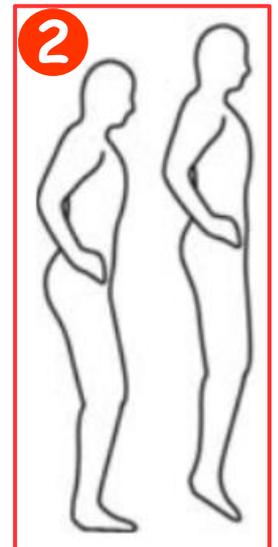


4) LE CARDIO

Levés de genoux

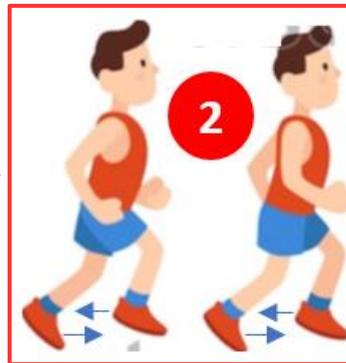


Sautillements
façon corde à
sauter



En cas de
soucis de
chevilles ou
genoux,
faire des
simples
montées de
genoux sans
le saut.

Mini-Fentes sur place

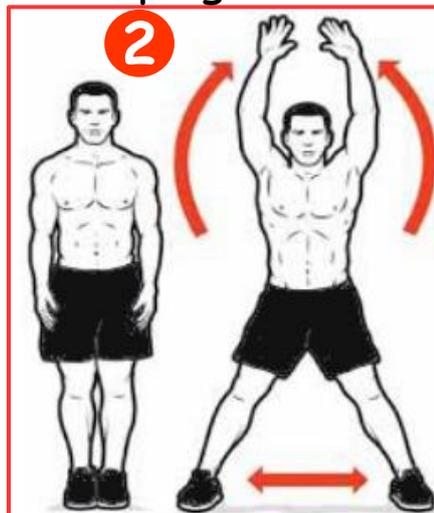


Talons - fesses



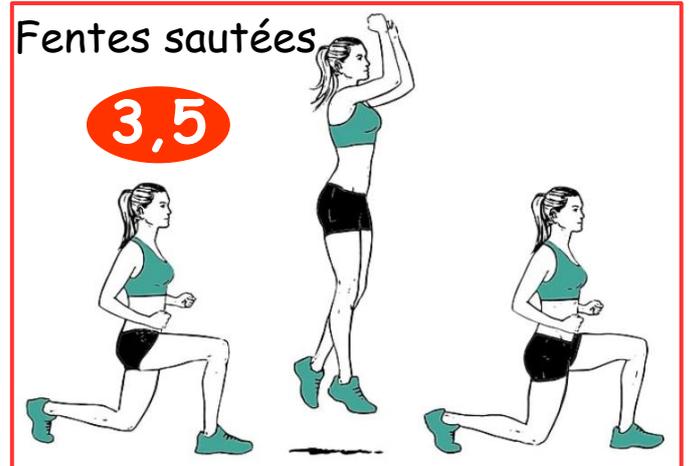
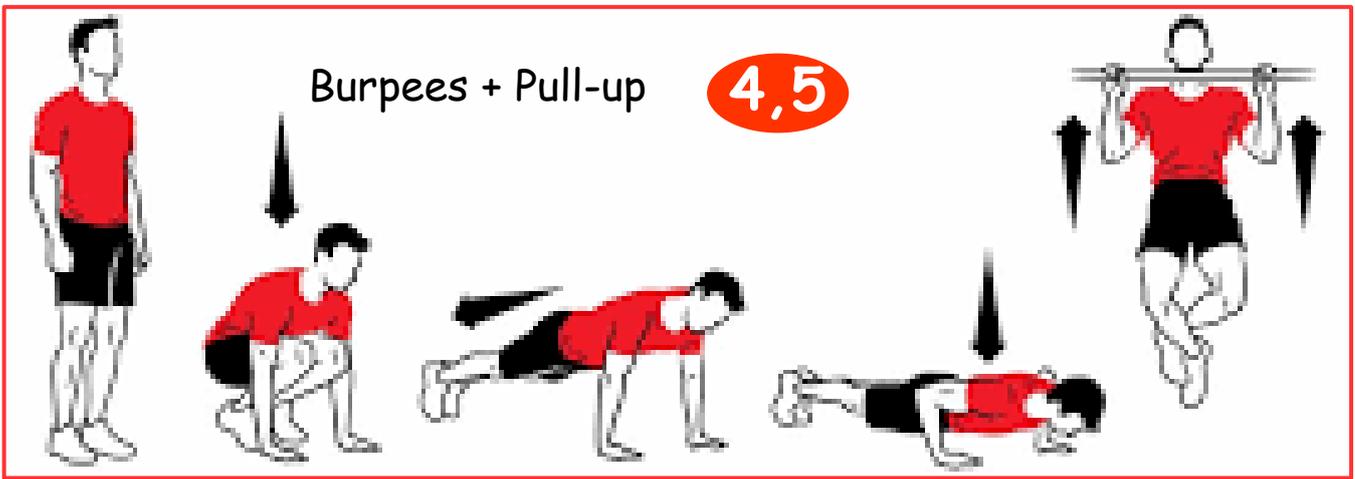
**Boxing-
Stepping**
Mouvement
très rythmé
avec les
jambes qui
piétinent
façon step en
cadence avec
les bras.

