



Le défi
sportif

M O T I V A T I O N



TREM

—
TABLE RÉGIONALE DE L'ÉDUCATION
DE LA MAURICIE

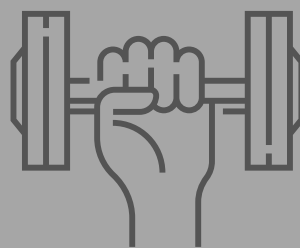
Flexions de jambes

(Squats)

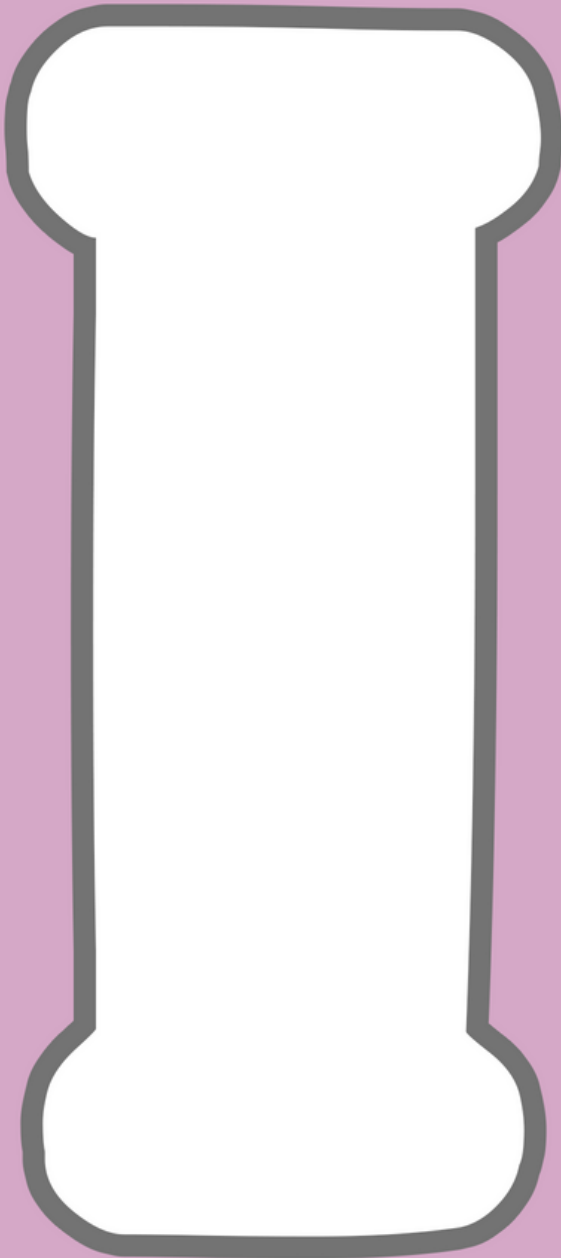


6

Répétitions



Le cobra



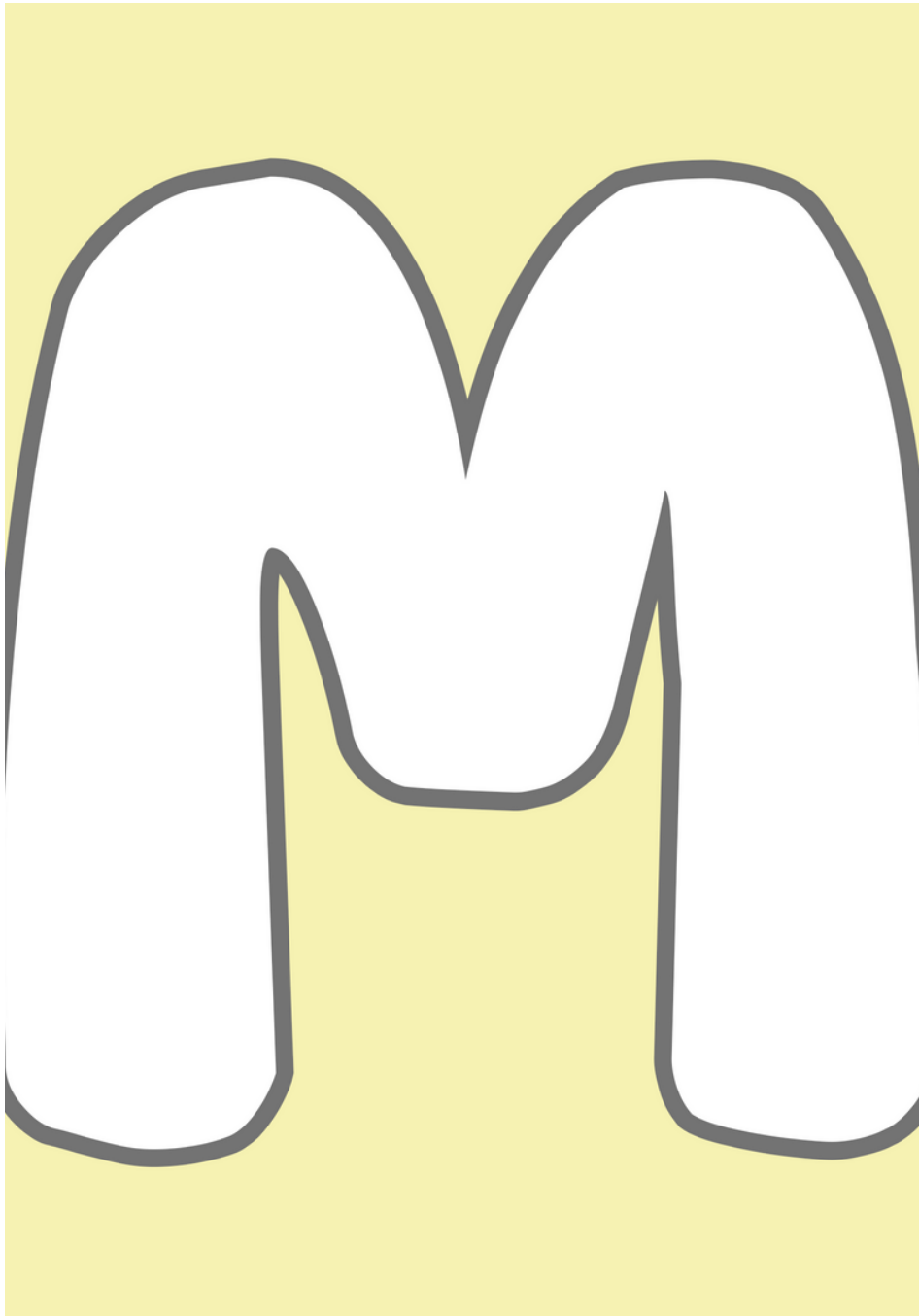
1x



15 secondes

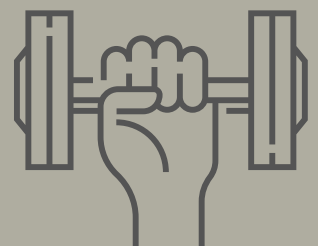
Flexions de jambes avec saut

(Jump squats)



