



  ÉCHAUFFEMENT

D



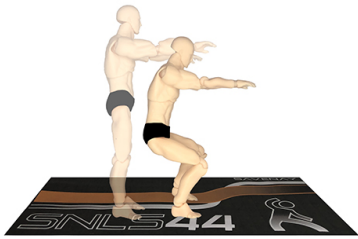
MOUNTAIN CLIMBER

1

10



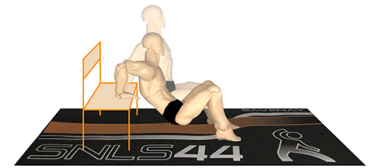
SOULEVÉ DE FESSES



SQUATS

2

9



DIPS AVEC CHAISE



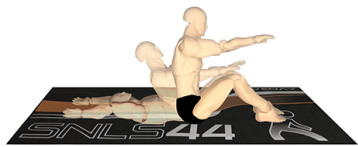
ÉPAULES ÉLÉVATION LATÉRALE

3

8



ABDO TOUCHÉ POINTE DE PIEDS



SIT-UP

4

7



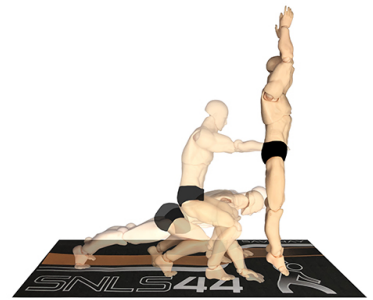
GAINAGE COSTAL G



GAINAGE COSTAL D

5

6



BURPEES



3-4 x 6'30"

30" / 10"
effort / repos

2'
inter-série

x 3 à 4
séries