



Le défi
sportif

DETERMINATION



TREM

TABLE RÉGIONALE DE L'ÉDUCATION
DE LA MAURICIE

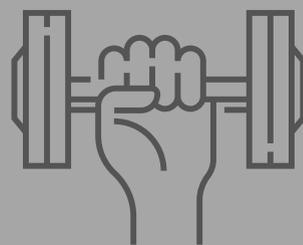
Flexions de jambes

(Squats)



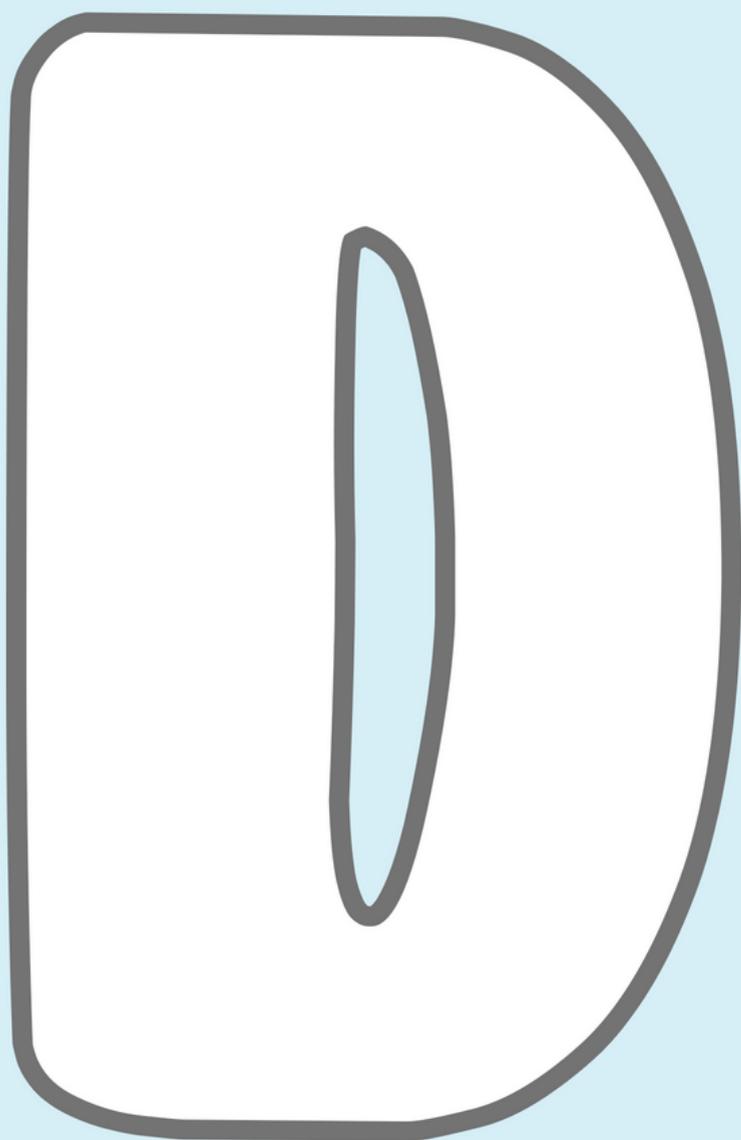
6

Répétitions



