



  ÉCHAUFFEMENT



MOUNTAIN CLIMBER



CRUNCH



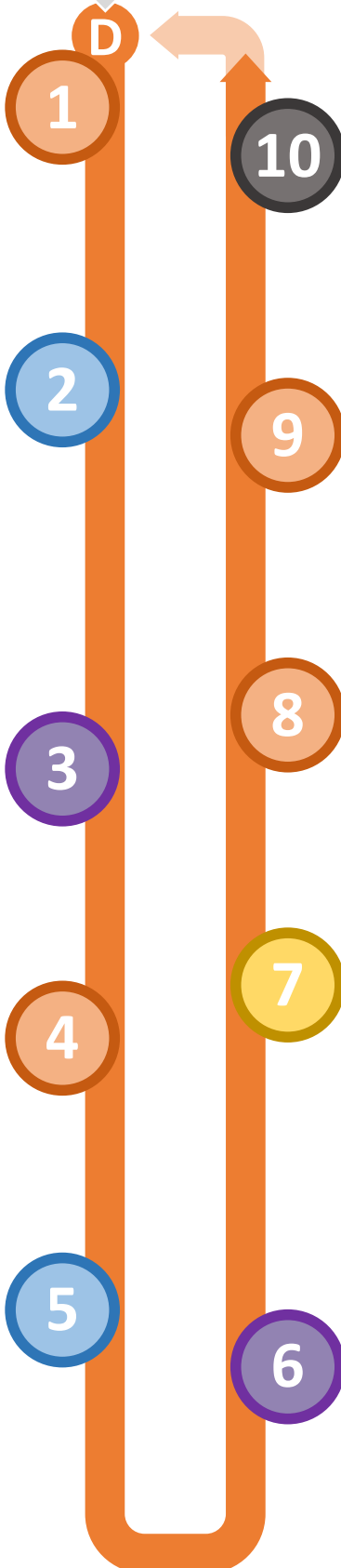
ÉPAULES ÉLÉVATION LATÉRALE



GAINAGE VENTRAL



SIT-UP



PECTORAUX



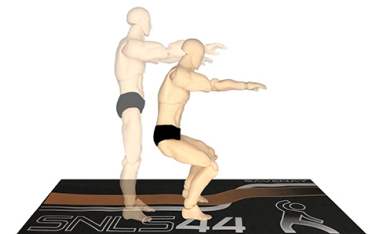
GAINAGE COSTAL G



GAINAGE COSTAL D



POMPES



SQUATS



6'30"

30" / 10"
effort / repos

1'30"
inter-série

x 3 à 4
séries