



Le défi
sportif

P E R S E V E R A N C E



TREM

TABLE RÉGIONALE DE L'ÉDUCATION
DE LA MAURICIE

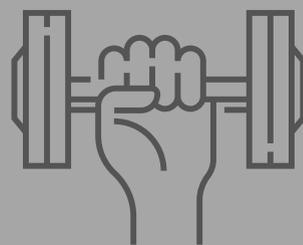
Flexions de jambes

(Squats)

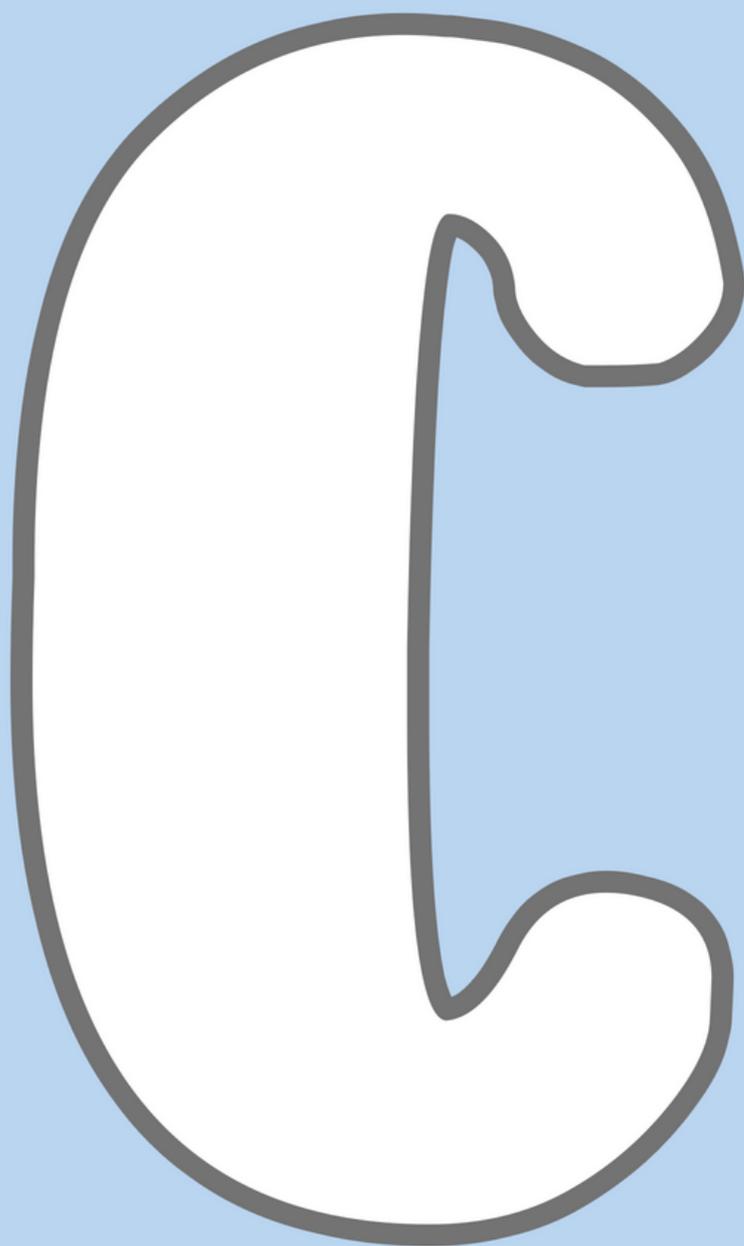


6

Répétitions



Course sur place