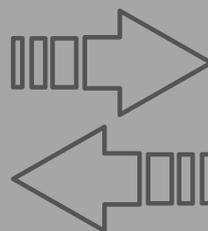
TREM

Monter & descendre les escaliers

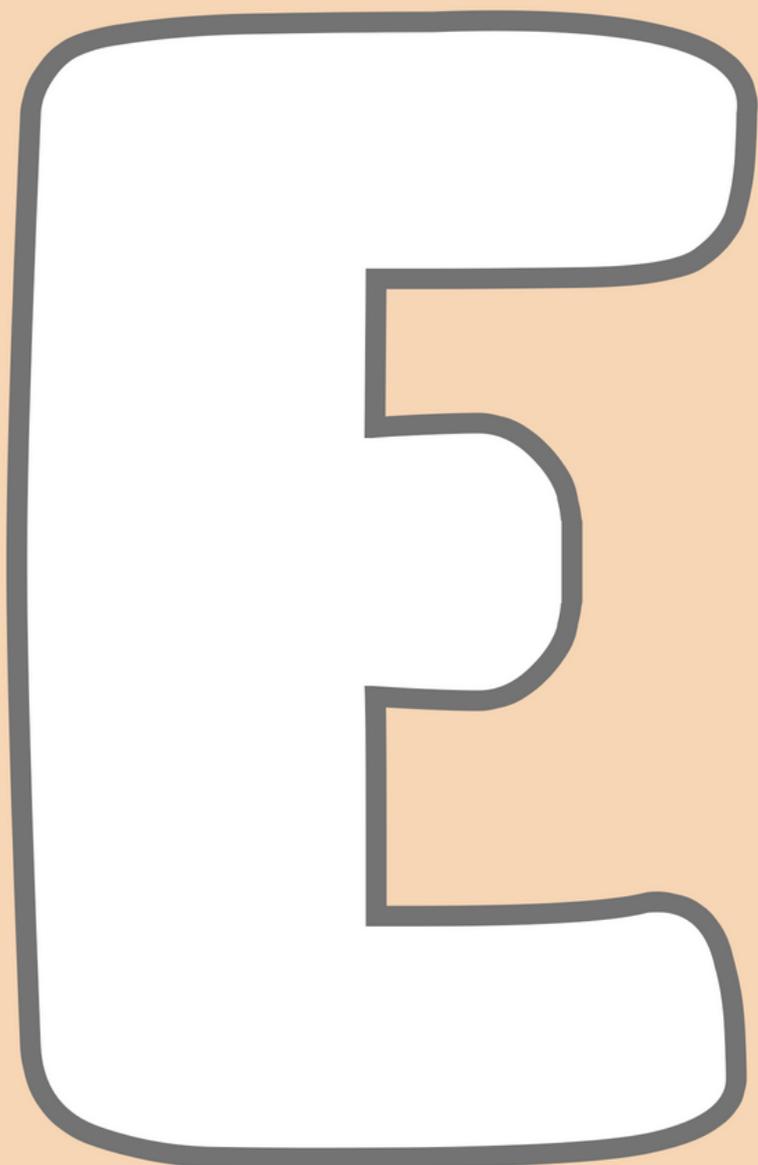


4x

Aller-retour

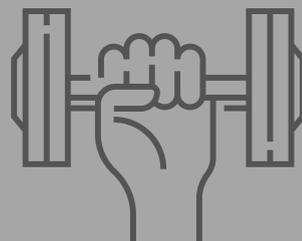


Levés de genoux

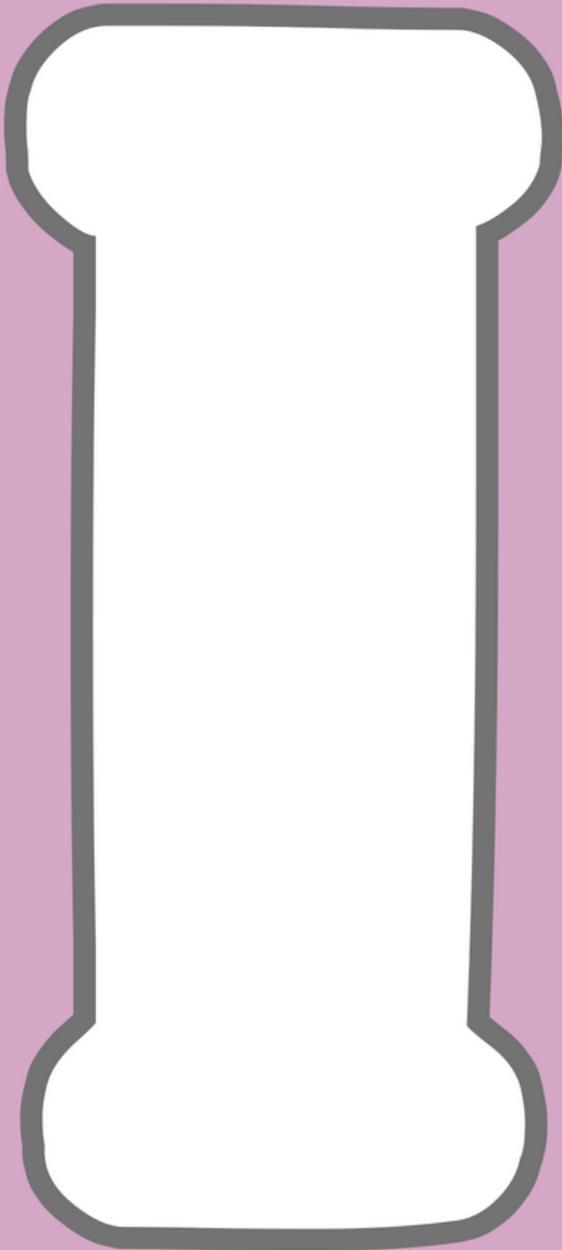


6

