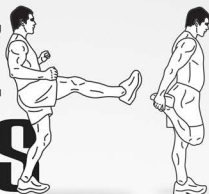


Touchez Vos Pieds



EN 30 JOURS CHALLENGE

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| 1 30sec balancements 30sec étirement 10sec flexion avant | 2 30sec balancements 30sec étirement 10sec flexion avant | 3 30sec balancements 30sec étirement 10sec flexion avant | 4 40sec balancements 40sec étirement 15sec flexion avant | 5 40sec balancements 40sec étirement 15sec flexion avant |
| 6 40sec balancements 40sec étirement 15sec flexion avant | 7 60sec balancements 60sec étirement 20sec flexion avant | 8 60sec balancements 60sec étirement 20sec flexion avant | 9 60sec balancements 60sec étirement 20sec flexion avant | 10 60sec balancements 60sec étirement 25sec flexion avant |
| 11 60sec balancements 60sec étirement 25sec flexion avant | 12 60sec balancements 60sec étirement 25sec flexion avant | 13 60sec balancements 60sec étirement 30sec flexion avant | 14 60sec balancements 60sec étirement 30sec flexion avant | 15 60sec balancements 60sec étirement 30sec flexion avant |
| 16 60sec balancements 60sec étirement 35sec flexion avant | 17 60sec balancements 60sec étirement 35sec flexion avant | 18 60sec balancements 60sec étirement 35sec flexion avant | 19 60sec balancements 60sec étirement 40sec flexion avant | 20 60sec balancements 60sec étirement 40sec flexion avant |
| 21 60sec balancements 60sec étirement 40sec flexion avant | 22 60sec balancements 60sec étirement 45sec flexion avant | 23 60sec balancements 60sec étirement 45sec flexion avant | 24 60sec balancements 60sec étirement 45sec flexion avant | 25 60sec balancements 60sec étirement 50sec flexion avant |
| 26 60sec balancements 60sec étirement 50sec flexion avant | 27 60sec balancements 60sec étirement 50sec flexion avant | 28 60sec balancements 60sec étirement 60sec flexion avant | 29 60sec balancements 60sec étirement 60sec flexion avant | 30 60sec balancements 60sec étirement 60sec flexion avant |