

# mastery Adult Physical Performance

## RATIONS JOURNALIERES INDICATIVES



3 kg  
5 kg  
10 kg

80 - 100 g  
100 - 140 g  
160 - 180 g



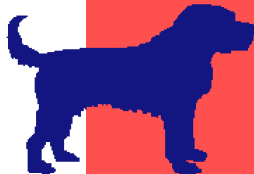
15 kg  
20 kg  
30 kg

210 - 230 g  
260 - 300 g  
340 - 380 g



40 kg  
50 kg  
60 kg

420 - 460 g  
490 - 510 g  
550 - 600 g



70 kg  
80 kg  
90 kg

610 - 650 g  
660 - 700 g  
710 - 750 g