

SEMAINE  
12

# LUNDI CUISSSES

*Vous avez réussi ! Félicitations !*

## SIT UPS & TWIST



40 REPS

## PLANCHE



2X1 MINUTE  
(15SEC REPOS ENTRE)

## JUMP LUNGES



30 REPS

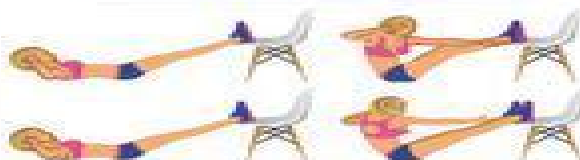
CIRCUIT 1 - TOTAL : 10MN

## STRAIGHT LEG RAISES



40 REPS

## RAISED LEG UP WITH TWIST



40 REPS

## JUMP LUNGES



30 REPS

CIRCUIT 2 - TOTAL : 10MN

## JUMP SQUAT



2X15 REPS  
(15SEC REPOS ENTRE)

## PLANCHE



3X1 MINUTE  
(15SEC REPOS ENTRE)

## SUMO SQUAT



50 REPS

CIRCUIT 3 - TOTAL : 10MN

# Top Body Challenge Gratuit

**Hussin A.Rothana**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

**Top Body Challenge Gratuit:**

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