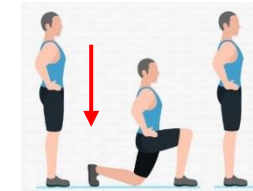




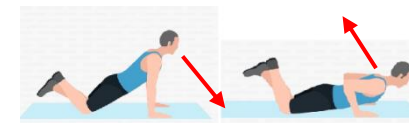
1 - Jumping jacks



2 - Gainage



3 - Fente AVANT



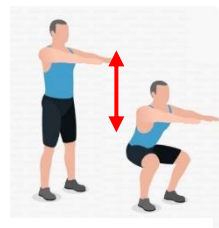
4 - Pompes à genoux ou Pompes



5 - Chaise au mur



6 - Crunch abdominal



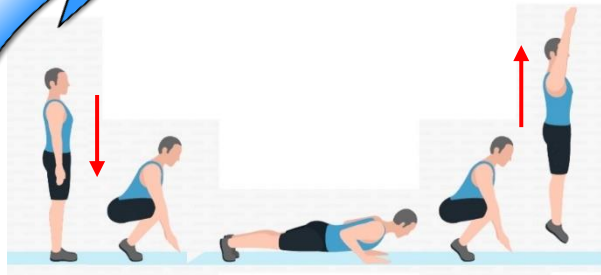
7 - Squats



8 - Gainage latéral droit



9 - Gainage latéral gauche



10 - Berpees

Circuit d'entretien Physique

Niveau 2

20'' d'effort - 20'' de repos

Faire 2 à 3 tours

2 mn de repos entre

chaque tour

