






# Calendrier CARDIOGYM 2024 - 2025

sept. 2024		oct. 2024		nov. 2024		déc. 2024		janv. 2025		févr. 2025		mars 2025		avr. 2025		mai 2025		juin 2025	
1 D		1 M		1 V		1 D		1 M		1 S		1 S		1 M		1 J		1 D	
2 L		2 M	STRONG	2 S		2 L		2 J		2 D		2 D		2 M	STRONG	2 V		2 L	
3 M		3 J	Renfo+stretch	3 D		3 M	CT	3 V		3 L		3 L		3 J	Renfo+stretch	3 S		3 M	
4 M		4 V		4 L		4 M	CT	4 S		4 M		4 M		4 V		4 D		4 M	CT
5 J		5 S		5 M		5 J	STEP+Renfo	5 D		5 M	Renfo+stretch	5 M		5 S		5 L		5 J	STEP+Renfo
6 V		6 D		6 M	HI-LOW+Renfo	6 V		6 L		6 J	HI-LOW+Renfo	6 J		6 D		6 M		6 V	
7 S		7 L		7 J	CT	7 S		7 M		7 V		7 V		7 L		7 M	HI-LOW+Renfo	7 S	
8 D		8 M		8 V		8 D		8 M	STRONG	8 S		8 S		8 M		8 J		8 D	
9 L		9 M	STEP+Renfo	9 S		9 L		9 J	Renfo+stretch	9 D		9 D		9 M	STEP+Renfo	9 V		9 L	
10 M		10 J	STRONG	10 D		10 M		10 V		10 L		10 L		10 J	STRONG	10 S		10 M	
11 M		11 V		11 L		11 M	HI-LOW+Renfo	11 S		11 M		11 M		11 V		11 D		11 M	HI-LOW+Renfo
12 J		12 S		12 M		12 J	CT	12 D		12 M	STRONG	12 M	CT	12 S		12 L		12 J	CT
13 V		13 D		13 M	Renfo+stretch	13 V		13 L		13 J	Renfo+stretch	13 J	STEP+Renfo	13 D		13 M		13 V	
14 S	J. Association	14 L		14 J	HI-LOW+Renfo	14 S		14 M		14 V		14 V		14 L		14 M	Renfo+stretch	14 S	
15 D		15 M		15 V		15 D		15 M	STEP+Renfo	15 S		15 S		15 M		15 J	HI-LOW+Renfo	15 D	
16 L		16 M	CT	16 S		16 L		16 J	STRONG	16 D		16 D		16 M	CT	16 V		16 L	
17 M		17 J	STEP+Renfo	17 D		17 M		17 V		17 L		17 L		17 J	STEP+Renfo	17 S		17 M	
18 M	HI-LOW+Renfo	18 V		18 L		18 M	Renfo+stretch	18 S		18 M		18 M		18 V		18 D		18 M	Renfo+stretch
19 J	CT	19 S		19 M		19 J	HI-LOW+Renfo	19 D		19 M	STEP+Renfo	19 M	HI-LOW+Renfo	19 S		19 L		19 J	HI-LOW+Renfo
20 V		20 D		20 M	STRONG	20 V		20 L		20 J	STRONG	20 J	CT	20 D		20 M		20 V	
21 S		21 L		21 J	Renfo+stretch	21 S		21 M		21 V		21 V		21 L		21 M	STRONG	21 S	
22 D		22 M		22 V		22 D		22 M	CT	22 S		22 S		22 M		22 J	Renfo+stretch	22 D	
23 L		23 M		23 S		23 L		23 J	STEP+Renfo	23 D		23 D		23 M		23 V		23 L	
24 M		24 J		24 D		24 M		24 V		24 L		24 L		24 J		24 S		24 M	
25 M	Renfo+stretch	25 V		25 L		25 M		25 S		25 M		25 M		25 V		25 D		25 M	STRONG
26 J	HI-LOW+Renfo	26 S		26 M		26 J		26 D		26 M		26 M	Renfo+stretch	26 S		26 L		26 J	Renfo+stretch
27 V		27 D		27 M	STEP+Renfo	27 V		27 L		27 J		27 J	HI-LOW+Renfo	27 D		27 M		27 V	
28 S		28 L		28 J	STRONG	28 S		28 M		28 V		28 V		28 L		28 M	STEP+Renfo	28 S	
29 D		29 M		29 V		29 D		29 M	HI-LOW+Renfo			29 S		29 M		29 J		29 D	
30 L		30 M		30 S		30 L		30 J	CT			30 D		30 M		30 V		30 L	
		31 J				31 M		31 V				31 L				31 S			

 CIRCUIT TRAINING  
 STEP + RENFORCEMENT MUSCULAIRE  
 RENFORCEMENT MUSCULAIRE + STRETCHING

 STRONG NATION  
 HI-LOW + RENFORCEMENT MUSCULAIRE

1 M  
 2 M STEP+Renfo  
 3 J STRONG  
 4 V