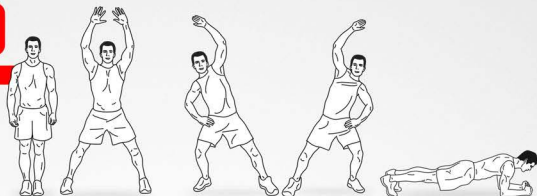


cardio HIIT



DEFI DE 30 JOURS

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1 30sec side jack 30sec jumping jacks 6 séries 1min repos	2 30sec planche 2 séries 30sec repos	3 30sec side jack 30sec jumping jacks 6 séries 1min repos	4 30sec planche 2 séries 30sec repos	5 30sec side jack 30sec jumping jacks 6 séries 1min repos
6 30sec planche 2 séries 30sec repos	7 30sec side jack 30sec jumping jacks 7 séries 1min repos	8 30sec planche 3 séries 30sec repos	9 30sec side jack 30sec jumping jacks 7 séries 1min repos	10 30sec planche 3 séries 30sec repos
11 30sec side jack 30sec jumping jacks 7 séries 1min repos	12 30sec planche 3 séries 30sec repos	13 30sec side jack 30sec jumping jacks 8 séries 1min repos	14 30sec planche 4 séries 30sec repos	15 30sec side jack 30sec jumping jacks 8 séries 1min repos
16 30sec planche 4 séries 30sec repos	17 30sec side jack 30sec jumping jacks 8 séries 1min repos	18 30sec planche 4 séries 30sec repos	19 30sec side jack 30sec jumping jacks 9 séries 1min repos	20 30sec planche 5 séries 30sec repos
21 30sec side jack 30sec jumping jacks 9 séries 1min repos	22 30sec planche 5 séries 30sec repos	23 30sec side jack 30sec jumping jacks 9 séries 1min repos	24 30sec planche 5 séries 30sec repos	25 30sec side jack 30sec jumping jacks 10 séries 1min repos
26 30sec planche 6 séries 30sec repos	27 30sec side jack 30sec jumping jacks 10 séries 1min repos	28 30sec planche 6 séries 30sec repos	29 30sec side jack 30sec jumping jacks 10 séries 1min repos	30 30sec planche 6 séries 30sec repos