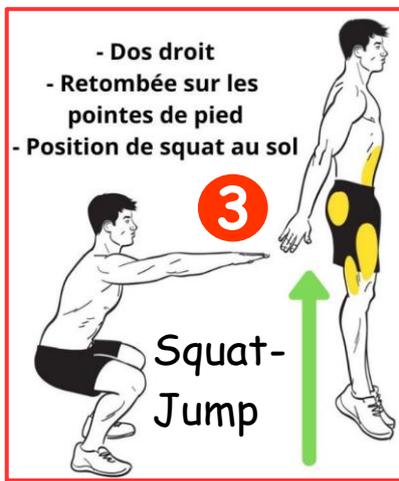
Jumping-Jack



Pointes de pieds
très rapides sur
STEP





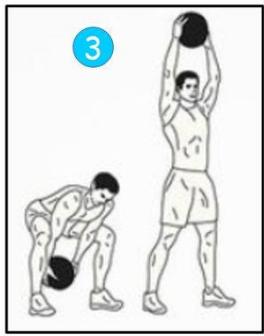


Sauts
genoux-
poitrine

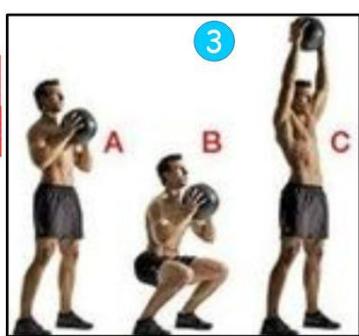


Avec un peu de matériel

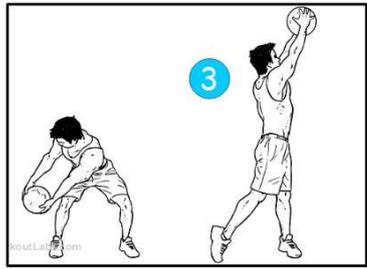
Medecine-Ball + Elastique



Toujours garder le dos droit !



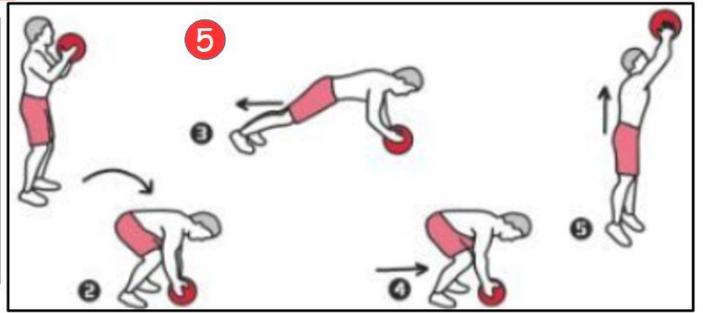
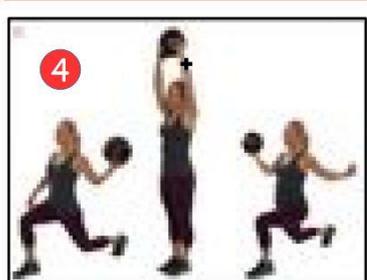
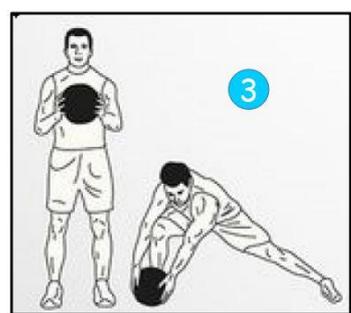
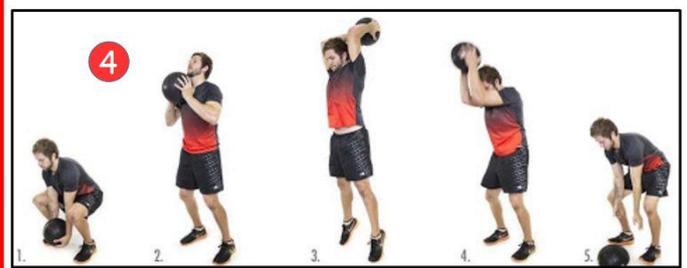
Medecine Ball



6 exos pour Cuisses & Épaules

Par niveaux de difficulté :

1 2 3 4



Elastique