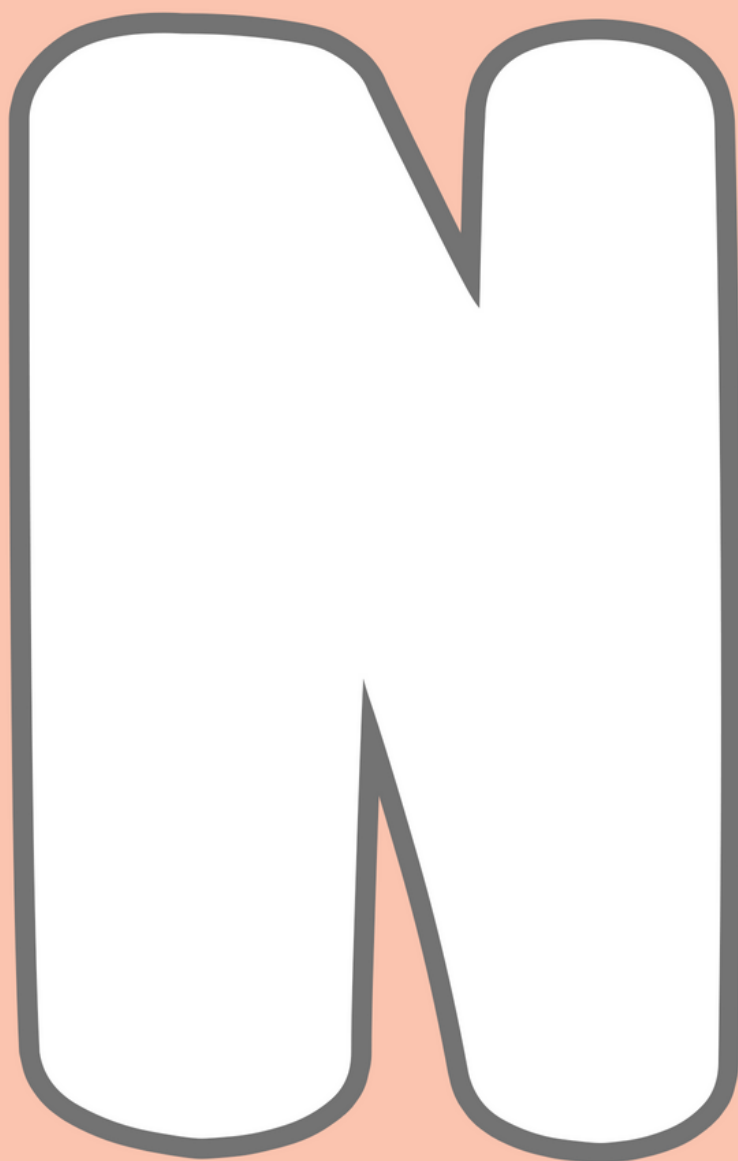
6

Répétitions



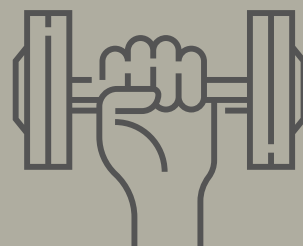
Touchés-orteils

(Touch toes)

