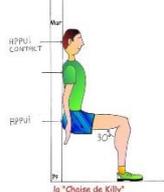
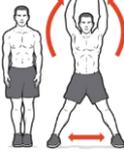
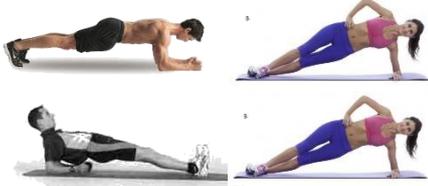
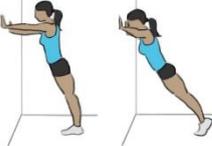


SEANCE A LA MAISON

10-15 minutes de footing échauffement, donc bien tranquille.

30s exercice - 30s repos	Petites montées de genoux	
	Moyennes montées de genoux	
	Grandes montées de genoux	
	3x talons fesses	
	3x pieds joints sur place	
	3x chaise	
	3x jumping jack	
Rôti		
10 rep - 30s recup 3 séries	Sauts de grenouille sur place ou en avançant	
	Dips	
	Fentes	
	Pompes contre le mur	
	Abdos levés de jambes	

