

semaine 5 Mercredi

## CUISSES &amp; FESSIER

## Circuit 1 (2 tours)

Seated side kick

70 reps (35 de chaque côté)



Donkey kick

70 reps (35 de chaque côté)



Jump squats

1 minute



## Circuit 2 (2 tours)

Dumbbell raise (4kg)

2 minutes



Leg curl (+lestes)

1 minute



Forward lunge

2 minutes



## Circuit 3 (1 tour)

Corde à sauter

1 min avant chaque exercice !



Pike plank

1 minute par côté



Jump lunges

2 minutes (1min de chaque côté)



Forward lunges

50 reps de chaque côté



Sonia Iles

# Tbc2 Semaine 2 Mercredi Top Body Challenge 2 Pinterest

**Shasha Hu**



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