

Entrainement en confinement



Répertoire d'exercices

A- Pompes sur genoux



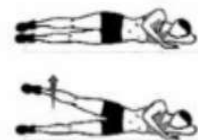
B- Crunch inversé



C- Burpees



D- Ciseau costal



E- Gainage ventral



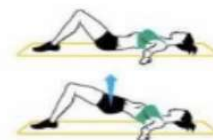
F- Jumping jack



G- Mountain climber



H- Soulevé de fesses



I- Fentes



J- Gainage costal



K- Wall sit



L- Squat



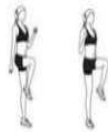
M- Pompes contre mur



N- Step up



O- montée de genoux



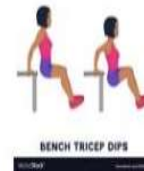
P- Abdominal crunch



Q- Jump squat



R- Dips



S- Donkey Kick



T- Latéral lunge



U- Gainage superman



V- Courir sur place



W- Gainage dos



X- Sur les points de pied



Y- Talons fesses



Z- Pompes