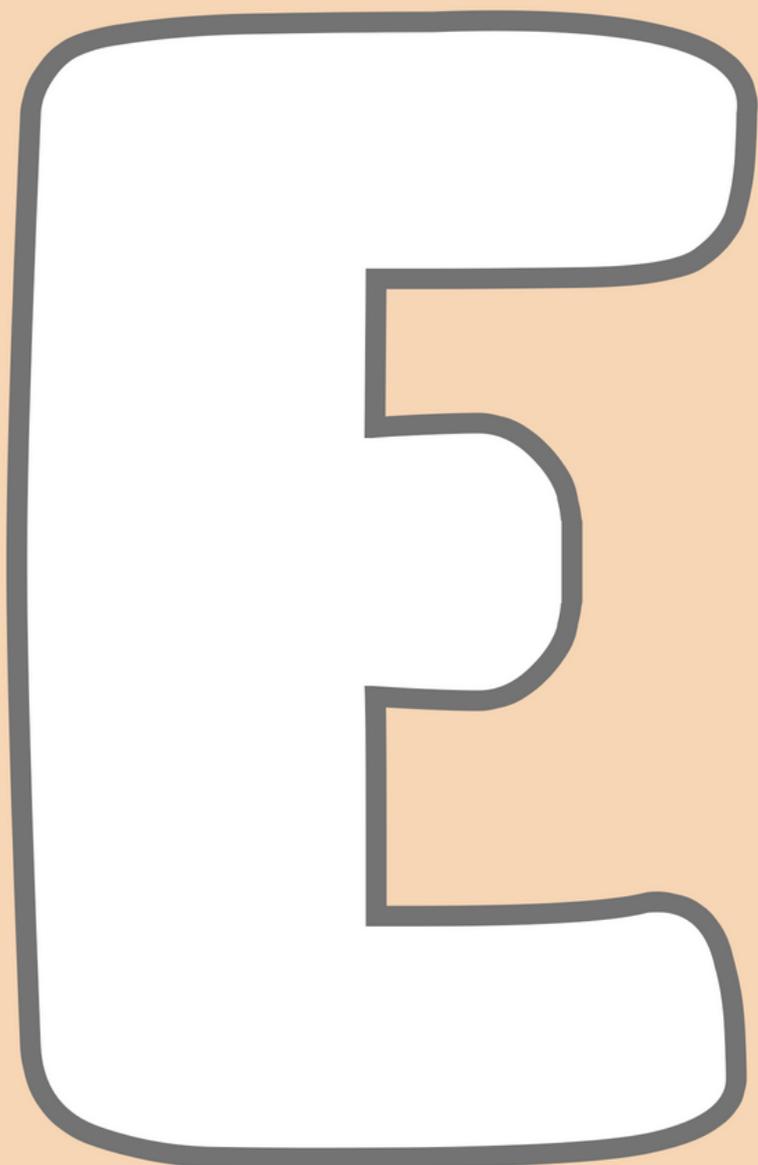


1x



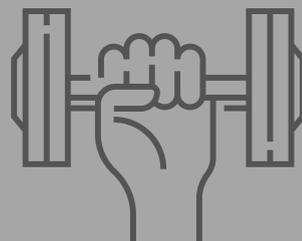
20 secondes

Levés de genoux



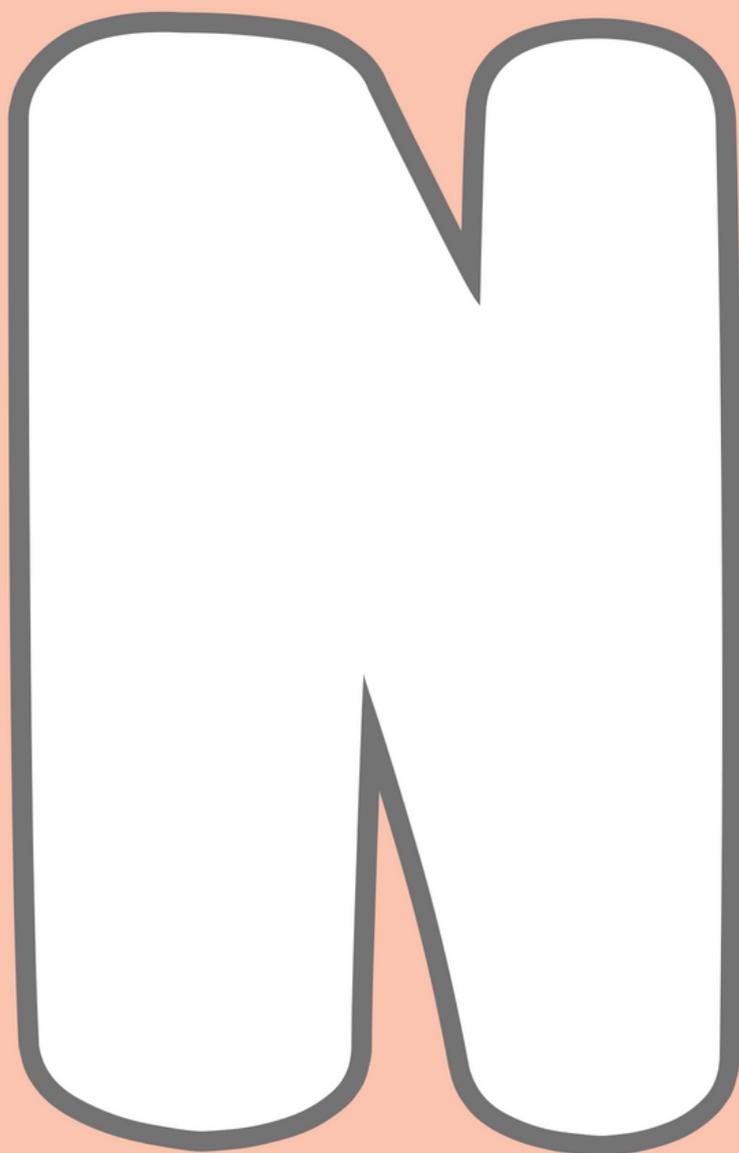
6

Répétitions
avec chaque
jambe



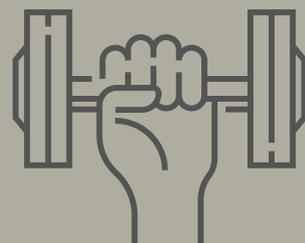
Touchés-orteils

(Touch toes)



