

## « On garde la Forme »

Défi de la semaine...



<https://darffi.sh/gNvyVoBjoxk>

Améliore tes capacités...



Enrichis tes connaissances...



<https://darffi.sh/0ShyDPoUI3h>

Le coin à Gilbert...



M13

# Séances hebdomadaire

## Séance 1, M16

**1 Jonglage alterné (80x) 5min**  
Jonglage tête (40x) 5min

**2 Je conserve le ballon 10min**  
<https://dartfi.sh/17I886EnCV2>

**3 Travail d'appui 1 5min**  
<https://dartfi.sh/T59XXinsO32>

**4 Cardio Force Haut 30 min**  
<https://dartfi.sh/uE3jFx1t8Q9>

<https://www.youtube.com/watch?v=rnrTxJNg0xs>

**Stay@home Challenge 5min**

## Séance 2, M16

**1. Jonglage bon pied (130x) 5min**  
Jonglage mauvais pied (70x) 5min

**2 Je progresse 5min**  
<https://dartfi.sh/N2FP9pyATkc>

**3 Force 2x 15 min, 30min**  
<https://dartfi.sh/M6oKBsZ5tKl>

**4 Travail d'appui 6 et 7 10min**  
<https://dartfi.sh/O3Cal6XqnRl>

<https://dartfi.sh/rkZycUhABSj>

**Stay@home Challenge 5min**

## Séance 3, M16

**1 Jonglage libre (170x) 5min**  
Jonglage 4pieds/4cuisses(12x) 5m

**2 J'élimine 5min**  
<https://dartfi.sh/7oQnyeoh0a>

**3 Appui 2 5min**  
<https://dartfi.sh/yu9ooLK0Wa5>

**4 Cardio Force jambe 30min**  
<https://dartfi.sh/Jaz84iSGhx1>

<https://www.youtube.com/watch?v=gNStNSMRexw>

**Stay@home Challenge 5min**

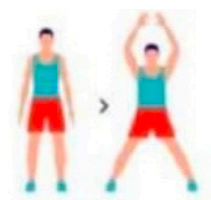


# FORCE M16

30s/10s

2 Séries

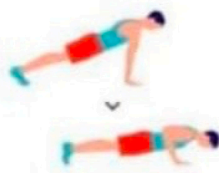
5 min pause



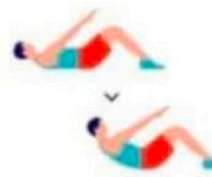
1. Jumping jacks



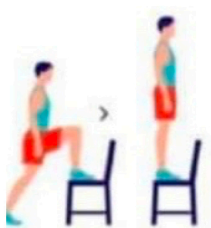
2. Wall sit



3. Push-up



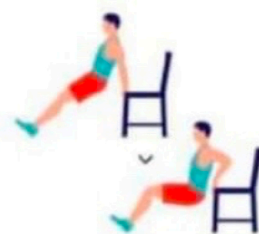
4. Abdominal crunch



5. Step-up onto chair



6. Squat



7. Triceps dip on chair



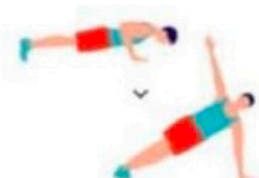
8. Plank



9. High knees running in place



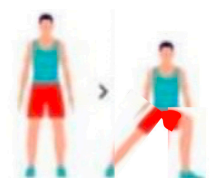
10. Lunge



11. Push-up and rotation



12. Side plank



13. Side lunge



14. Controlled sits



15. Single leg Squats



16. Romanian Deadlifts



17. Bridges