



**COURS
MAISON**



Vendredi 20 mars - Jambes et Fesses 🍑💙

(8-9 min par bloc)

Warmup 3 min <ul style="list-style-type: none">- 5 One leg dead lift- 5 Lunge arrière kick- 5 Crunch- 5 Squat- 20 Talons Fesses	
Bloc #1 <ol style="list-style-type: none">1. Sumo Squat 10 Rpts2. Sumo Squat jump 10 Rpts3. P. Sumo Squat 20 sec4. Jumping Jack 40 sec	Bloc #2 <ol style="list-style-type: none">1. Lunge avant 10 Rpts2. Lunge jump 10 x 23. P. Lunge 20 sec chq jambe4. Burpees 40 sec
Bloc #3 <ol style="list-style-type: none">1. Squat 10 Rpts2. Squat Jump 10 Rpts3. P.Squat 20 sec4. High Knees 40 sec	Bloc #4 <ol style="list-style-type: none">1 Hip Thrust 20 Rpts2 One leg dead lift jump 10-103 Coup genou 20 sec chq jambe sans déposer le pied au sol4 Plank Jack 40 sec