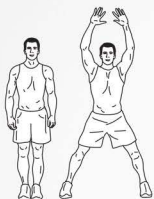
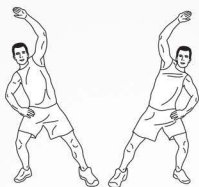


SÉANCE 7 MINUTES

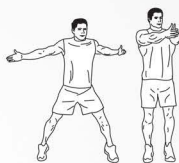
PAR DAREBEE © darebee.fr



1min jumping jacks



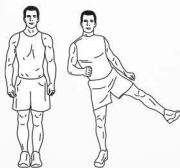
1min side jacks



1min sauts des phoques



1min squats



1min relevés de jambe



1min grimpeurs



1min planche