



⚠️ 🌡️ ÉCHAUFFEMENT



JUMPING JACK

1



SUPERMAN LOMBAIRE

2



GAINAGE VENTRAL

3



CRUNCH

4



GAINAGE COSTAL G

8



SIT-UP

7



GAINAGE COSTAL D

6



MOUNTAIN CLIMBER

5



5'10"

30" / 10"
effort / repos

2'
inter-série

x 3 à 5
séries