4

Répétitions
droite-gauche



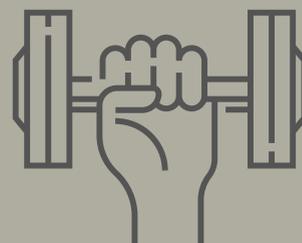
Sauts avec écart

(Jumping jack)



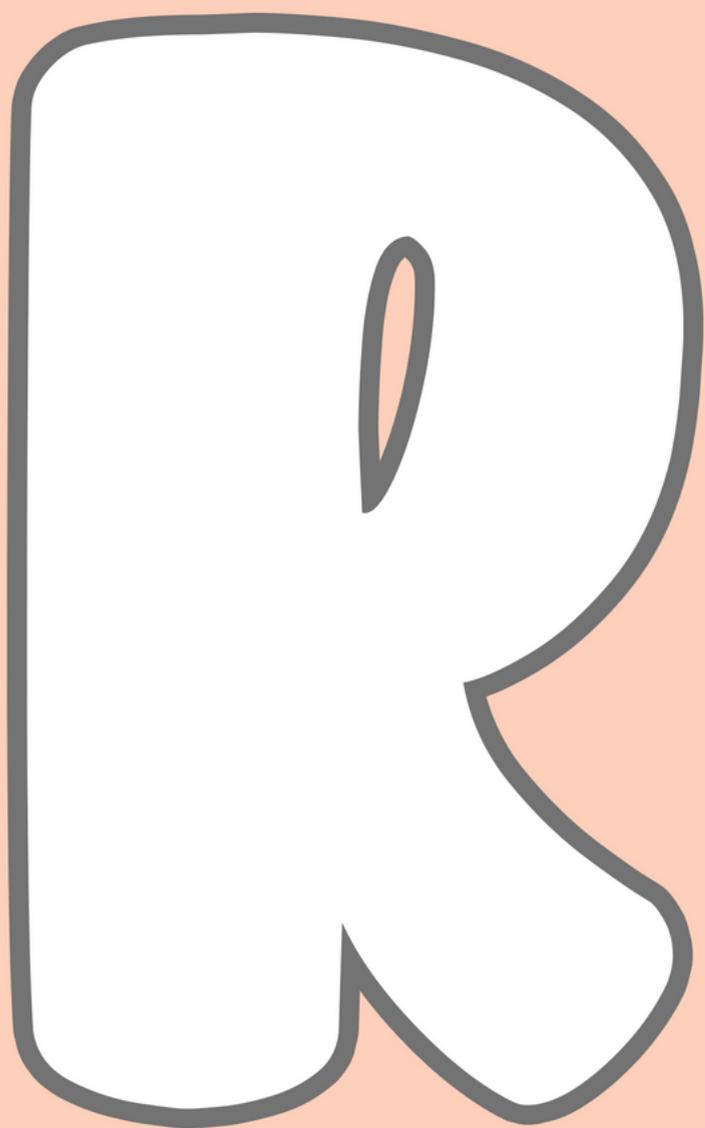
6

Répétitions

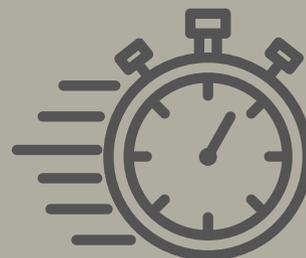


Superman

(Au sol, couché sur le ventre)



