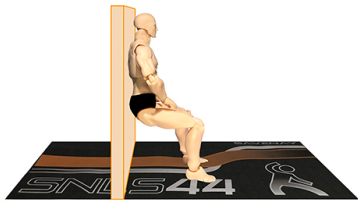




⚠️ 🌡️ ÉCHAUFFEMENT



JUMPING JACK



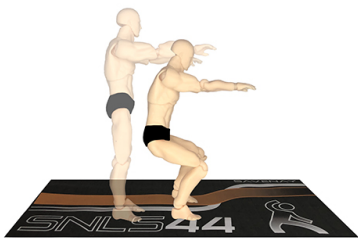
CHAISE



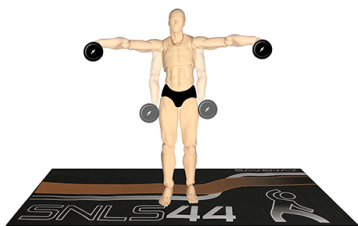
POMPES



CRUNCH



SQUATS



BRAS TENDUS

1

2

3

4

5

6

13

12

11

10

9

8

7



GAINAGE COSTAL G



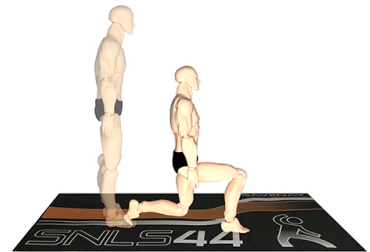
GAINAGE COSTAL D



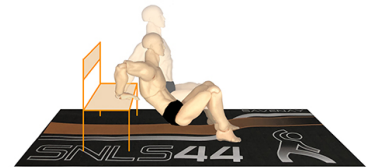
GAINAGE LOMBAIRE



GAINAGE VENTRAL



FENTES



DIPS AVEC CHAISE



SIT-UP



8'30"

30" / 10"
 effort / repos

2'
 inter-série

x 1 à 3
 séries