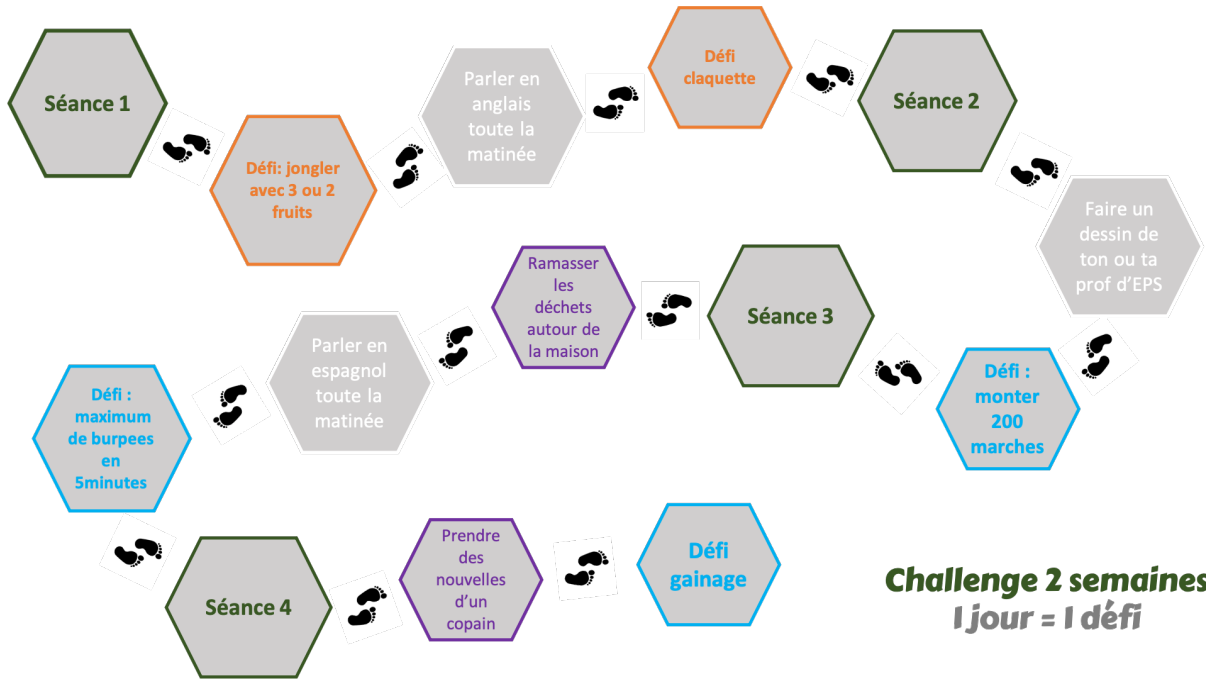


# Semaine 2 et 3 15/02/21 - 28/02/21 3<sup>e</sup>/4<sup>e</sup>

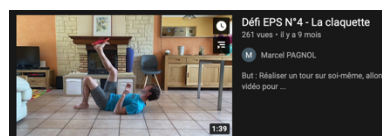


## Challenge 2 semaines 1 jour = 1 défi

<b>Séance 1</b>	30s gainage	30s repos	30s squat jump	30s repos	30s pompes genoux	30s repos	30s mountain climber	<b>4 tours</b>
<b>Séance 2</b>	20 montées genoux	+	20 jumping jack	+	5 burpees	+	20 mountain climber	<b>5 tours</b>
<b>Séance 3</b>	10 sit up	+	10 fentes	+	10 gainage rotation	+	20 montées genoux	<b>4 tours</b>
<b>Séance 4</b>	 Tour 2: 15 sit up Tour 3: 9 sit up	+	 Tour 2: 15 squat jump Tour 3: 9 squat jump	+	 Tour 2: 15 mountain climber Tour 3: 9 mountain climber			<b>3 tours</b>

**Défi gainage**

Tour 1: 10s chaise / 10s planche  
 Tour 2: 20s chaise / 20s planche  
 Tour 3: 30s chaise / 30s planche  
 Tour 4: 40s chaise / 40s planche  
 Tour 5: 50s chaise / 50s planche  
 Tour 6: 60s chaise / 60s planche



« Défi claquette EPS »  
Sur Youtube

**Défi: maximum de burpees en 5min**

1 burpee =

