

aime tes jambes

DÉFI DE FÉVRIER

Fais chaque exercice pendant 30 secondes, puis repose-toi pendant 30 secondes.
Répète 3 fois de plus pour terminer en moins de 10 minutes !

1 regular squats alt back lunges alt front lunges	2 calf raises sumo squats calf jumps	3 deadlifts glute bridges donkey kicks	4 regular squats alt back lunges alt front lunges	5 calf raises sumo squats calf jumps	6 deadlifts glute bridges donkey kicks
7 <i>Jour d'étirement!</i>	8 alt curtsy lunges side to side squats skater jumps	9 fire hydrant kneeling leg lifts alt side lunges	10 squat jacks sumo squats power skips	11 alt curtsy lunges side to side squats skater jumps	12 fire hydrant kneeling leg lifts alt side lunges
13 squat jacks sumo squats power skips	14 <i>Jour d'étirement!</i>	15 right 1-leg deadlift left 1-leg deadlift sumo jumps	16 right 1-leg bridge left 1-leg bridge squat jumps	17 right front lunges left front lunges squat thrusts	18 right 1-leg deadlift left 1-leg deadlift sumo jumps
19 right 1-leg bridge left 1-leg bridge squat jumps	20 right front lunges left front lunges squat thrusts	21 <i>Jour d'étirement!</i>	22 deadlifts calf jumps donkey kicks	23 right back lunges left back lunges jumping lunges	24 surrenders fire hydrant skater jumps
25 deadlifts calf jumps donkey kicks	26 right back lunges left back lunges jumping lunges	27 surrenders fire hydrant skater jumps	28 <i>Jour d'étirement!</i>		

