

**CONTINUITE PEDAGOGIQUE – LYCEE FOCH RODEZ – WEEK 6**

**SEMAINE « DEFIS PHYSIQUES »**

<b><u>DAYS 1</u></b>	<b><u>DAYS 2</u></b>	<b><u>DAYS 3</u></b>	<b><u>DAYS 4</u></b>	<b><u>DAYS 5</u></b>	<b><u>DAYS 6</u></b>	<b><u>DAYS 7</u></b>
10 Pompes <input type="checkbox"/>	2 roulades AV <input type="checkbox"/>		8' Footing <input type="checkbox"/>	ATR (3'') x3 <input type="checkbox"/>		8' Footing <input type="checkbox"/>
25 Abdos face <input type="checkbox"/>	2 roulades AR <input type="checkbox"/>		Planche V 30'' <input type="checkbox"/>	15 Pompes <input type="checkbox"/>		15 Burpees <input type="checkbox"/>
8 Dips <input type="checkbox"/>	1 Roue <input type="checkbox"/>		Planche D 30'' <input type="checkbox"/>	10 Fentes AV <input type="checkbox"/>		Jumping Jacks 2' <input type="checkbox"/>
10 Burpees <input type="checkbox"/>	1 Chandelle <input type="checkbox"/>		Jumping Jacks 1' <input type="checkbox"/>	15 Dips <input type="checkbox"/>		5 pompes diamant <input type="checkbox"/>
Exercices Validés ..... /4	Exercices Validés ..... /4		Exercices Validés ..... /4	Exercices Validés ..... /4		Exercices Validés ..... /4
						Score total : ..... / 20