

YORK

37-48 EXERCICES POUR LE PREMIER MOIS



37 **Feet on pedal**
Pieds sur pédale



38 **Sitting up**
S'asseoir



39 **Side lying**
Côté couché



40 **Feet on pedal**
Pieds sur pédale



41 **Feet on pedal**
Pieds sur pédale



42 **Sitting up**
S'asseoir



43 **Sitting up**
S'asseoir



44 **Sitting up**
S'asseoir



45 **Sitting up**
S'asseoir



46 **Sitting up**
S'asseoir

49-54 EXERCICES POUR LE DEUXIEME MOIS



47 **Lying on back**
Côté couché



48 **Lying on back**
Côté couché



49 **Sitting up**
S'asseoir



50 **Sitting up**
S'asseoir



51 **Sitting up**
S'asseoir



52 **Sitting up**
S'asseoir



53 **Sitting up**
S'asseoir



54 **Sitting up**
S'asseoir

EXEMPLE DE PROGRAMME D'EXERCICES POUR LE PREMIER MOIS

Mois	Jour	Exercice	Nombre de répétitions	Remarques
1	1	37	10	
1	2	38	10	
1	3	39	10	
1	4	40	10	
1	5	41	10	
1	6	42	10	
1	7	43	10	
1	8	44	10	
1	9	45	10	
1	10	46	10	
1	11	47	10	
1	12	48	10	
1	13	49	10	
1	14	50	10	
1	15	51	10	
1	16	52	10	
1	17	53	10	
1	18	54	10	
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1	62	98	10	
1	63	99	10	
1	64	100	10	

Multi Master Gym Exercise Manual

Aquatic Exercise Association



Multi Master Gym Exercise Manual:

Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **Multi Master Gym Exercise Manual**

In some sort of inundated with monitors and the cacophony of instant conversation, the profound energy and mental resonance of verbal art often disappear into obscurity, eclipsed by the regular barrage of noise and distractions. Yet, nestled within the lyrical pages of **Multi Master Gym Exercise Manual**, a interesting function of fictional elegance that impulses with organic emotions, lies an memorable journey waiting to be embarked upon. Published by way of a virtuoso wordsmith, that enchanting opus courses viewers on an emotional odyssey, delicately revealing the latent possible and profound affect embedded within the complicated web of language. Within the heart-wrenching expanse with this evocative evaluation, we will embark upon an introspective exploration of the book is central themes, dissect its charming publishing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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