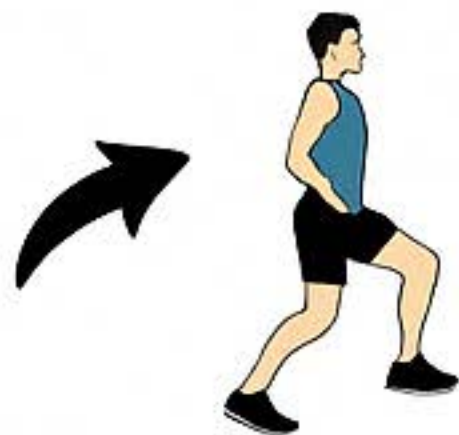




Fentes sautées



Gainage costal



1 Pompes sur genoux



Crunch inversé

12



Soulevé de tes croisé

3



Crunch-abdos croisé

9

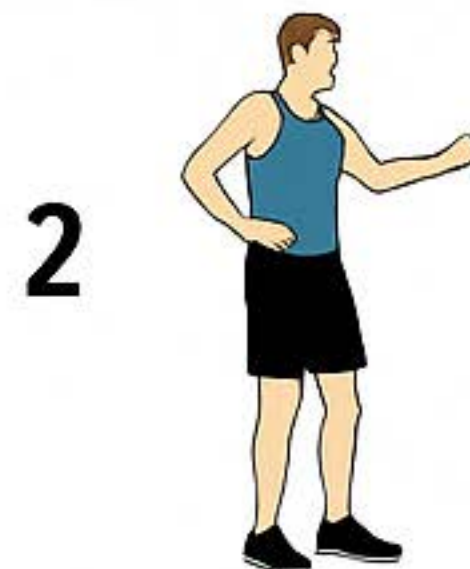


Jumping Jack

7



Gainage ventral



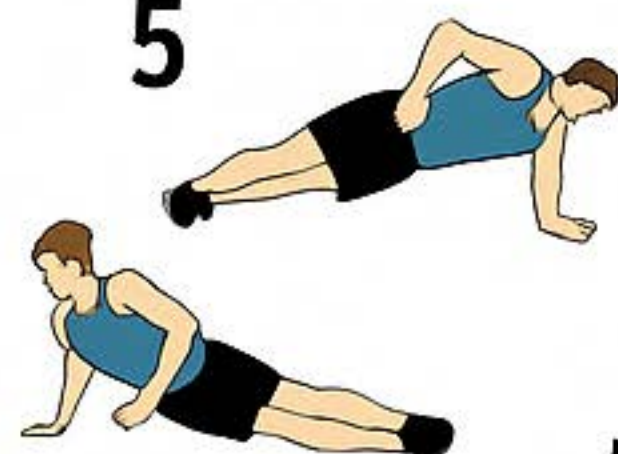
Burpee

4



Burpee

5



Double crunch

Kinéoform

Circuit Training

30"effort 30"repos

2'repos inter-série

Faire de 1 à 5 séries