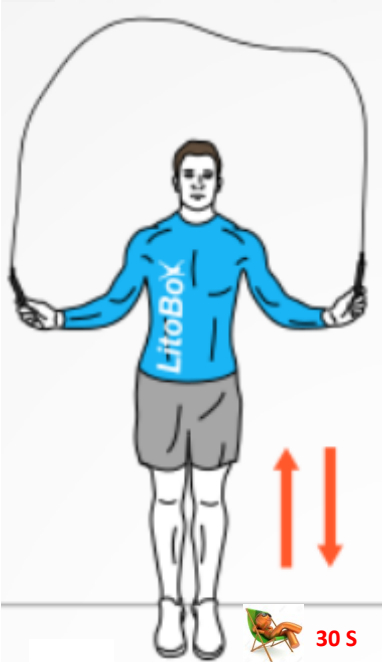
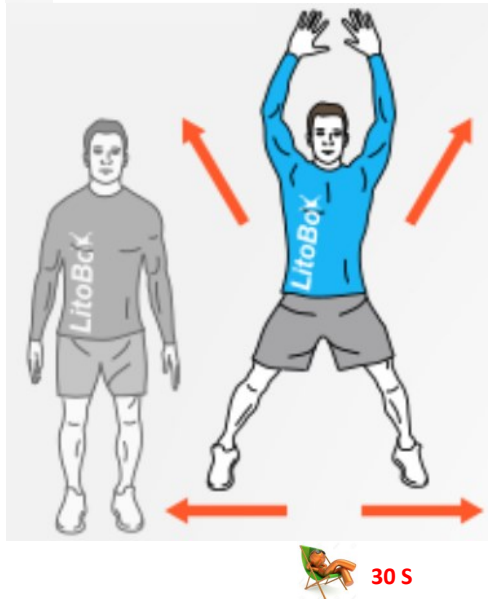


Petit entrainement

1 Corde à sauter 1min



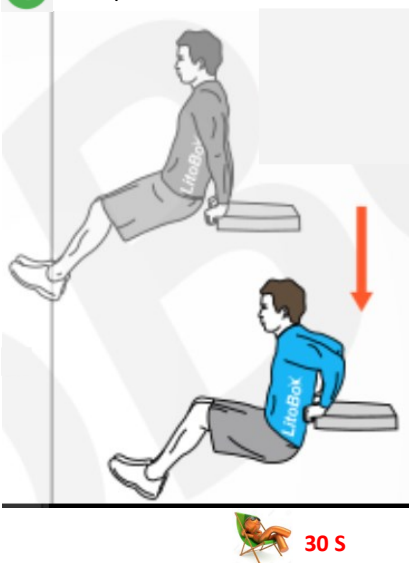
2 30 jumping jacks



3 Chaise 20 secondes



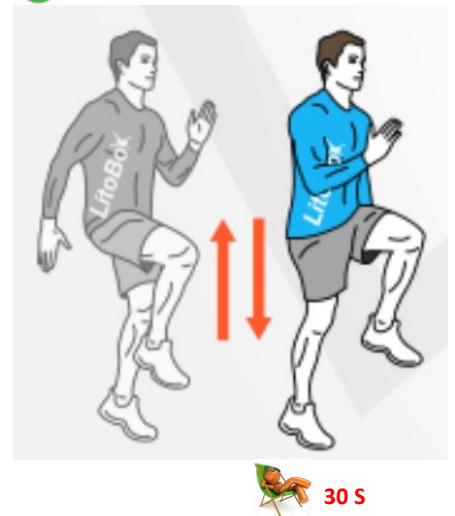
4 10 dips



5 Planche 20 secondes



6 Montées de genoux 30 secondes



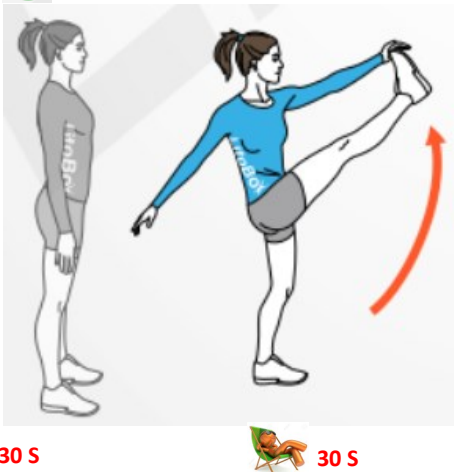
7 5 pompes



Gainage côté 15 secondes de chaque côté



9 10 marche jambes tendues



10 10 squats

