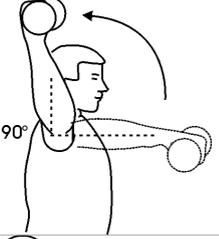
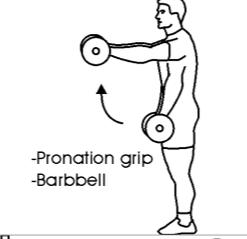
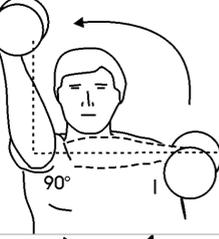
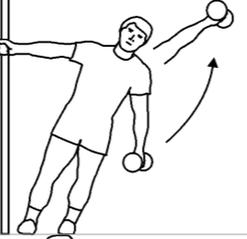
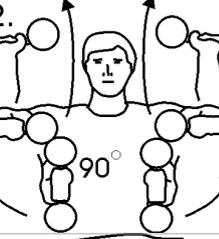
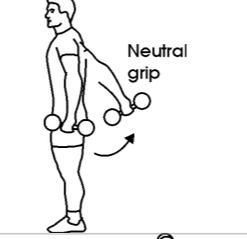
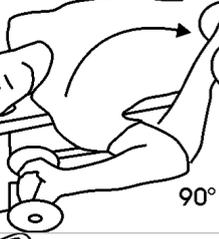
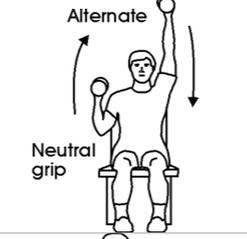
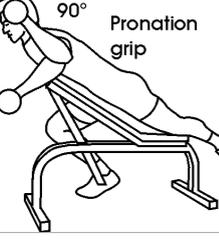
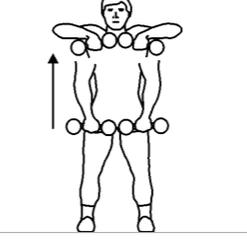
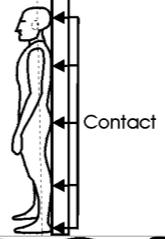
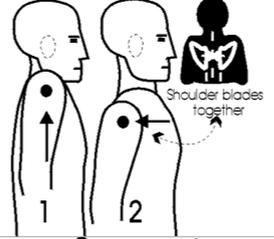
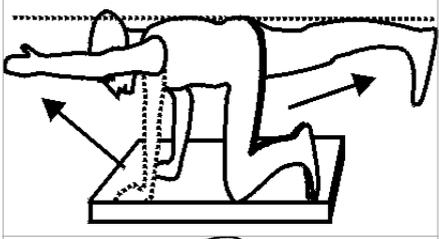
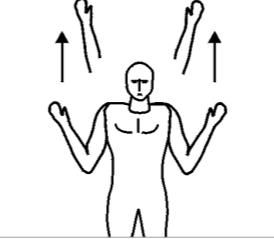
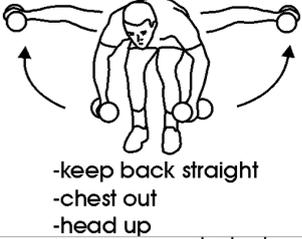
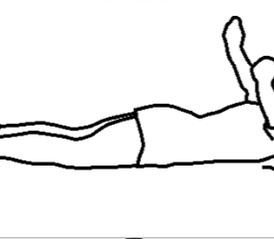
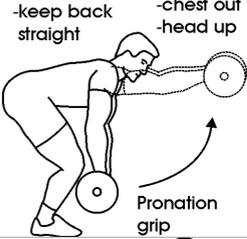
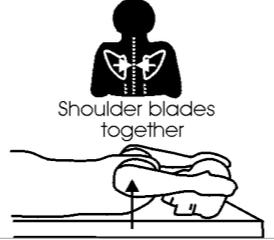
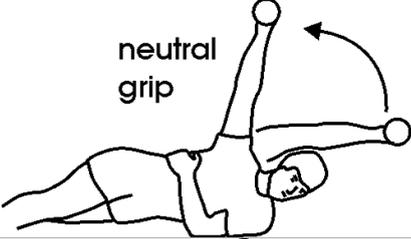
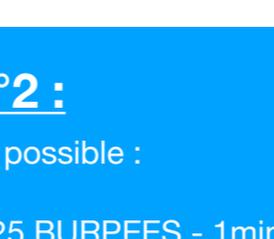
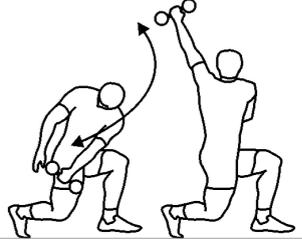


ECHAUFFEMENT (15 minutes):

- Mouvements pour échauffer les articulations : rotations des épaules, ouvertures de hanche, etc

SEANCE (50'): CEUX QUI LE PEUVENT, VOUS POUVEZ FAIRE LA SEANCE EN EXTERIEUR
(PROCHE DE VOTRE DOMICILE ET AVEC VOTRE ATTESTATION!!)

	<h2 style="color: green;">EPAULES</h2> <p>Vous pouvez utiliser une bouteiller d'eau, une bouteille en verre, un paquet de riz, de pâtes, tout objet suffisamment lourd ..</p> <p style="text-align: center;">--</p> <p style="text-align: center;">15 répétitions par exercices ET par bras</p> <p style="text-align: center;">--</p> <p style="text-align: center;">4 TOURS</p>	
		
		
		
		

	<h2 style="color: blue;">EPAULES + DOS</h2> <p>Vous pouvez utiliser une bouteiller d'eau, une bouteille en verre, un paquet de riz, de pâtes, tout objet suffisamment lourd ..</p> <p style="text-align: center;">--</p> <p style="text-align: center;">15 répétitions par exercices ET par bras</p> <p style="text-align: center;">--</p> <p style="text-align: center;">S'il s'agit d'exercice en ISO, effectuer 40 secondes par exercice et par coté</p> <p style="text-align: center;">--</p> <p style="text-align: center;">4 TOURS</p>		
			
			
			
			

CHALLENGE N°2 :

REALISER le plus rapidement possible :

25 BURPEES - 1minute repos - 25 BURPEES - 1minute repos - 25 BURPEES - 1minute repos - 25 BURPEES

REGLES :

Poitrine au sol + saut OBLIGATOIRE sur chaque BURPEES