



Le défi  
sportif

DE PASSEMENT



**TREM**

TABLE RÉGIONALE DE L'ÉDUCATION  
DE LA MAURICIE

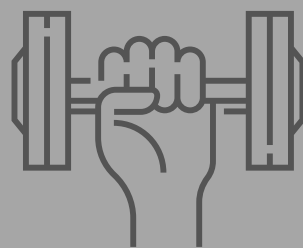
# Flexions de jambes

(Squats)

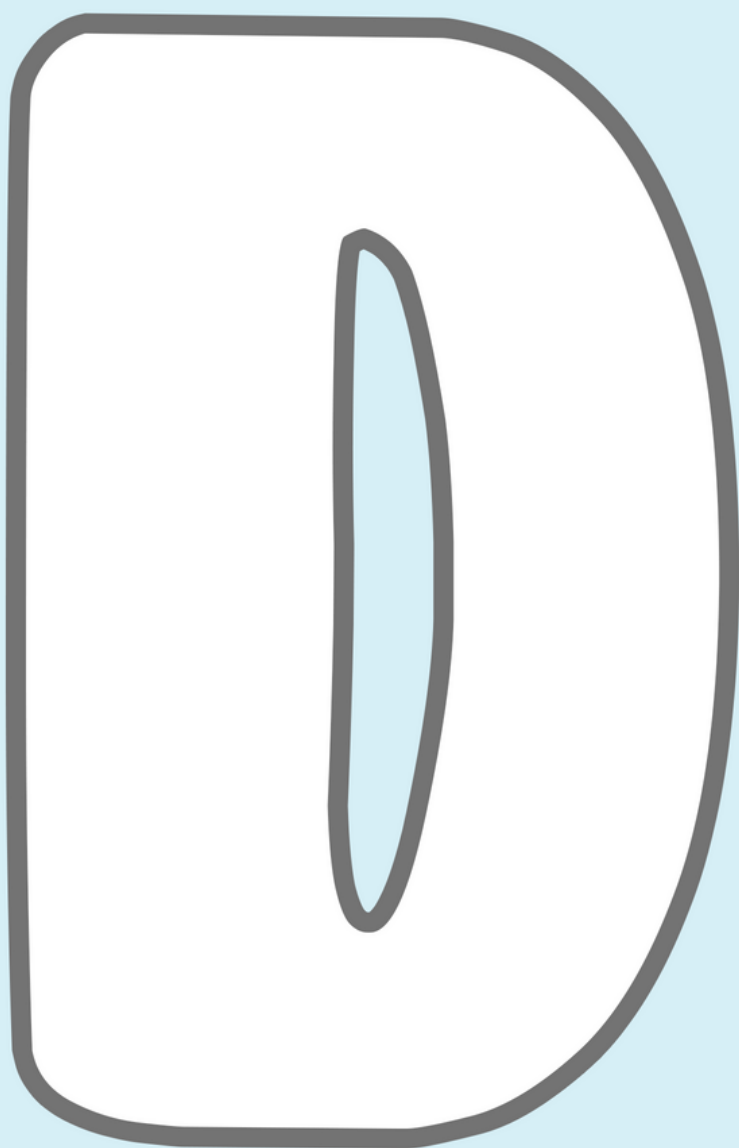


