



LE LFI chez nous / le sport chez nous

Programme de 6 jours d'activités sportives à la maison

	Musculation	Danse	Yoga	Relaxation
Dimanche	https://www.youtube.com/watch?v=rARIcT2xneg&t=159s	https://www.youtube.com/watch?v=fTmD60W2IBs	https://www.youtube.com/watch?v=RzrjyzgiVQA	https://www.youtube.com/watch?v=cgFJO9hTVcE&t=12s
Lundi	https://www.youtube.com/watch?v=q6Sm7u8iD_Q	https://www.youtube.com/watch?v=kb6TBSG_6vo	https://www.youtube.com/watch?v=Z8In0I1WHFs	https://www.youtube.com/watch?v=R0EUJnpMmHo
Mardi	https://www.youtube.com/watch?v=4M98mNOJxpk	https://www.youtube.com/watch?v=vxLoDrprlmk	https://www.youtube.com/watch?v=VEFRtZX-f6I&t=2s	https://www.youtube.com/watch?v=6xtLUB_VhfA
Mercredi	https://www.youtube.com/watch?v=D6rsPKkwAGg	https://www.youtube.com/watch?v=YjKWdOeKPck	https://www.youtube.com/watch?v=s-mL8SN-s1w	https://www.youtube.com/watch?v=LulLraN4-8
Jeudi	https://www.youtube.com/watch?v=cdffEchvTvK	https://www.youtube.com/watch?v=0OLiAtvhmpo	https://www.youtube.com/watch?v=lyyJpiF-WnI&t=205s	https://www.youtube.com/watch?v=c-HCkQHhZNA
Vendredi	https://www.youtube.com/watch?v=0yT5DsGZerc	https://www.youtube.com/watch?v=-HnvOMsAmwE	https://www.youtube.com/watch?v=0d7Sp4ifXv0	https://www.youtube.com/watch?v=LXugEwxloOs

Nour DAMERJI
Coordinateur d'EPS