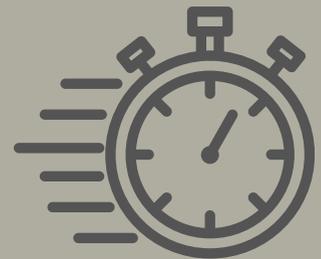
Répétitions
avec chaque
jambe



Le cobra



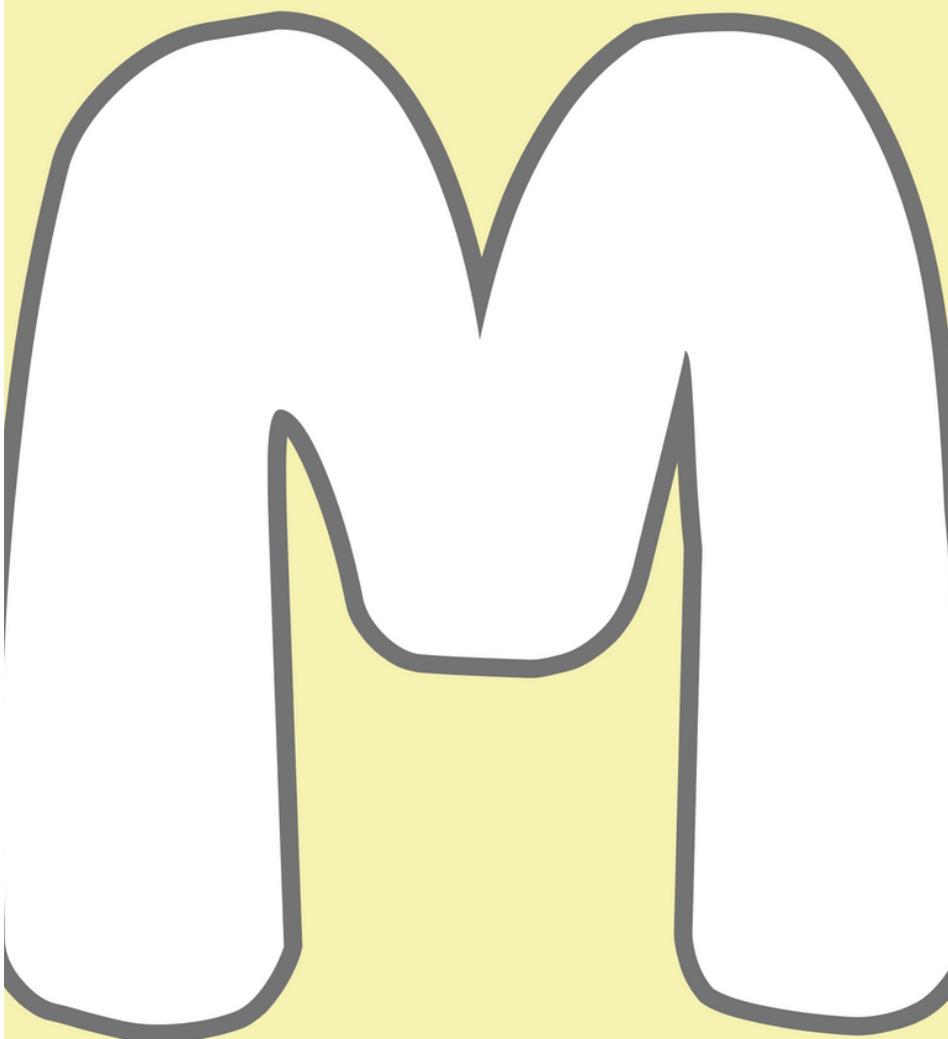
1x



15 secondes

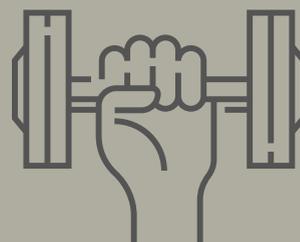
Flexions de jambes avec saut

(Jump squats)



