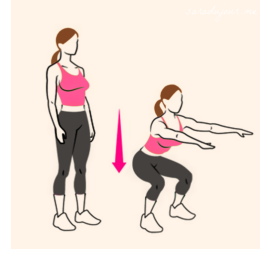


2



30 secondes
de pompes

3



30 secondes
de Squat

1

courir sur place
2 minutes



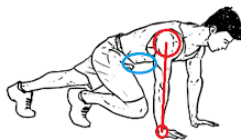
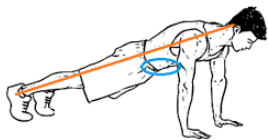
Circuit 30" d'effort
10" de repos
entre 4 à 6x

4



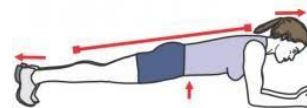
30 secondes
d'abdos Crunchs

6



30 secondes
de montain climbers
(ramener rapidement et alternativement les
genoux gauche et droit vers l'avant
ex: Courir place

5



30 secondes
de gainage