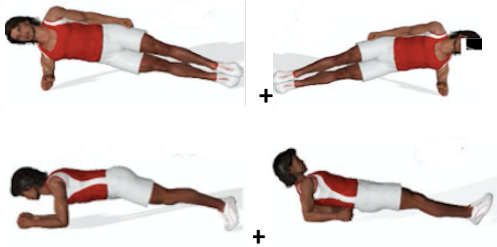


## Séance 6 Confinement Bodyform

### ECHAUFFEMENT

TABATA 20"/10" : (monter de genoux/ talon fesses/squat/ switch/sjumping-jack/fentes)X2

### SEANCE d'ENCHAINEMENTS



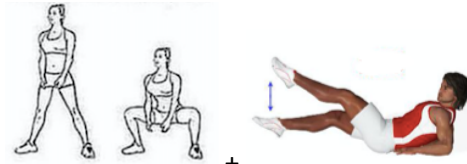
POSSIBILITE DE LEVER 1 J



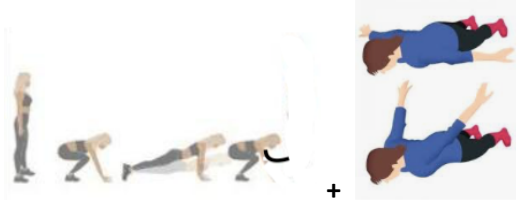
PONT 1J + CRUNCH HAUT



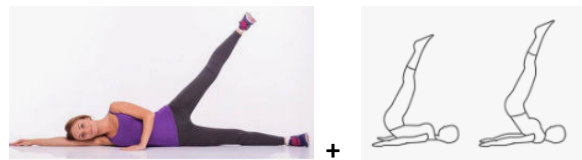
FENTES + OBLIQUES



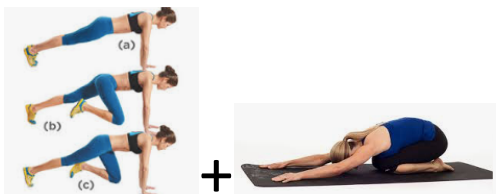
SQUAT + ABDOS BAS



BURPEES "cuisses" + DOS/LOMBAIRES



MOYEN FESSIER + MONTER BASSIN



MONTAIN CLIMBER + ETTIREMENTS



CHAISE/TAPING