



  ÉCHAUFFEMENT



JUMPING JACK



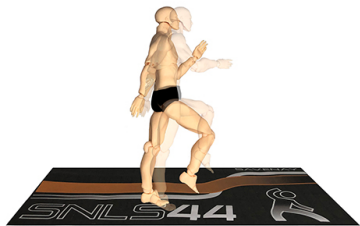
RAMEUR



POMPES MONTÉE DE COUDES



CRUNCH



COURIR SUR PLACE



GAINAGE COSTAL D

1

2

3

4

5

6

12

11

10

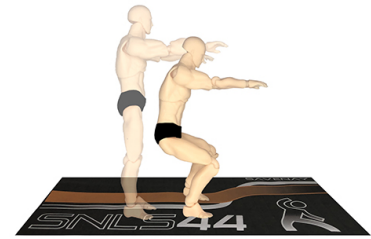
9

8

7



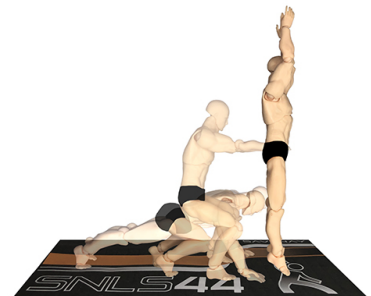
POMPES



SQUATS



DEAD BUG



BURPEES



GAINAGE COSTAL G



CISEAUX



5'50"

20" / 10"  
 effort / repos

2'  
 inter-série

x 3 à 5  
 séries