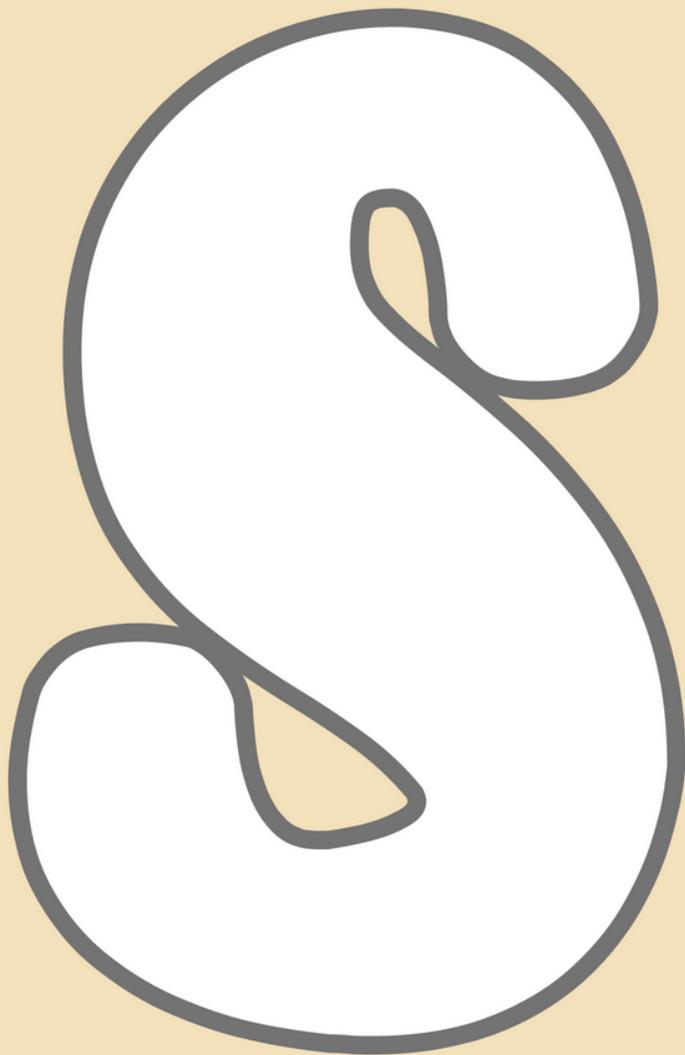
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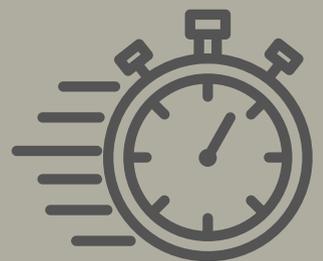
10 secondes

Saut à la corde

(Avec ou sans corde)

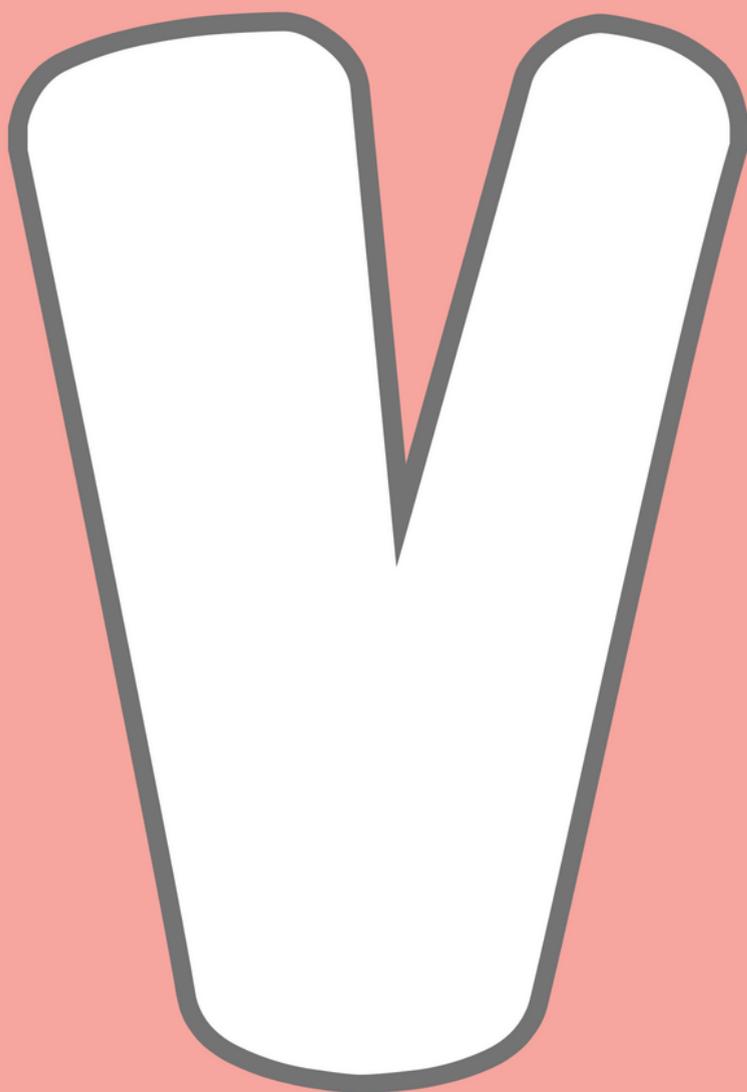


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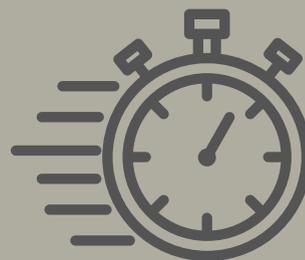


20 secondes

Talons- fesses



1x



10 secondes