



  ÉCHAUFFEMENT

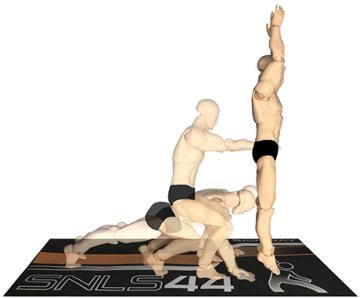
D



CRUNCH ABDOS CROISÉS



POMPES SUR GENOUX



BURPEES



CRUNCH INVERSÉ



CISEAU COSTAL G



MOUNTAIN CLIMBER

1

2

3

4

5

6

12

11

10

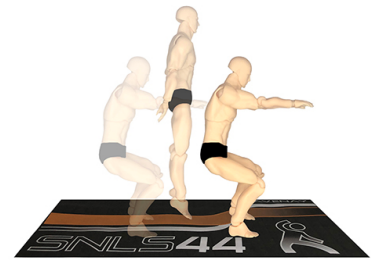
9

8

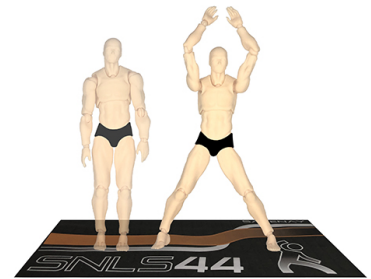
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GAINAGE VENTRAL



SQUATS SAUTÉS



JUMPING JACK



CRUNCH DOUBLE



SOULEVÉ DE FESSES



GAINAGE COSTAL D



1-5 x 5'50"

20" / 10"
 effort / repos

2'
 inter-série

x 1 à 5
 séries