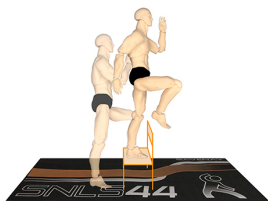




JUMPING JACK



POMPES
 SERRE / DESERRE
 POMPES PAPILLON



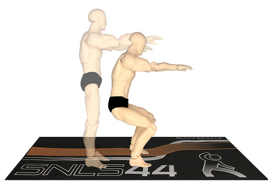
STEPS



CRUNCH
 CRUNCH PIED CHAISE
 BICYCLETTE



BRAS TENDUS



SQUATS
 SERRE / DESERRE
 SQUATS SAUTÉS



SIT-UP
 RUSSIAN TWISTS
 RAMEUR



ÉCHAUFFEMENT

D

1

2

3

4

5

6

7

13

12

11

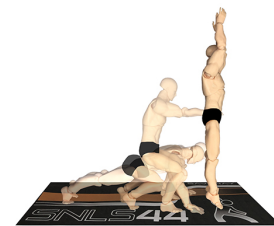
10

9

8



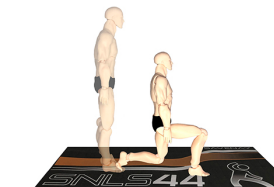
GAINAGE COSTAL G
 BRAS DESSOUS
 COUDE GENOU



BURPEES
 BURPEES POMPES
 BURPEES SAUTÉS POMPES



GAINAGE COSTAL D
 BRAS DESSOUS
 COUDE GENOU



FENTES
 FENTES ARRIÈRES
 FENTES SAUTÉES



GAINAGE VENTRAL
 TOUCHÉ ÉPAULE
 MONTÉE BRAS



DIPS
 DIPS PIED DROIT
 DIPS PIED GAUCHE



21'50"

30" / 10"
 effort / repos

1'30"
 inter-série

x 1 à 2
 séries