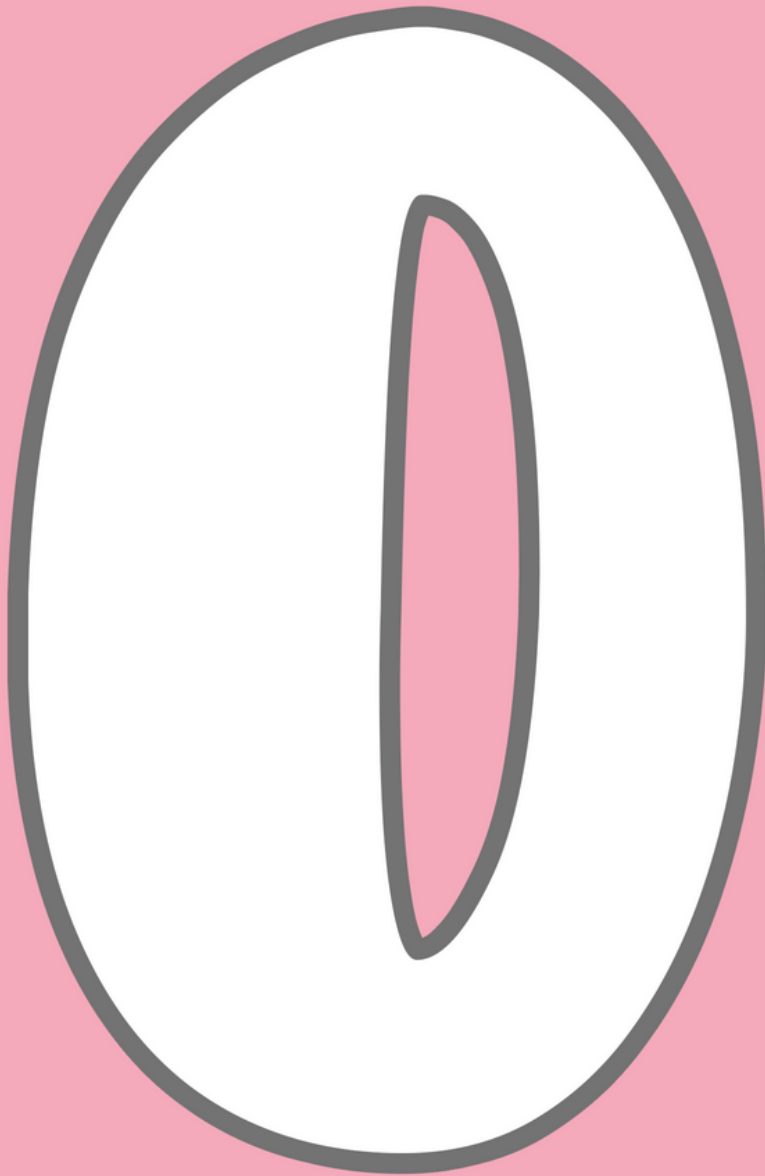


4

Répétitions
droite-gauche



COURSE sur place avec levés de genoux



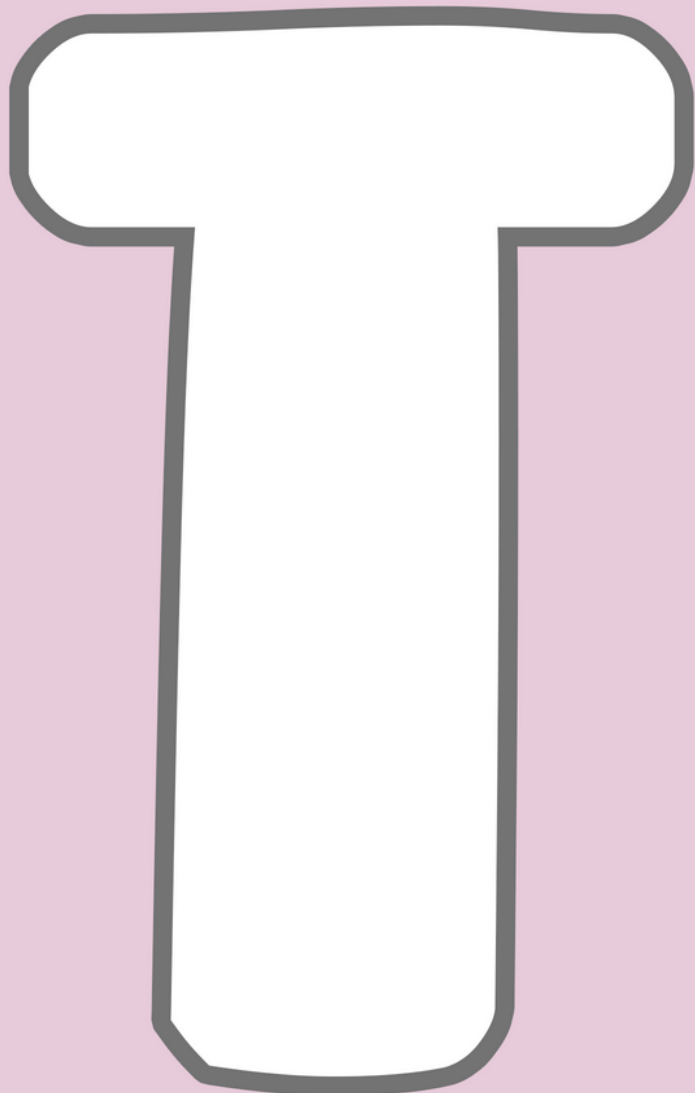
1x



15 secondes

