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| THEME  D’ENTRAINEMENT | | | | | PUISSANCE |
| Objectif | | ***Mobile lié à la pratique sportive :***  Gain d’explosivité  Produire plus de force dans un temps court | | ***Mobile non lié à la pratique sportive:***  */* | |
| Méthode | Puissance en lent-vite | | | | |
| Groupes musculaires | 4 dans la séance / Gros groupes musculaires de préférence | | | | |
| Exercices | Globaux, Polyarticulaires à charge libre autant que possible | | | | |
| Paramètres | Séries | | 5 à 6 | | |
| Répétitions | | 5 à 6 | | |
| Indicateur de charge | | Pour chaque exercice, sur les dernières répétitions de l’avant dernière puis de la dernière série :   * Ralentissement progressif puis net de la vitesse de remontée de la charge qui n’entraîne pas un besoin d’aide * Sensation de lourdeur au niveau musculaire | | |
| Récup. entre les séries | | 3’ | | |

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| GROUPE  MUSCULAIRE | EXERCICE | SERIE |  |  | 1 | 2 | 3 | 4 | 5 | 6 |  |  | CHARGE  OPTIMALE |
| REPET |  |  |  |  |  |  |  |
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| GROUPE  MUSCULAIRE | EXERCICE | SERIE |  |  | 1 | 2 | 3 | 4 | 5 | 6 |  |  | CHARGE  OPTIMALE |
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| AVANT | | | |  | PENDANT | | | | | |  | APRES | |
| GROUPE  MUSCULAIRE | EXERCICE | SERIE |  |  | 1 | 2 | 3 | 4 | 5 | 6 |  |  | CHARGE  OPTIMALE |
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|  |  | CHARGE |  |  |  |  |  |  |  |  |
| RECUP |  |  | | | | | |