

## Défi Cardio Abdos

Jour	Cardio	Abdos (series)	Gainage
<u>1</u>	30 secondes	1*20	20
<u>2</u>	2*30 secondes	2*20	40
<u>3</u>	1 minute	2*20	60
<u>4</u>	3*30 secondes	4*15	80
<u>5</u>	2*1 minute	2*30	100
<u>6</u>	2*1 minute	2*35	100
<u>7</u>	1m, 30s, 1m	3*30	MAX
<u>8</u>	4*30 secondes	5*20	120
<u>9</u>	3*45 secondes	4*30	140
<u>10</u>	3*30s, 1m	4*30	160
<u>11</u>	45s, 1m, 45s	3*35	180
<u>12</u>	4*45 secondes	4*30	200
<u>13</u>	3*1m	3*40	200
<u>14</u>	45s, 1m30, 1m	3*40	MAX
<u>15</u>	1m, 1m30, 1m	3*45	200
<u>16</u>	45s, 2m, 45s	3*45	220
<u>17</u>	1m, 2m, 1m	3*45	250
<u>18</u>	4*1m15	5*40	280
<u>19</u>	2m,1m, 2m	3*50	280
<u>20</u>	3*2m	3*50	300
<u>21</u>	2m, 3m, 2m	3*50	MAX
<u>22</u>	2*3m, 2m	3*55	300
<u>23</u>	2m, 4m, 2m	3*55	300
<u>24</u>	3*3m	3*55	330
<u>25</u>	4*2m30	4*50	360
<u>26</u>	4m, 2m, 4m	5*40	400
<u>27</u>	2m, 3m, 3m, 2m	5*45	460
<u>28</u>	4*3m	5*50	MAX
<u>29</u>	4*3m30	5*50	520
<u>30</u>	5m, 4m, 5m	5*55	MAX DU MAX