Inspire & expire

(Les bras montent au ciel puis redescendent)

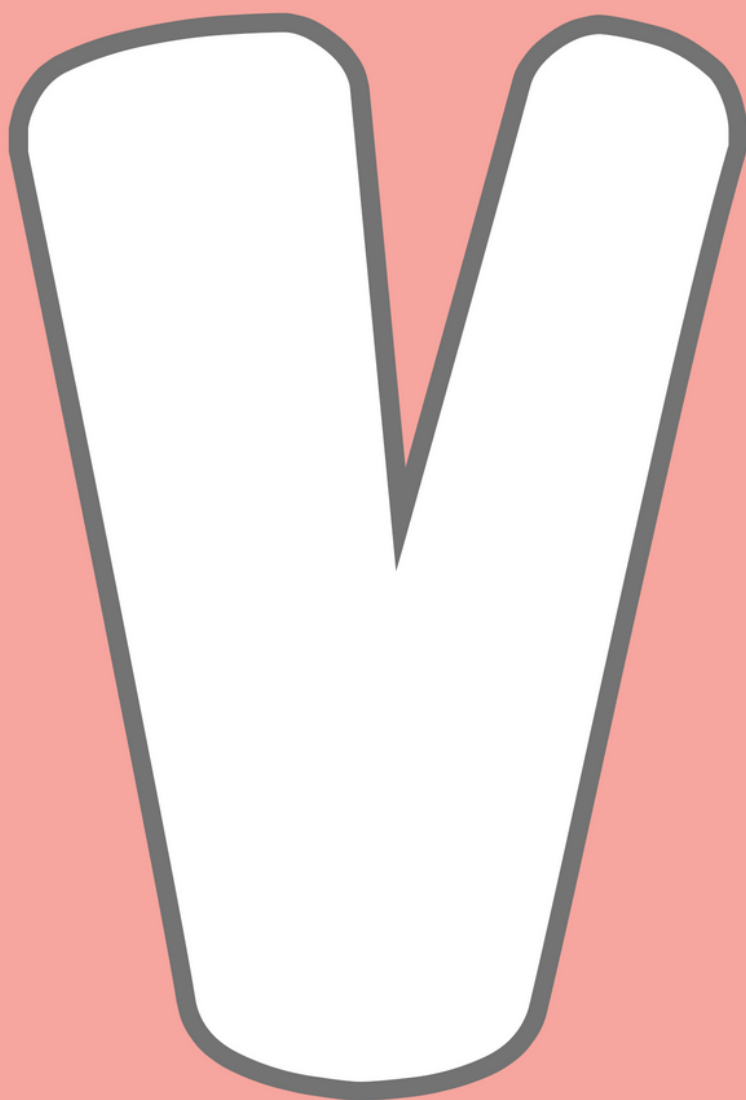


4x

Inspire
& expire



Talons-fesses



1x



10 secondes