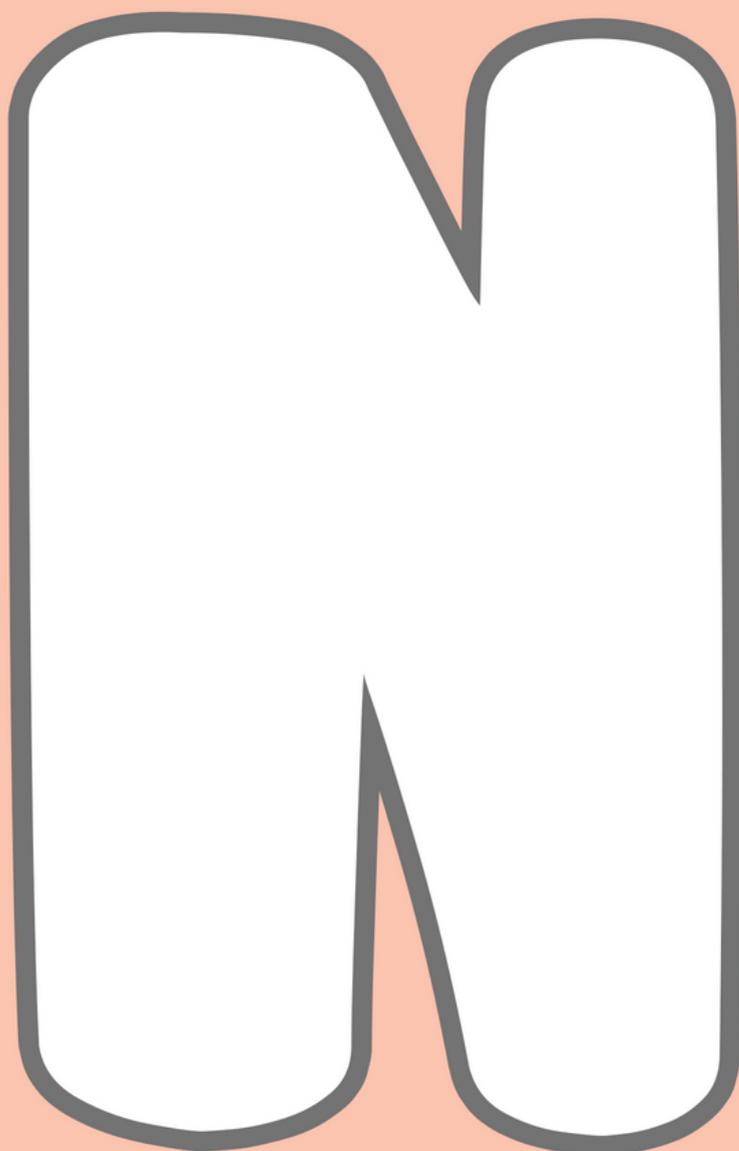
6

Répétitions



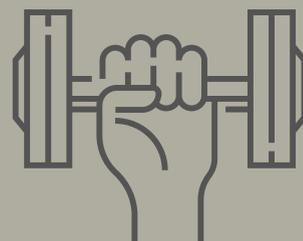
Touchés-orteils

(Touch toes)

