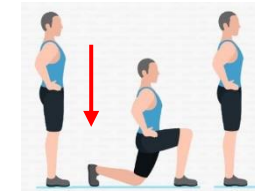




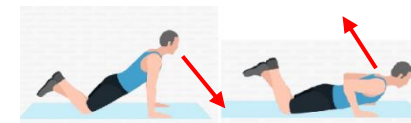
1 - Jumping jacks



2 - Gainage



3 - Fente AVANT



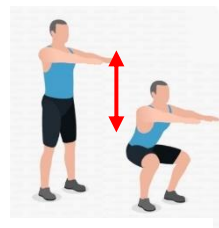
4 - Pompes à genoux ou Pompes



5 - Chaise au mur



6 - Crunch abdominal



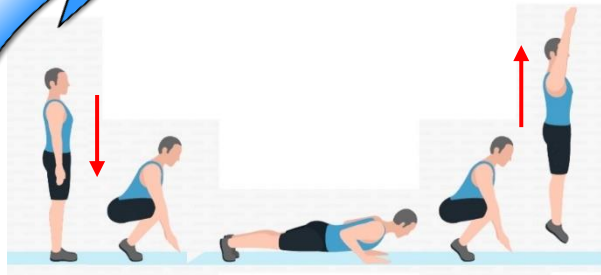
7 - Squats



8 - Gainage latéral droit



9 - Gainage latéral gauche



10 - Berpees

Circuit d'entretien Physique

Niveau 1

15 " d'effort - 15" de repos

Faire 2 tours