

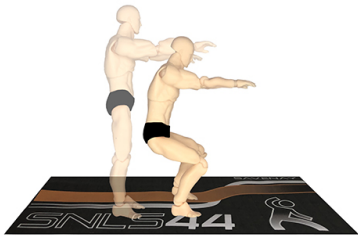


⚠️ 🌡️ ÉCHAUFFEMENT

D



MOUNTAIN CLIMBER



SQUATS



ÉPAULES ÉLÉVATION LATÉRALE



CRUNCH



GAINAGE COSTAL D

1

2

3

4

5

10

9

8

7

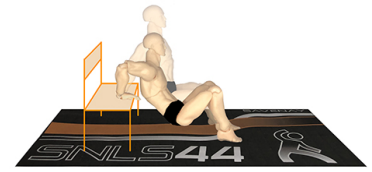
6



GAINAGE VENTRAL



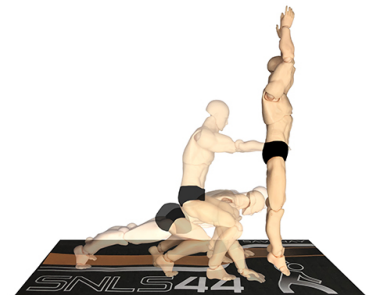
GAINAGE LOMBAIRE



DIPS AVEC CHAISE



GAINAGE COSTAL G



BURPEES



6'30"

30" / 10"
effort / repos

1'30"
inter-série

x 3 à 4
séries