



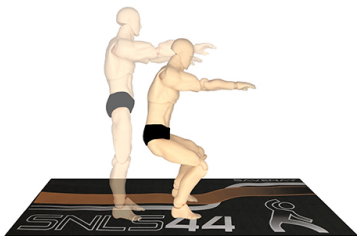
  ÉCHAUFFEMENT

D



MOUNTAIN CLIMBER

1



SQUATS

2



POMPES

3



CRUNCH
 CROISÉ
 GENOU DROIT
 GENOU GAUCHE

4



GAINAGE COSTAL G

8



SIT-UP
 CISEAUX
 RUSSIAN TWISTS
 RAMEUR

7



GAINAGE COSTAL D

6



GAINAGE VENTRAL

5



09'10"

30" / 10"
 effort / repos

1'30"
 inter-série

x 3 à 5
 séries