

Ton prénom, ton nom, ta ville... A toi de choisir!!!!

A

Planche

1 min



B

Jumping Jack

2 min



C

**Elévation
arrière**

20 reps / jambe



D

Squat Jump

20 reps



E

Pompes

15 reps



F

Squat Sumo

25 reps



G

Dips

15 reps



H

**Montée de
genou**

2 min



I

Squats

25 reps



J

**Mountain
climbers**

1 min



K

Gainage latéral

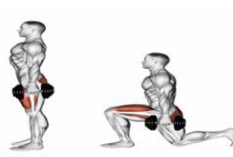
1min/coté



L

Fentes

20 reps/jambe



M

Squat bulgare

15 reps/jambe



N

Abdos twist

15 reps/coté



O

**Bras et jambe
opposés**

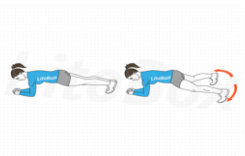
15 reps/coté



P

Planche jack

1 min



Q

Fentes latérales

20 reps/ jambe



R

Saut groupé

1 min



S

Burpees

15 reps



T

Chaise

1 min



U

Gainage dorsal

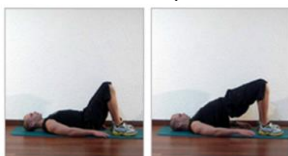
1 min



V

**Relevé de
bassin**

25 reps



W

Superman

1 min



X

Corde à sauter

2 min



Y

**Mountain
climber 2 jbes**

1 min



Z

Pistol

10 reps/jambe

