

SEMAINE
1

VENDREDI TOTAL CORPS

DONKEY KICK



10 REPS LENTES
10 REPS JAMBES TENDUES

SUMO SQUAT



30 REPS

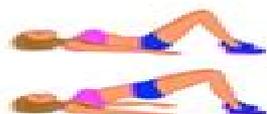
STRAIGHT LEG SITS UP



10 REPS

CIRCUIT 1 - TOTAL : 10MN

BRIDGE



40 REPS LENTES
40 REPS RAPIDES

MOUNTAIN CLIMBER + PUSH UP*



20 REPS / ALTERNER
LES JAMBES

ARMS EXTENSION



25 REPS PAR BRAS

CIRCUIT 2 - TOTAL : 10MN

DONKEY SIDE KICK



25 REPS PAR JAMBE

SUMO SQUAT



40 REPS

TRICEPS DIPS



20 REPS

CIRCUIT 3 - TOTAL : 10MN

* Assurez-vous que les hanches ne tournent pas sur les côtés ! Tout le travail réside dans le maintien des hanches parallèles au sol !

Sonia Tlev Top Body Challenge

Solène Delille



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