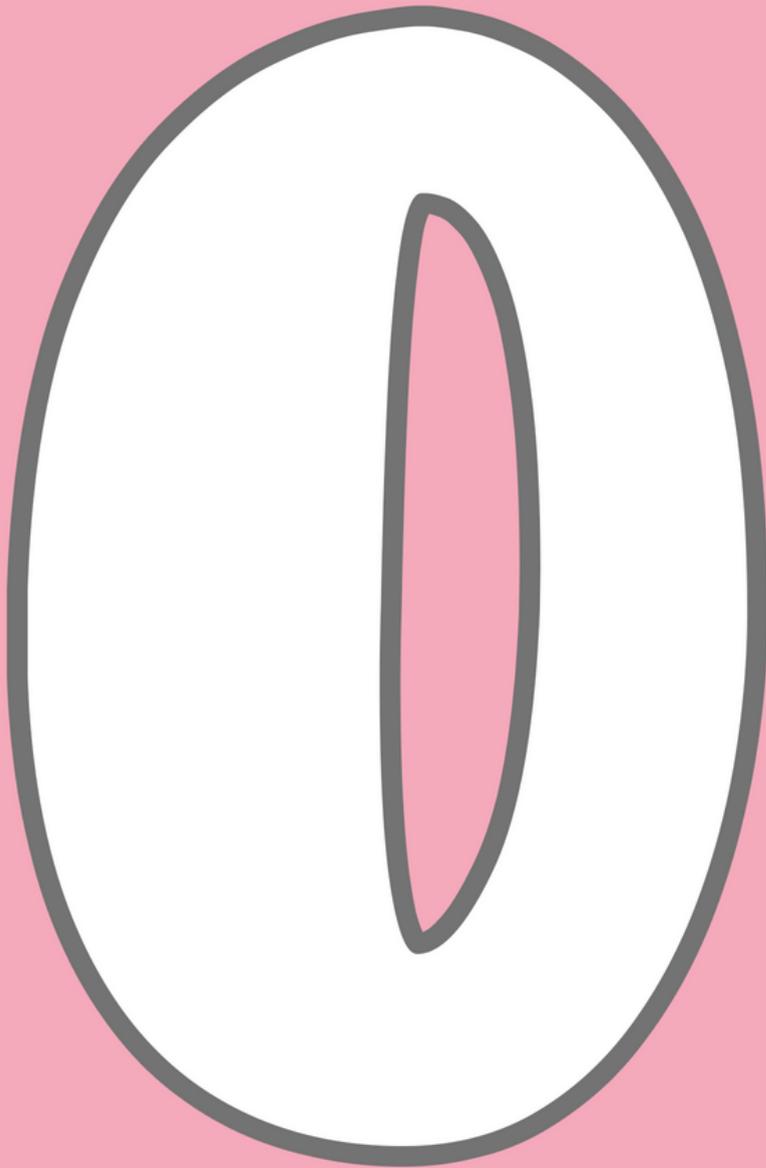
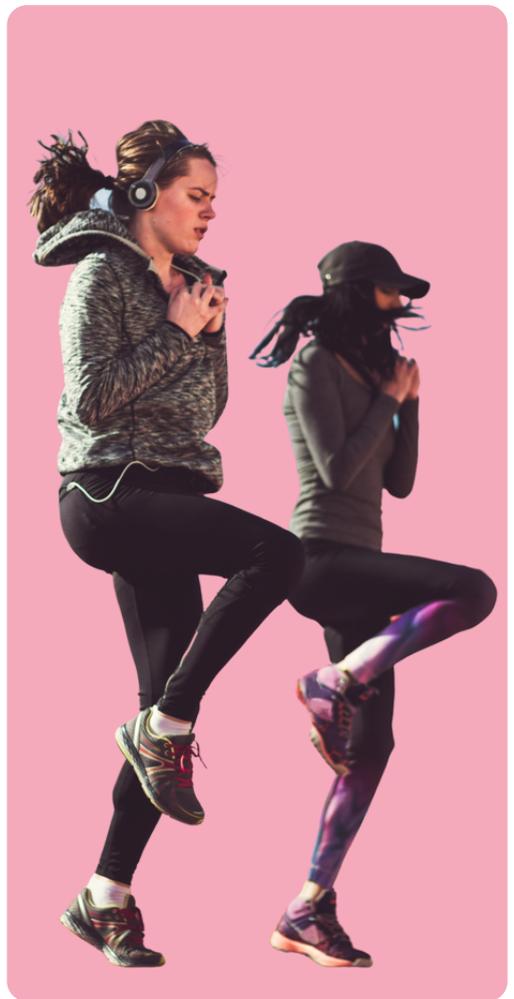


