



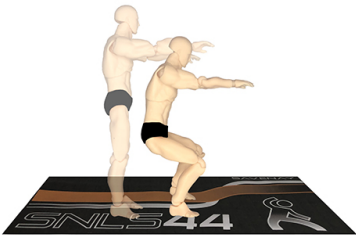
  ÉCHAUFFEMENT

D



POMPES

1



SQUATS

2



CRUNCH

3



GAINAGE VENTRAL

4



GAINAGE COSTAL G

8



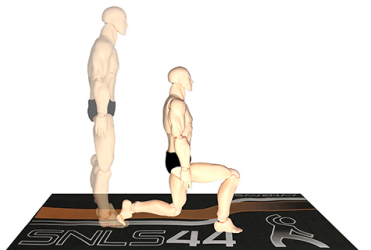
TRACTIONS SOUS TABLE

7



GAINAGE COSTAL D

6



FENTES

5



3'50"

20" / 10"
effort / repos

2'
inter-série

x 3 à 5
séries