



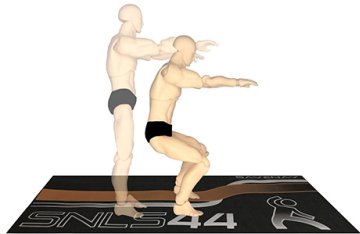
ÉCHAUFFEMENT



JUMPING JACK



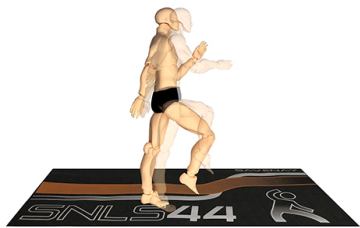
RUSSIAN TWIST



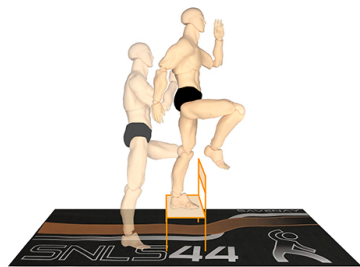
SQUATS



TOUCHE TALONS



COURIR SUR PLACE



STEPS

1

2

3

4

5

6

12

11

10

9

8

7



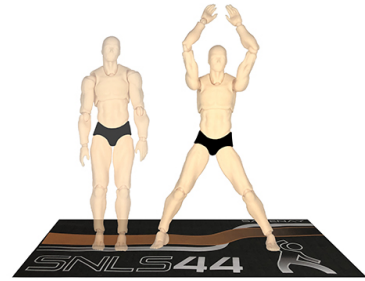
GAINAGE COSTAL D



TRACTIONS SOUS TABLE



GAINAGE COSTAL G



JUMPING JACK



SIT-UP



SUPERMAN



5'50"

20" / 10"  
 effort / repos

2'  
 inter-série

x 3 à 5  
 séries