



ÉCHAUFFEMENT



JUMPING JACK



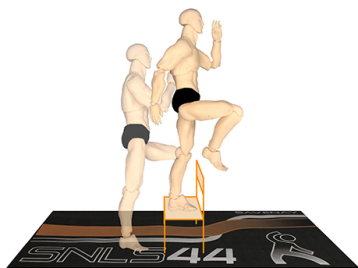
CHAISE



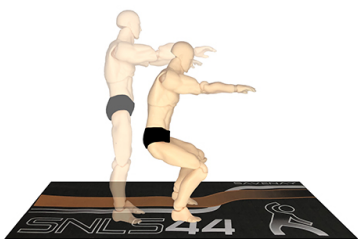
POMPES



CRUNCH



STEPS



SQUATS

1

2

3

4

5

6

13

12

11

10

9

8

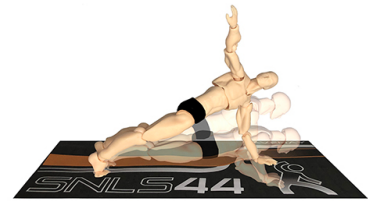
7



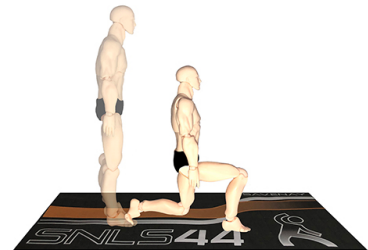
GAINAGE COSTAL G



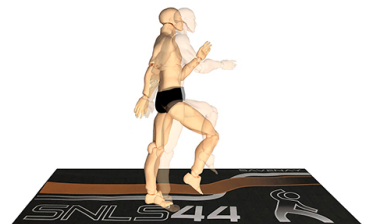
GAINAGE COSTAL D



POMPES ET ROTATION



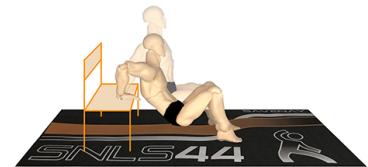
FENTES



COURIR SUR PLACE



GAINAGE VENTRAL



DIPS AVEC CHAISE



8'30"

30" / 10"  
 effort / repos

2'  
 inter-série

x 3 à 5  
 séries