure  Esthétique / Bien-être ( ? ) |
| DOMINANTE SRESS METABOLIQUE | | | |
| **Méthode** | **Bi set** | | |
| Groupes musculaires | Choix ciblé en donnant une thématique à la séance et en faisant des rappels | | |
| Exercices | 8 exercices dans la séance regroupés en 4 blocs : 1 bloc = 1 exercice global à charge libre + 1 exercice d’isolation | | |
| Paramètres | Séries | 4 à 5 | |
| Répétitions | 8 à 12 + 8 à 12 | |
| Indicateur de charge | Pour chaque bloc de travail, sur les dernières répétitions de la dernière série   * Légère dégradation technique de la vitesse, et/ou de ’amplitude et/ou de la symétrie qui implique un besoin d’aide * Sensation de congestion | |
| Récup. entre les séries | 1’30 à 2’ | |

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| AVANT | | | | | |  | PENDANT | | | | | | | | | |  | APRES | |
| GROUPE  MUSCULAIRE | EXERCICE | | SERIE |  | | 1 | | 2 | | 3 | | 4 | | 5 | |  | CHARGE OPTIMALE | |
| REPET |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | CHARGE |  |  |  |  |  |  |  |  |  |  |  |  |
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| AVANT | | | | | |  | PENDANT | | | | | | | | | |  | APRES | |
| GROUPE  MUSCULAIRE | EXERCICE | | SERIE |  | | 1 | | 2 | | 3 | | 4 | | 5 | |  | CHARGE OPTIMALE | |
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|  |  |  | CHARGE |  |  |  |  |  |  |  |  |  |  |  |  |
| RECUP | 2’ | |  | | | | | | | | | |