

# jumping jack

## DÉFI DE JANVIER

1

10 jumping jacks  
10 cross jacks  
10 press jacks

2

15 jumping jacks  
15 cross jacks  
15 press jacks

3

20 jumping jacks  
20 cross jacks  
20 press jacks

4

15 jumping jacks  
15 cross jacks  
15 press jacks

5

20 jumping jacks  
20 cross jacks  
20 press jacks

6

25 jumping jacks  
25 cross jacks  
25 press jacks

7

*Jour  
d'étirement!*

8

20 jumping jacks  
20 squat jacks  
20 plank jacks

9

25 jumping jacks  
25 squat jacks  
25 plank jacks

10

30 jumping jacks  
30 squat jacks  
30 plank jacks

11

25 jumping jacks  
25 squat jacks  
25 plank jacks

12

30 jumping jacks  
30 squat jacks  
30 plank jacks

13

40 jumping jacks  
40 squat jacks  
40 plank jacks

14

*Jour  
d'étirement!*

15

25 jumping jacks  
25 seal jacks  
25 skier jacks

16

30 jumping jacks  
30 seal jacks  
30 skier jacks

17

35 jumping jacks  
35 seal jacks  
35 skier jacks

18

40 jumping jacks  
40 seal jacks  
40 skier jacks

19

30 jumping jacks  
30 seal jacks  
30 skier jacks

20

35 jumping jacks  
35 seal jacks  
35 skier jacks

21

*Jour  
d'étirement!*

22

40 jumping jacks  
40 cross jacks  
40 plank jacks

23

45 jumping jacks  
45 press jacks  
45 squat jacks

24

50 jumping jacks  
50 seal jacks  
50 cross jacks

25

45 jumping jacks  
45 skier jacks  
45 plank jacks

26

50 jumping jacks  
50 press jacks  
50 squat jacks

27

55 jumping jacks  
55 plank jacks  
55 press jacks

28

*Jour  
d'étirement!*

29

50 jumping jacks  
50 cross jacks  
50 press jacks

30

60 jumping jacks  
60 squat jacks  
60 plank jacks

31

70 jumping jacks  
70 seal jacks  
70 skier jacks  
5 burpee jacks

Entrons dans la nouvelle année avec des jumping jacks !

