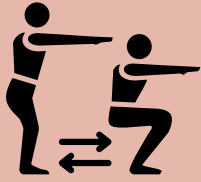


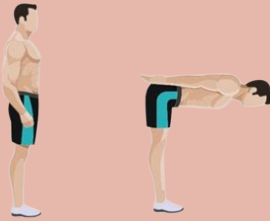
Mon calendrier de l'Avent actif ❄️

1 case = 1 jour = 3 ou 4 séries de 10-15 répétitions ou 30 secondes

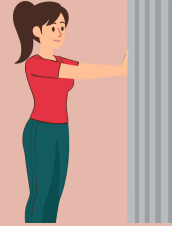
1. Squats



2. Good morning



3. Pompes mur



4. Élévations
jambe côté



5. Pas chassés



6. Pieds tandem



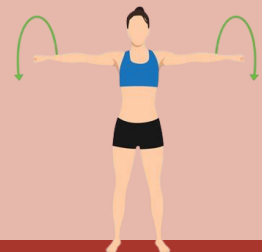
7. Fentes



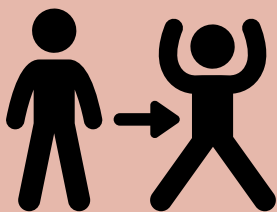
8. 4 pattes



9. Cercles bras



10. Jumping jacks

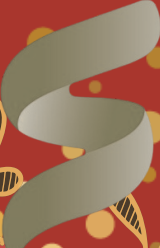


11. Équilibre 1 pied



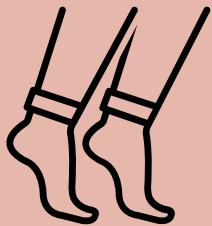
12. Relevés de
bassin



 **Satim**

MAISONS
SPORT
SANTÉ
En Vie d'Activité

13. Montées pointes



14. Superman



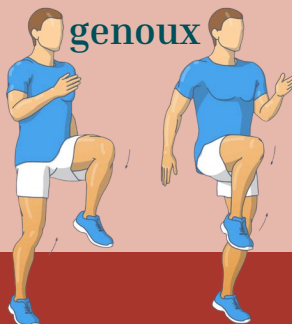
22. Planche latérale



16. Ciseaux jambes



17. Montées de genoux



18. Marche en ligne droite



19. Chaise contre mur



20. Enroulés dos



21. Pousser vers le haut



22. Relevés de buste



23. Coups de poings



24. Montées pointe 1 jambe

