



⚠️ 🌡️ ÉCHAUFFEMENT

D



JUMPING JACK

1



GAINAGE LOMBAIRE

2



GAINAGE VENTRAL

3



GAINAGE COSTAL D

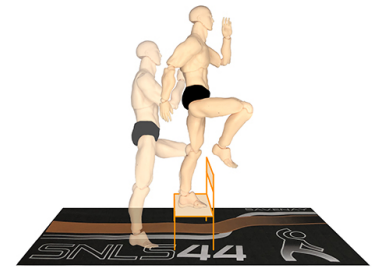
4

8



GAINAGE COSTAL G

7



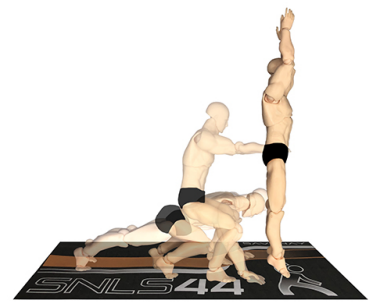
STEPS

6



CRUNCH

5



BURPEES



5'10"

30" / 10"
effort / repos

2'
inter-série

x 3 à 5
séries