# 6

Répétitions

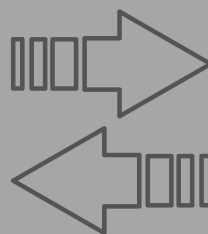


# Monter & descendre les escaliers

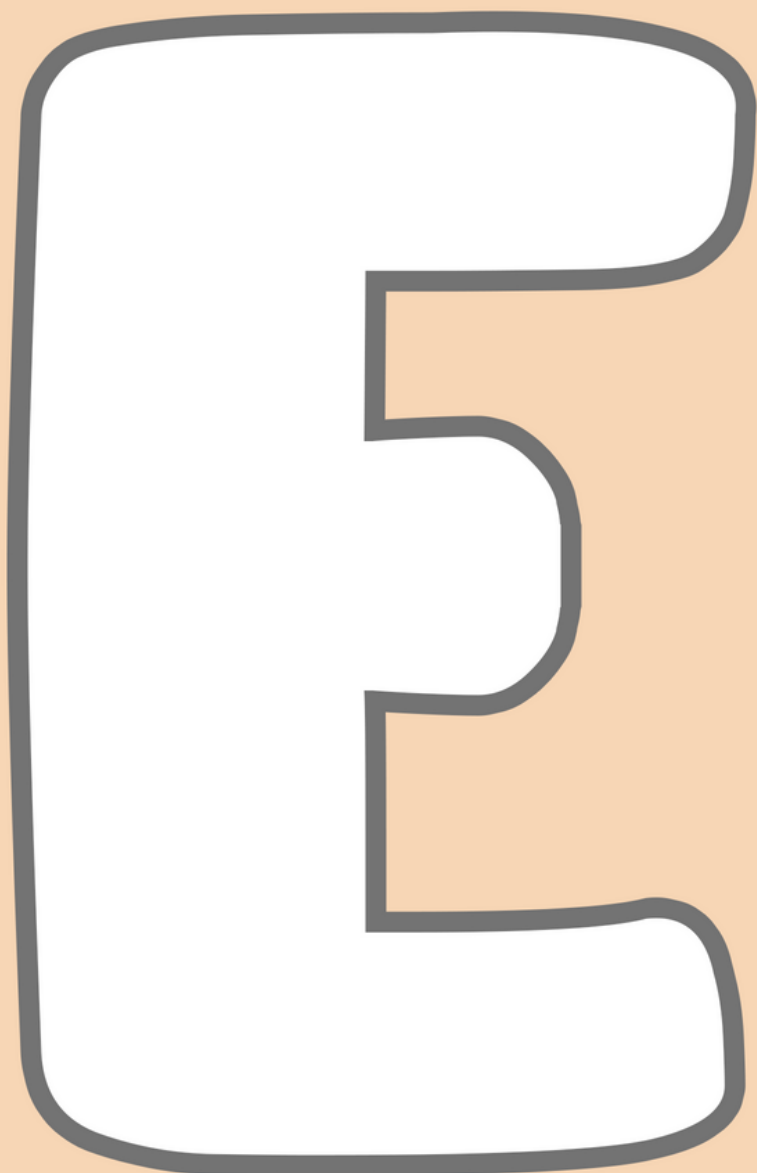


# 4x

Aller-retour

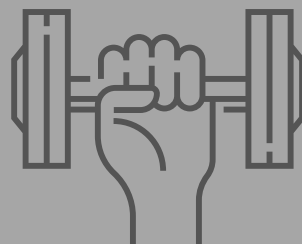


