



Mardi 17 mars - Core Super Set (5 min par bloc)

<p><u>Warm Up (3min)</u></p> <ul style="list-style-type: none"> • 5 Plank up down • 5 Squat jump • 5 Sit up warrior • 5 Burpees 	<p>Bloc #1</p> <ol style="list-style-type: none"> 1. P.Bear Crawl 30 sec 2. Jump side to side 40 rpts
<p>Bloc #2</p> <ol style="list-style-type: none"> 1. Side Plank 30 sec chq côté 2. 1/2 Burpees 15 rpts 	<p>Bloc #3</p> <ol style="list-style-type: none"> 1. Plank 30 sec chq côté 2. Ski 40 rpts
<p>Bloc #4</p> <ol style="list-style-type: none"> 1. P. Sit up 30 sec 2. Power Jack 40 rpts 	<p>Bloc #5</p> <ol style="list-style-type: none"> 1. Reverse Plank 30 sec 2. High Knees 40 ou 80 rpts
<p>Bloc #6</p> <ol style="list-style-type: none"> 1. Chien tête en bas 30 sec 2. Mountain Climber large 20 rpts ou 40rpts non-large 	<p>Bloc #7</p> <ol style="list-style-type: none"> 1. P. push up one leg 30 sec 2. Talons fesse 40 ou 80 rpts