

# FIT' Nins

the Nins training course  
in Cap Coudalère

**Surpass yourself!**

Make **Cap Coudalère** your **Training Area**  
thanks to a **program created especially for you** by **Nins Guide**  
& **Cap Coudalère** !  
**7 events** to stay in shape, surpass yourself and have fun!

## To Participate :

**under the responsibility of an adult!**

put on your sneakers, take water, a small towel, cap &  
solar cream + a stopwatch  
(a watch or a phone will be ok)



[www.capcoudalere.fr](http://www.capcoudalere.fr)

# STARTING SPOT

Start Place Martinique - 66 420 Le Barcarès

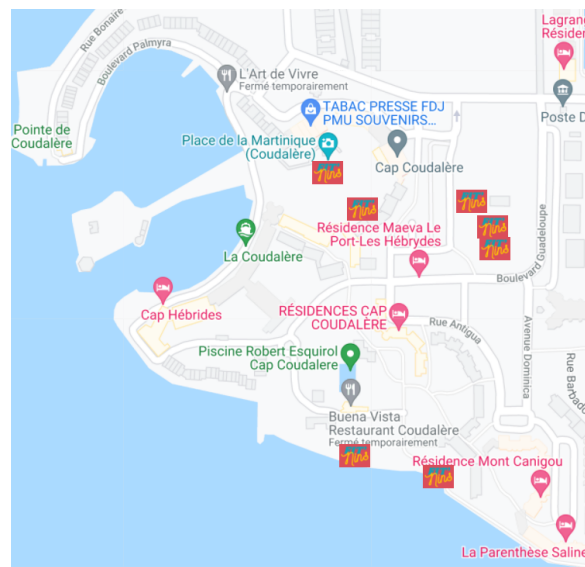
Click [HERE](#) to access the Google Map

There are 3 difficulty levels per event

1. **for the 6 - 8 years old**
2. **for the 8 - 10 years old**
3. **for the 10 - 12 years old**

if you do not pass certain events,  
don't worry: it will be for next time!

**Before starting, do 2 laps of the  
place Martinique in small stride  
to warm up!**



## CHALLENGE N°1



📍 place Martinique at the bottom of the stairs facing the shops

**Warm up the thighs and buttocks**

Run up the stairs of the square as quickly as possible and come back by the great descent

- \* 2x for the 6-8 years old \ time:
- \* 3x for the 8-10 years old \ time:
- \* 4x for the 10-12 years old \ time:



## CHALLENGE N°2

📍 At the Place Martinique playground at the big slide

**Warm up the arm muscles**

Hold on to the ladder so that you no longer touch the ground and try to put your head above your hands

**Pull-up goal**

- \* 3x for the 6-8 years old
- \* 4x for the 8-10 years old
- \* 5x for the 10-12 years old





## CHALLENGE N°3



At the playground on the beach  
facing the LAKE

***the bear's step: wake up the animal that  
lies dormant in you!***

**Goal:** deltoids, triceps et pectorals

On all fours - on the hands and feet only  
because the knees are not in contact with  
the ground - go around the structure of the  
slide as fast as possible!

\*2x for the 6-8 years old \ time:

\*3x for the 8-10 years old \ time:

\*4x for the 10-12 years old \ time:



## CHALLENGE N°4



Nikos Gatsos square under the olive tree  
cloud shaped

***Board ... but out of the water!***

**Goal:** core version abs

Take place under the cloud tree facing  
the lake.

Lie down facing the floor, resting on your  
forearms and toes.

Put your elbows under your shoulders,  
keep your whole body straight from head  
to toe (ankles / knees / hips and  
shoulders aligned),

Contract the abs, buttocks and thighs to  
prevent your body from arching or  
standing up. Look at the ground so as  
not to create tension at the level of the  
neck and hold the position.

How long did you last?:





## CHALLENGE N°5



At the pétanque grounds  
bld Guadeloupe

ask players before doing this test  
so as not to disturb them

### ***Tightrope walker???***

Goal: keep your balance

Go around the pétanque court on the  
wooden borders.

Be careful if you fall, you start over at the  
start of the length you were on

How long did it take you to succeed?



## CHALLENGE N°6



In front of the football cage between  
the parking lot and the basketball court

### ***Jumping Goal!***

Goal: coordination

Stand in front of the soccer goal as if you  
were guarding the goals. And do the  
maximum of 'jumping jack' in 2 minutes.

It is a vertical jump on the spot with the legs  
and arms outstretched.  
Jump vertically by spreading your feet apart  
and raising your arms to the sides above your  
head, touch your hands, keep your body  
straight and jump again, returning to the  
starting position, arms alongside your body and  
feet together. Repeat as long as you can the  
movement in 2 minutes.

How many have you done?:





# CHALLENGE N°7



In front of the clown wall next to the tennis courts

***The ultimate test: the chair!***

***Will you come to the end of this training?***

***We are sure you have strength left!***

Goal: **core**

Strike a pose in the hands of the clown.  
Sit with your back to the wall, legs bent in a chair position and hold on as long as possible!

Seize the opportunity to take a nice photo at the same time and immortalize your Fit'Nins training course with a smile!

You can share it on Instagram mentioning

@capcoudalere et @ninsguide



For many other activities:  
**download the Nins Guide app &  
log onto the Cap Coudalère website!**  
click on the links below



[www.capcoudalere.fr](http://www.capcoudalere.fr)