4

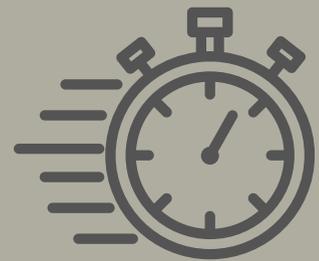
Répétitions
droite-gauche



COURSE sur place avec levés de genoux



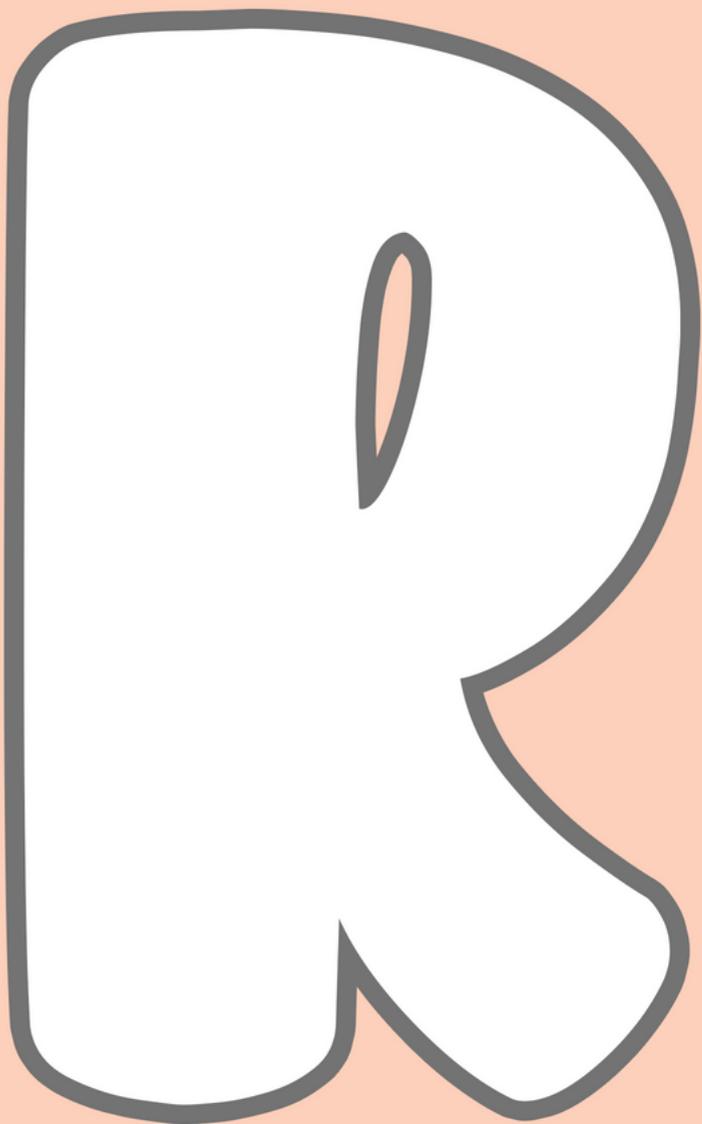
1x



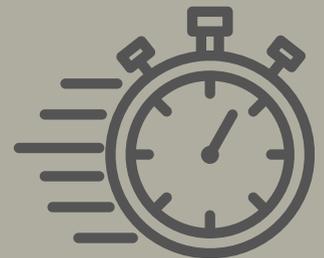
15 secondes

Superman

(Au sol, couché sur le ventre)



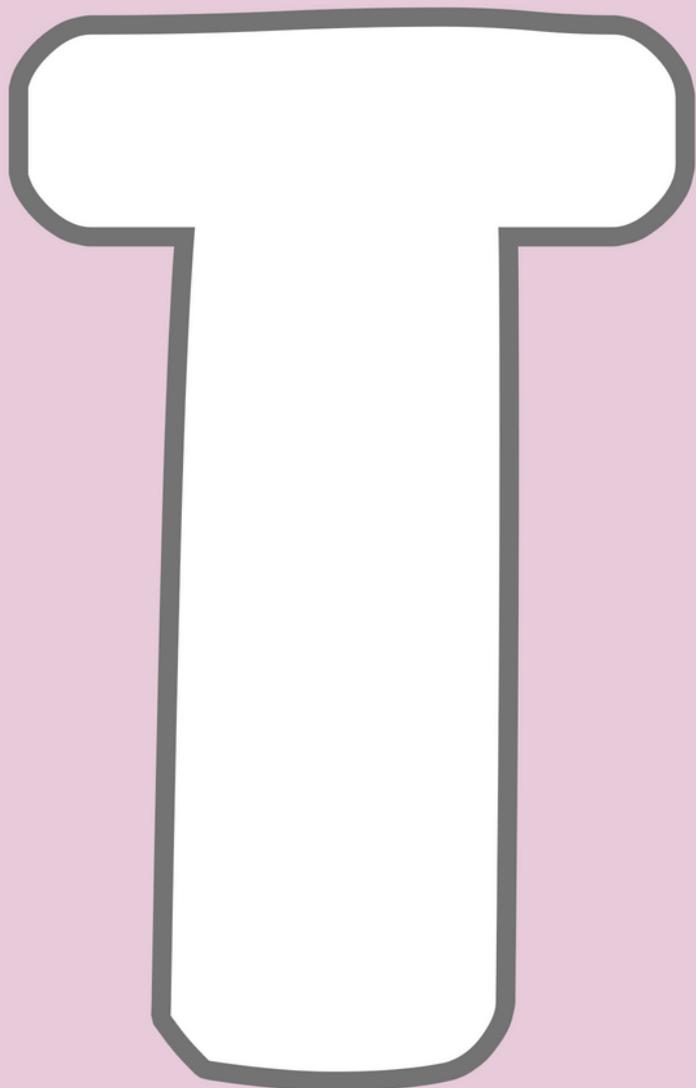
1x



10 secondes

Inspire & expire

(Les bras montent au ciel puis redescendent)



4x

Inspire
& expire

