



JOUR 1 | Exercice 1 Exercice 2
 Exercice 3 Exercice 4

Question/remarque _____

JOUR 3 | Exercice 1 Exercice 2
 Exercice 3 Exercice 4

Question/remarque _____

JOUR 5 | Exercice 1 Exercice 2
 Exercice 3 Exercice 4

Question/remarque _____

JOUR 7 | Exercice 1 Exercice 2
 Exercice 3 Exercice 4

Question/remarque _____

JOUR 9 | Exercice 1 Exercice 2
 Exercice 3 Exercice 4

Question/remarque _____

JOUR 11 | Exercice 1 Exercice 2
 Exercice 3 Exercice 4

Question/remarque _____

JOUR 2 | Exercice 1 Exercice 2
 Exercice 3 Exercice 4

Question/remarque _____

JOUR 4 | Exercice 1 Exercice 2
 Exercice 3 Exercice 4

Question/remarque _____

JOUR 6 | Exercice 1 Exercice 2
 Exercice 3 Exercice 4

Question/remarque _____

JOUR 8 | Exercice 1 Exercice 2
 Exercice 3 Exercice 4

Question/remarque _____

JOUR 10 | Exercice 1 Exercice 2
 Exercice 3 Exercice 4

Question/remarque _____

JOUR 12 | Exercice 1 Exercice 2
 Exercice 3 Exercice 4

Question/remarque _____



JOUR 13 | Exercice 1 Exercice 2
 Exercice 3 Exercice 4

Question/remarque _____

JOUR 15 | Exercice 1 Exercice 2
 Exercice 3 Exercice 4

Question/remarque _____

JOUR 17 | Exercice 1 Exercice 2
 Exercice 3 Exercice 4

Question/remarque _____

JOUR 19 | Exercice 1 Exercice 2
 Exercice 3 Exercice 4

Question/remarque _____

JOUR 21 | Exercice 1 Exercice 2
 Exercice 3

Question/remarque _____

JOUR 23 | Exercice 1 Exercice 2
 Exercice 3

Question/remarque _____

JOUR 14 | Exercice 1 Exercice 2
 Exercice 3 Exercice 4

Question/remarque _____

JOUR 16 | Exercice 1 Exercice 2
 Exercice 3 Exercice 4

Question/remarque _____

JOUR 18 | Exercice 1 Exercice 2
 Exercice 3 Exercice 4

Question/remarque _____

JOUR 20 | Exercice 1 Exercice 2
 Exercice 3 Exercice 4

Question/remarque _____

JOUR 22 | Exercice 1 Exercice 2
 Exercice 3

Question/remarque _____

JOUR 24 | Exercice 1 Exercice 2
 Exercice 3

Question/remarque _____



JOUR 25 | Exercice 1 Exercice 2
 Exercice 3

Question/remarque _____

JOUR 26 | Exercice 1 Exercice 2
 Exercice 3

Question/remarque _____

JOUR 27 | Exercice 1 Exercice 2
 Exercice 3

Question/remarque _____

JOUR 28 | Exercice 1 Exercice 2
 Exercice 3

Question/remarque _____

JOUR 29 | Exercice 1 Exercice 2
 Exercice 3

Question/remarque _____

JOUR 30 | Exercice 1 Exercice 2
 Exercice 3

Question/remarque _____

JOUR 31 | Exercice 1 Exercice 2
 Exercice 3

Question/remarque _____

JOUR 32 | Exercice 1 Exercice 2
 Exercice 3

Question/remarque _____

JOUR 33 | Exercice 1 Exercice 2
 Exercice 3

Question/remarque _____

JOUR 34 | Exercice 1 Exercice 2
 Exercice 3

Question/remarque _____

JOUR 35 | Exercice 1 Exercice 2
 Exercice 3 Exercice 4

Question/remarque _____

JOUR 36 | Exercice 1 Exercice 2
 Exercice 3 Exercice 4

Question/remarque _____



JOUR 37 | Exercice 1 Exercice 2
 Exercice 3

Question/remarque _____

JOUR 38 | Exercice 1 Exercice 2
 Exercice 3 Exercice 4

Question/remarque _____

JOUR 39 | Exercice 1 Exercice 2
 Exercice 3 Exercice 4

Question/remarque _____

JOUR 40 | Exercice 1 Exercice 2
 Exercice 3 Exercice 4

Question/remarque _____

The program can be repeated multiple times with a minimum of 4 weeks in between.
It may be used on it's own or in conjunction with other methods and techniques.