|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **ENDURANCE** | **SOUPLESSE** | **COORDINATION** | **SANGLE ABDOMINALE** | **EXPLOSIVITE** | **FORCE** | **EQUILIBRE** |
| INCH WORM |  |  |  |  |  |  |  |
| INCH WORM WALK |  |  |  |  |  |  |  |
| BOTTOM SQUAT FULL ROTATION |  |  |  |  |  |  |  |
| UP DOG TO PRAYER |  |  |  |  |  |  |  |
| JUMPIN’JACKS |  |  |  |  |  |  |  |
| CURTSY SQUAT |  |  |  |  |  |  |  |
| SQUAT |  |  |  |  |  |  |  |
| BURPEES |  |  |  |  |  |  |  |
| CURTSY SQUAT+BRAS |  |  |  |  |  |  |  |
| WALKING LUNGES+BRAS |  |  |  |  |  |  |  |
| REVERSE LUNGES+BRAS |  |  |  |  |  |  |  |
| SINGLE TAPS |  |  |  |  |  |  |  |
| DOUBLE TAPS |  |  |  |  |  |  |  |
| SIDE PLANK ROTATIONS |  |  |  |  |  |  |  |
| DEADBUG |  |  |  |  |  |  |  |
| OTTOMAN LEG RAISES |  |  |  |  |  |  |  |
| SHOULDER TAPS |  |  |  |  |  |  |  |
| WINDSHIELD WIPER |  |  |  |  |  |  |  |
| BIRD DOG |  |  |  |  |  |  |  |
| TUCK JUMP |  |  |  |  |  |  |  |
| JUMP SQUAT |  |  |  |  |  |  |  |
| JUMP LUNGE |  |  |  |  |  |  |  |
| BROAD JUMP |  |  |  |  |  |  |  |
| PUSH UPS |  |  |  |  |  |  |  |
| HAND RELEASED PUSH UPS |  |  |  |  |  |  |  |
| WALL SIT |  |  |  |  |  |  |  |
| PISTOL SQUAT |  |  |  |  |  |  |  |
| SINGLE LEG TOUCH |  |  |  |  |  |  |  |

**TABLEAU RECAPITULATIF MOUVEMENTS/QUALITES PHYSIQUES**