

NOVEMBRE

Pas Excuses

FULL BODY FITNESS CHALLENGE



Fitness et moi

1 buttkickers forward lunges russian twists push-ups	2 jumping jacks sumo squats bicycle crunches bicep curls	3 burpees backward lunges laying leg lifts lateral raises	4 jumping rope regular squats supermans shoulder presses	5 skater jumps deadlifts plank jacks upright rows	6 jump squats side lunges flutter kicks bent over rows
7 <i>Pour d'étirement!</i>	8 bear crawls calf raises reverse crunches front raises	9 high knees mtn climbers swimmers hammer curls	10 skier jumps wall sit plank hold tricep dips	11 tuck jumps kettlebell swings toe touches renegade rows	12 squat shuffles donkey kicks windshield wipers pullovers
13 lateral jumps curtsy lunges twisting plank tricep kickback	14 <i>Pour d'étirement!</i>	15 buttkickers sumo squats laying leg lifts lateral raises	16 jumping jacks forward lunges supermans upright rows	17 burpees regular squats russian twists bent over rows	18 jumping rope deadlifts flutter kicks push-ups
19 skater jumps calf raises swimmers tricep dips	20 jump squats mtn climbers bicycle crunches hammer curls	21 <i>Pour d'étirement!</i>	22 bear crawls wall sit toe touches bicep curls	23 high knees kettlebell swings windshield wipers front raises	24 skier jumps curtsy lunges reverse crunches renegade rows
25 tuck jumps donkey kicks twisting plank tricep dips	26 squat shuffles deadlifts supermans pullovers	27 lateral jumps side lunges plank jacks shoulder presses	28 <i>Pour d'étirement!</i>	29 burpees sumo squats plank hold push-ups	30 squat jumps glute bridges reverse crunches bicep curls

Complète chaque mouvement pendant 30 secondes et répète 2 à 3 fois !