



Mercredi 10 juin - AMRAP

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

Warm Up

20 Jumping Jack

8 Squat

8 Sit Up

8 One leg dead Lift

8 Push Up Fly

15 à 18 minutes chq

AMRAP #1

1 Push Up Hand Up 20 rpts

2 Squat Jump 20 rpts

3 Power Jack 20 rpts

4 Russian Twist 20x2 rpts

5 Lunge Arr Kick 20x2 rpts

6 Plank Kick 20x 2 rpts

AMRAP #2

1 Push Up triceps

2 Lunge Jump 15x2 Rpts

3 Burpees 15 Rpts

4 Hollow Rock 15 Rpts

5 Squat Kick 15 x2 Rpts

6 Side Plank Kick 15 x2 Rpts