
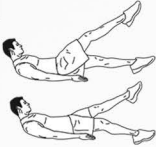



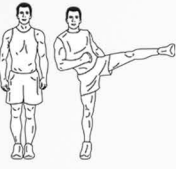





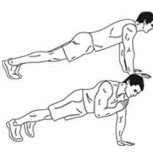
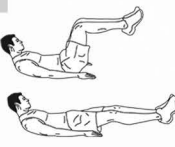

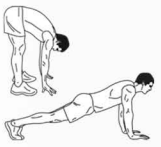

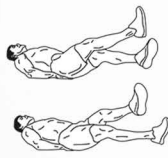
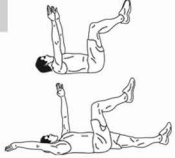

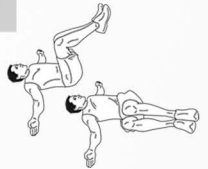

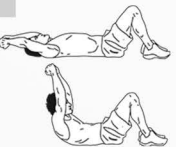










2 minutes

abdos

Défi de 30 jours

Faites l'exercice du jour pendant 2 minutes, tous les jours pendant 30 jours. @darebee.fr

1  levées de genoux	2  battements	3  planche	4  grimpeurs	5  rotations en planche
6  levées de jambe	7  crunchs	8  ponts de côté	9  crunchs inversés	10  planche
11  genou-au-coudes	12  toucher-épaules	13  crunch kicks	14  maintien	15  sorties en planche
16  crunchs hauts	17  ciseaux	18  insecte mort	19  planche	20  rotations du bassin
21  levées des jambes	22  crunchs bras tendus	23  toucher-talons	24  torsions en planche	25  extensions du dos
26  grimpeurs toucher-talons	27  planche latérale	28  levées du buste	29  crunchs en planche	30  maintien