



  ÉCHAUFFEMENT

D



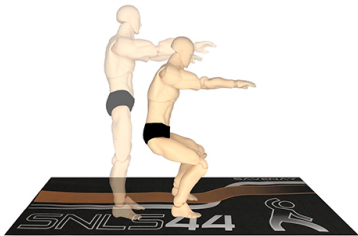
MOUNTAIN CLIMBER

1

8



SOULEVÉ DE FESSES



SQUATS

2

7



TOUCHE MALLEOLES



CRUNCH

3

6



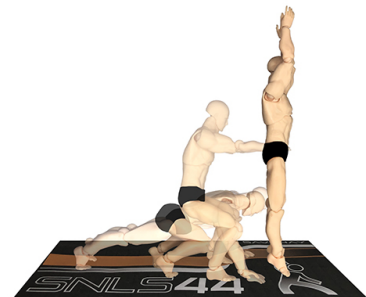
GAINAGE COSTAL G



GAINAGE COSTAL D

4

5



BURPEES



3-5 x 4'00"

20" / 10"  
effort / repos

2'  
inter-série

x 3 à 5  
séries