

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.

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