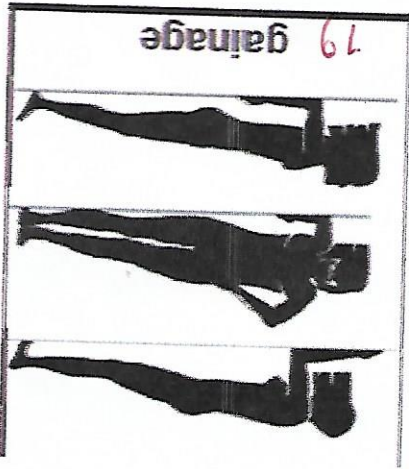
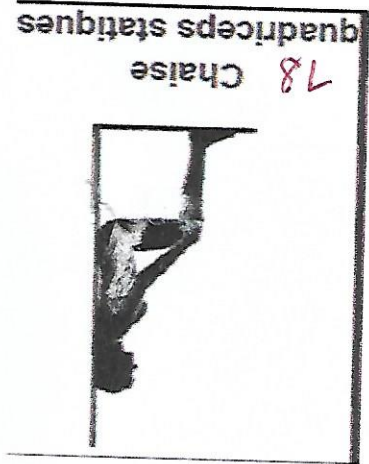


En : Étirement 20 min

20 Pours : 2 min puis 2° circuit

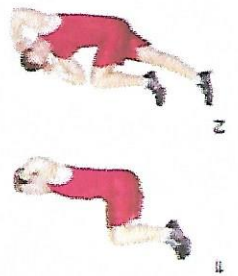
1 min



30"
2X30"
1 min



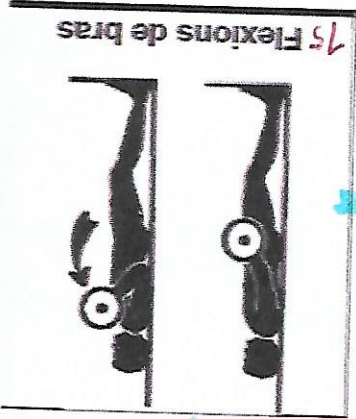
77 Abdo Vela
30 rep 1 min



76 Burpees
45 rep



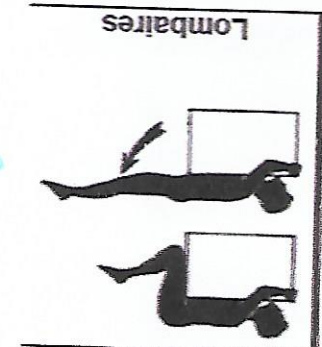
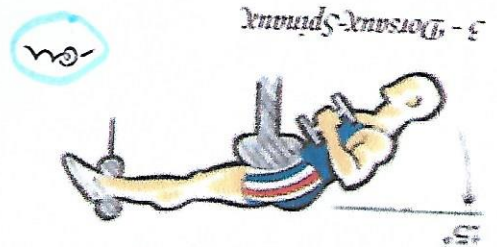
75 Flexions de bras



74 Bœuf
30 rep



73 Lombes
30 rep



72 Mountain Climbers
60 rep 1 min

