

# CUISSES & FESSIER



## SQUAT

Debout, les jambes ouvertes plus larges que la largeur du bassin, les pieds très légèrement en ouverture. Inspirer et descendre en pliant les genoux. Le poids du corps est sur les talons, les orteils peuvent se relever. Les fesses sont poussées vers l'arrière, le buste est droit et les genoux ne dépassent pas la pointe des pieds. Remonter en expirant et poussant sur les talons.



## SUMO SQUAT

Debout, les jambes écartées, plus largement que la largeur des épaules, les pieds très légèrement en ouverture. Inspirer et descendre en pliant les genoux. Les fesses arrivent à 5 cm du sol, le buste reste très droit. Le poids du corps est sur les talons, les orteils peuvent se relever. Remonter en expirant, en poussant sur les talons et rapprochant les deux fesses l'une contre l'autre.



## JUMP SQUAT

Debout, les jambes ouvertes plus larges que la largeur du bassin, les pieds très légèrement en ouverture. Inspirer et descendre en pliant les genoux. Le poids du corps est sur les talons, les orteils peuvent se relever. Les fesses sont poussées vers l'arrière, le buste reste droit et les genoux ne dépassent pas la pointe des pieds. Remonter en expirant, et en poussant sur les talons de façon si forte que l'on décolle du sol. On atterrit sur la pointe des pieds, et on repose les talons au sol.



## X HOPS

Commencer en position SQUAT. Sauter en l'air et atterrissez en position de LUNGES (jambe droite devant). Sauter à nouveau et atterrissez en position squat. En position de squat sautez et atterrissez en position lunges jambe gauche devant.



## JUMP LUNGES

Commencez en position de LUNGES, jambe gauche devant jambes droite derrière, laissez un écart parallèle de 15cm entre les jambes (comme sur des rails). En un mouvement explosif sautez en l'air, dans l'air ajuster votre position afin d'atterrir jambe droite devant, jambe vers l'arrière. Répétez.

# Top Body Challenge Gratuit

**JG Myers**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the JG Myers text.

**Top Body Challenge Gratuit:**

## Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Top Body Challenge Gratuit**

In some sort of inundated with screens and the cacophony of instantaneous connection, the profound energy and emotional resonance of verbal artistry usually diminish in to obscurity, eclipsed by the regular barrage of noise and distractions. However, located within the musical pages of **Top Body Challenge Gratuit**, a fascinating perform of fictional elegance that impulses with organic emotions, lies an memorable trip waiting to be embarked upon. Composed with a virtuoso wordsmith, this interesting opus instructions viewers on an emotional odyssey, softly exposing the latent potential and profound affect embedded within the delicate web of language. Within the heart-wrenching expanse of the evocative evaluation, we shall embark upon an introspective exploration of the book is key styles, dissect their captivating writing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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