

# Passeport BLEU circuit 5min



1. Jumping jack 30s



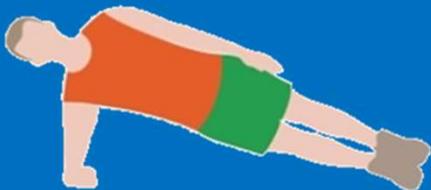
2. Montées genoux 30s



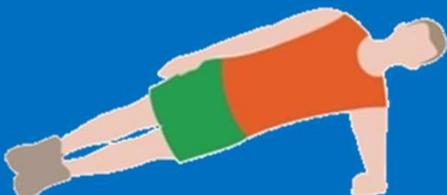
3. Planche 30s



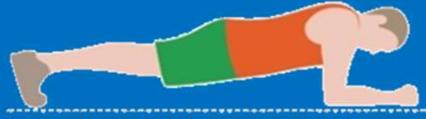
4. Planche à droite 30s



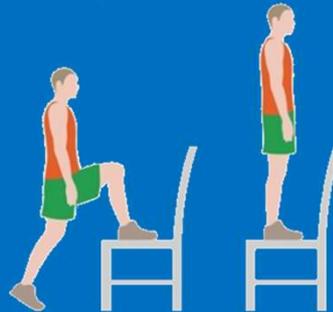
5. Planche à gauche 30s



6. Planche 30s



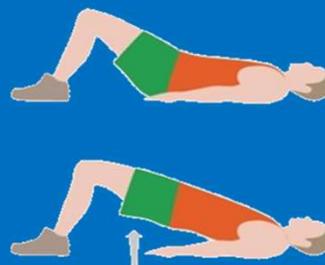
7. Step chaise 30s



8. Squat 30s



9. Relevé de bassin 30s



10. Pompes genoux 30s



Choisis  
ton  
niveau



2 tours



3 tours



4 tours

**Pense à  
boire**

