

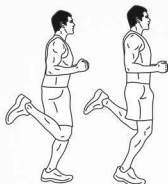
# 2 minutes **cardio**

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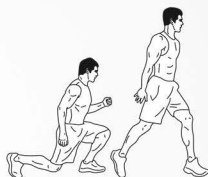
20 secondes chaque exercice | sans repos entre les exercices



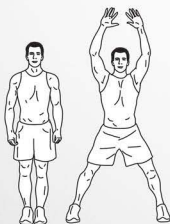
1. levées de genoux



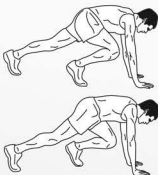
2. talons fesses



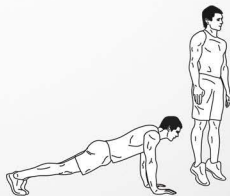
3. fentes sautées



4. jumping jacks



5. grimpeurs



6. burpees basiques