# Levés de genoux



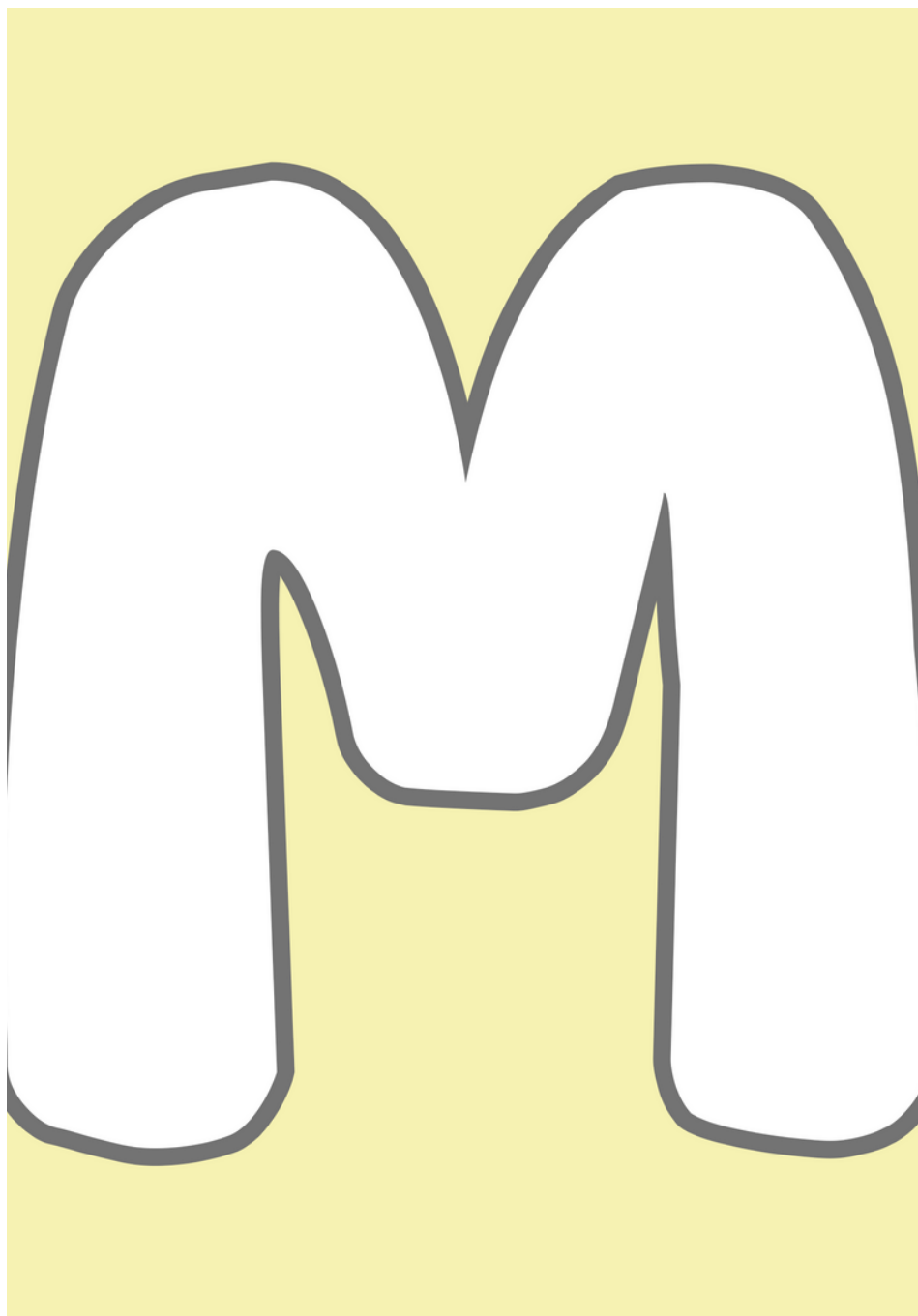
# 6

Répétitions  
avec chaque  
jambe



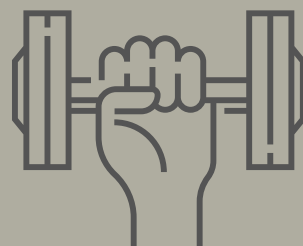
# Flexions de jambes avec saut

(Jump squats)



