

## CHALLENGE CROSS TRAINING POLYTECH

Format de travail :

FOR TIME

| EXERCICES    | NBRE REPS |
|--------------|-----------|
| SINGLE UNDER | 50        |
| JUMPING JACK | 40        |
| WALL BALL    | 30        |
| BOX JUMP     | 20        |
| DOWN UP      | 10        |

2 MINUTES DE RECUPERATION

PUIS

150 AIR SQUATS