

# 1 MOIS DE CHALLENGE SÈCHE & PRISE MUSCULAIRE

## TRAIN & EAT

### 2 TRAININGS PAR JOUR

#### MATIN

**Cardio**

Course, marche,  
circuit, Hiit, bike

30-45mn

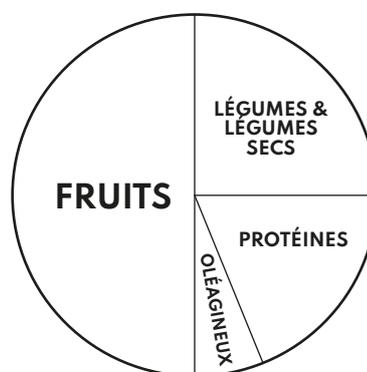
#### SOIR

**Renfo**

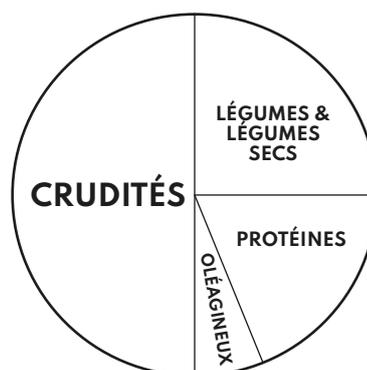
Haut du corps ou  
bas du corps

30-45mn

#### PETIT DEJ'



#### DÉJEUNER



#### DINER

