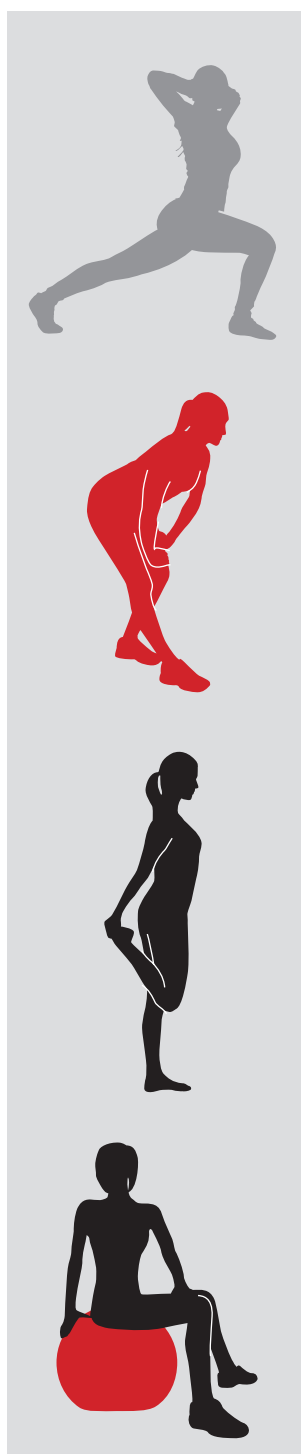


Voici un défi à relever sur 5 semaines!
Amusez-vous bien!

ÉTIREMENTS



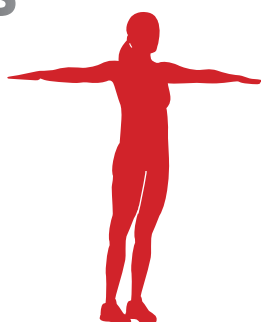
1ABDOMINAUX

"Bicycle Crunches"



1BRAS

"Arm Circles"



3BRAS

"Push-Up"



1JAMBES

"Alternating Side Lunge"



3JAMBES

"Leg Twist"



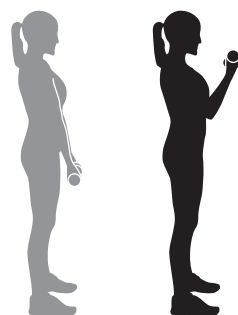
2ABDOMINAUX

"Russian Twist"



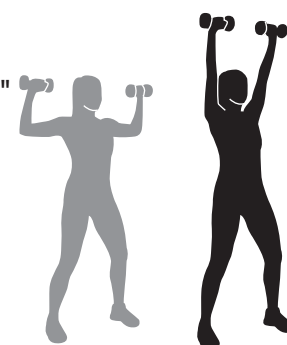
2BRAS

"Bicep Curls"



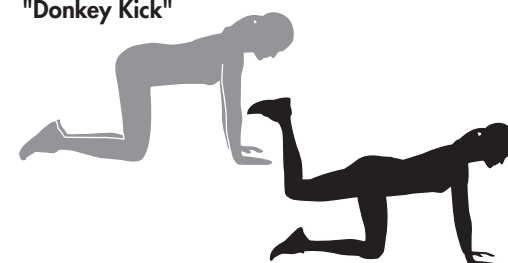
4BRAS

"Overhead Press"



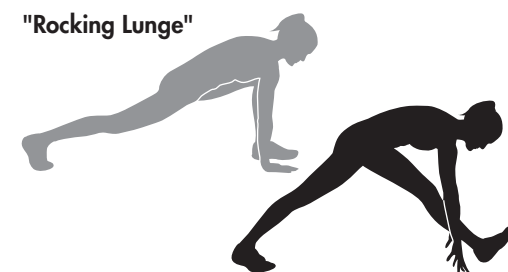
2JAMBES

"Donkey Kick"



4JAMBES

"Rocking Lunge"



DÉFI 5 SEMAINES

1 10 x 1A 15 sec. 1B 10 x 1J	2 10 x 2A 25 x 2B 10 x 2J	3 Cardio* 15 min. 	4 15 x 1A 15 x 3B 15 x 3J	5 15 x 2A 25 x 4B 10 x 4J	6 Course 	7 Repos/ Étirements
8 15 x 1A 30 sec. 1B 15 x 1J	9 15 x 2A 35 x 2B 15 x 2J	10 Cardio* 15 min. 	11 20 x 1A 20 x 3B 20 x 3J	12 20 x 2A 35 x 4B 15 x 4J	13 Course 	14 Repos/ Étirements
15 20 x 1A 1 min. 1B 20 x 1J	16 20 x 2A 45 x 2B 20 x 2J	17 Cardio* 20 min. 	18 25 x 1A 25 x 3B 25 x 3J	19 25 x 2A 45 x 4B 20 x 4J	20 Course 	21 Repos/ Étirements
22 25 x 1A 1.5 min. 1B 25 x 1J	23 25 x 2A 60 x 2B 25 x 2J	24 Cardio* 25 min. 	25 30 x 1A 30 x 3B 30 x 3J	26 30 x 2A 60 x 4B 25 x 4J	27 Course 	28 Repos/ Étirements
29 35 x 1A 2 min. 1B 35 x 1J	30 35 x 2A 75 x 2B 35 x 2J	31 Cardio* 30 min. 	32 40 x 1A 40 x 3B 40 x 3J	33 40 x 2A 75 x 4B 35 x 4J	34 10 x TOUT	<i>Félicitations!</i>

* Appareil de votre choix.