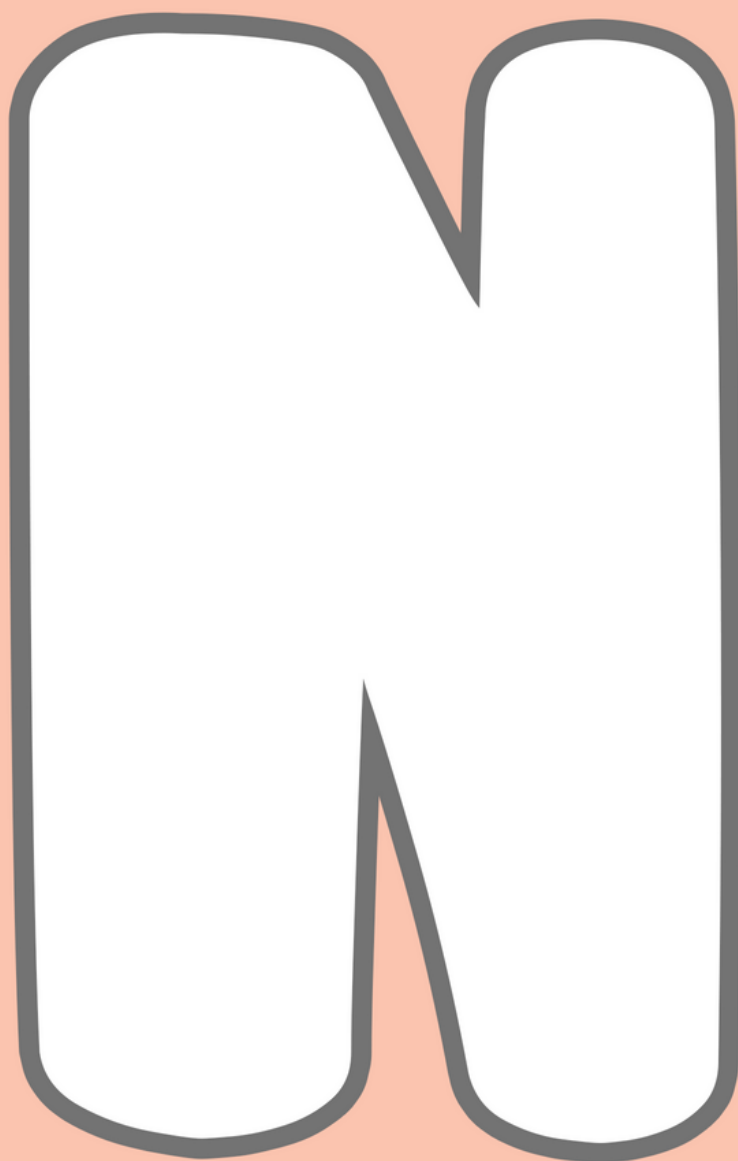
# 6

Répétitions



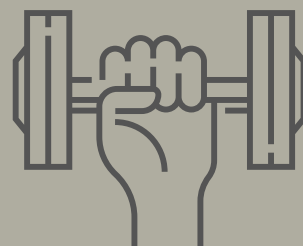
# Touchés-orteils

(Touch toes)



# 4

Répétitions  
droite-gauche



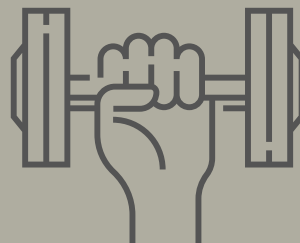
# Sauts avec écart

(Jumping jack)



# 6

Répétitions



# Saut à la corde

(Avec ou sans corde)



1x

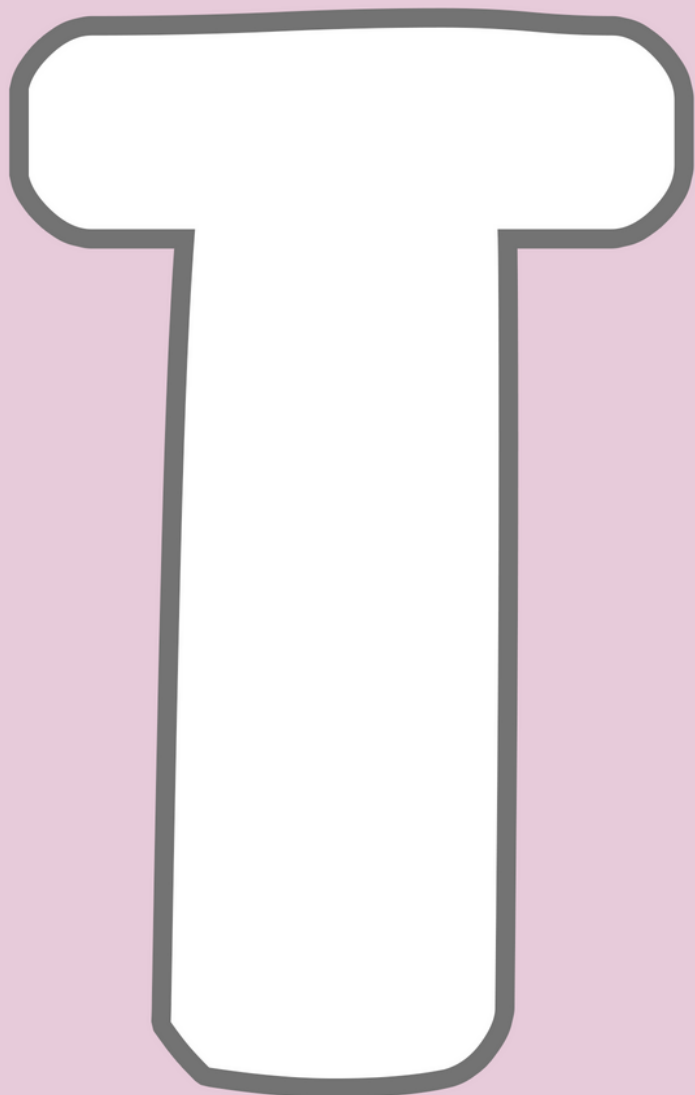


20 secondes



# Inspire & expire

(Les bras montent au ciel puis redescendent)



# 4x

Inspire  
& expire

