

Egzèsis Fasil A Domisil pou Tout Fanmi an!

Bank Egzèsis!

Chwazi kèk egzèsis oswa ajoute pa w ladan yo! Eseye fè yo nan kantite fwa ou kapab la. Chwazi kantite tan pou bouje an.

Abdomino Djip Planks (Egzèsis pou kenbe pozisyon kouche) Speed skater (Patinè vitès) Mouvman Bisiklèt	Lunges oswa "lonj" (Fleksyon Janm yo) Wall-Sits (Seyans egzèsis chita do nan mi) Calf raises (Egzèsis pou travay jarèt, chevi ak jenou) Squats oswa "Eskwat"	Burpees oswa "Bèpi" (Seyans sote - kwoupi - kouche) Bear Crawl (Egzèsis kote w sou 2 peye w ak 2 men w) High Knees (Egzèsis pou w leve jenou w byen wo)	Jump Lunges (Egzèsis sote ak fleksyon janm ak bra yo) Star jumps (Egzèsis pou sote epi detire 4 manm yo) Mountain Climber (Egzèsis apiye sou men yo ak fleksyon jenou yo)	Fleksyon Trisèp yo sou yon chèz Glute Bridge (Egzèsis kouche pou mouvman senti) Jumping Jacks (Egzèsis pou sote ak fleksyon repete manm yo)	Inchworm (Egzèsis pou fleksyon senti an) Mouvman Superman (Egzèsis kouche pou fleksyon santi an ak mouvman manm yo)
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Egzèsis ki gen Entansite Fèb

- Ki bon pou si ou nan yon ti apatman epi ou gen vwazen
- Ki fè ti kras oswa pa fè bri menm

Dimanch	Lendi	Madi	Mèkredi	Jedi	Vandredi	Samdi
2 Djip 4 Inchworm 6 Lunges 8 Squats	3 Mouvman Superman 6 Glute Bridge 9 Abdomino 12 Lunges	4 Djip 8 Calf raises 12 Mouvman Bisiklèt Wall-sit pandan 16 segonn	5 Abdomino 10 Squats 15 Glute Bridge Plank pandan 20 segonn	6 Glute Bridge 12 Calf raises 18 Squats 24 Mouvman Bisiklèt	7 Inchworm 14 Lunges 21 Mouvman Superman Wall-sit pandan 28 segonn	8 Djip 16 Squats 24 Abdomino Plank pandan 32 segonn

Egzèsis Modere

- Ki bon si w gen yon ti espas anplis pou w bouje epi ou pa gen pwoblèm si w fè bri

2 Djip 4 Burpees 6 Speed skater 8 Fleksyon Trisèp sou yon chèz	3 Star jumps 6 Squats 9 Mountain Climber 12 Lunges	4 Bear Crawl 8 Abdomino 12 Mouvman Bisiklèt Wall-sit pandan 16 segonn	5 Burpees 10 Glute Bridge 15 Mountain Climber Plank pandan 20 segonn	6 Star jumps 12 Squats 18 Mouvman Bisiklèt Wall-sit pandan 24 segonn	7 Speed skater 14 Abdomino 21 Glute Bridge 28 Mouvman Bisiklèt	8 Mouvman Superman 16 Mountain Climber 24 Abdomino Plank pandan
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Egzèsis Aktif

- Ki bon si w gen anpil espas pou sote epi bouje
- Anpil egzèsis pou estimile kè an

2 Burpees 4 Jump Lunges 6 Fleksyon Trisèp sou yon chèz 8 Speed skater	3 Star jumps 6 Inchworm 9 High Knees 12 Squats	4 Abdomino 8 Speed skater 12 Lunges 16 Jumping Jacks	5 Fleksyon Trisèp sou yon chèz 10 Mountain Climbers 15 High Knees Plank pandan 20 segonn	6 Star jumps 12 Bear Crawl 18 Jumping Jacks 24 Mountain Climbers	7 Burpees 14 Mouvman Superman 21 Squats Wall-sit pandan 28 segonn	8 Fleksyon Trisèp sou yon chèz 16 Speed skater 24 Mountain Climbers Plank pandan 32 segonn
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Konsèy: Kòmanse ak yon dire tan 5 minit epi fè yo kantite fwa ou kapab la. Fè 5 minit anplis ladan l chak jou. Nan fen semèn lan, ou ta dwe kapab akonpli yon antrènman ki dire 35 minit!

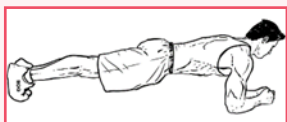
Timoun yo dwe pran objektif pou pase 1 èdtan ap fè egzèsis chak jou. Eseye ajoute travay nan kay yo, ale mache deyò an ak pwomnad yo sou egzèsis adomisil sa yo.

Jwèt Kat Egzèsis la: Jwèt Kat Egzèsis la: Koupe kat ki pi ba yo. Chwazi 1 rive 4 jwèt. Desine oswa chwazi kat pou fè egzèsis yo. Nou kapab desine yon kat epi fè egzèsis la ansanm oswa chak jwèt kapab desine plizyè kat diferan. Fè yo nan kantite fwa nou kapab la.

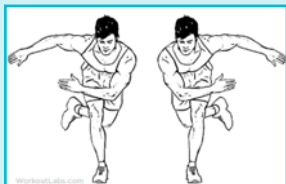
Abdomino



Planks
(Egzèsis pou kenbe pozisyon kouche)



Speed skater
(Patinè vitès)



Djip



Mouvman Bisiklèt



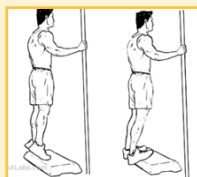
Lunges oswa "lonnj"
(Fleksyon Janm yo)



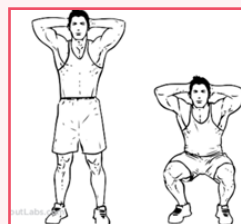
Etajè nan Mi



Calf raises (Egzèsis pou travay jarèt, chevi ak jenou)



Squats oswa "Eskwat"



Burpees oswa "Bèpi"
(Seyans sote - kwoupi - kouche)



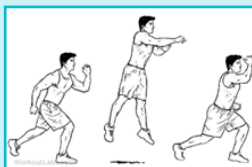
Bear Crawl (Egzèsis kote w sou 2 peye w ak 2 men w)



High Knees (Egzèsis pou w leve jenou w byen wo)



Jump Lunges (Egzèsis sote ak fleksyon janm ak bra yo)



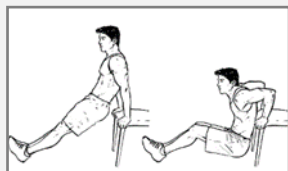
Star jumps (Egzèsis pou sote epi detire 4 manm yo)



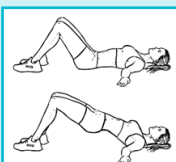
Mountain Climber
(Egzèsis apiye sou men yo ak fleksyon jenou yo)



Fleksyon Trisèp yo sou yon chèz



Glute Bridge
(Egzèsis kouche pou mouvman senti)



Jumping Jacks (Egzèsis pou sote ak fleksyon repete manm yo)



Inchworm (Egzèsis pou fleksyon senti an)



Mouvman Superman
(Egzèsis kouche pou fleksyon santi an ak mouvman manm yo)

