



Lundi 16 mars - AMRAP

(Le plus de tours possible en 30-35min)

1. Push Up Hands Up **20 reps.**
2. Squat Jump **20 reps.**
3. Sit Up **20 reps.**
4. Burpees **20 reps.**
5. Dips **20 reps.**
6. Lunge Jump **10 - 10**
7. Leg Raise **20 reps.**
8. Butt Kick **20 reps.**
9. Plank Tap **20 reps.**
10. Hip Trust One Leg **20 reps.**
11. Abs Crunch **20 reps.**
12. Pogo OVH **20 reps. X 2**