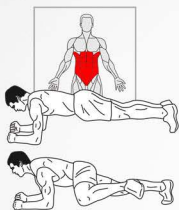


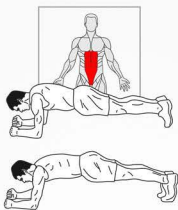
abdos **pro**

ENTRAÎNEMENT par DAREBEE © darebee.fr

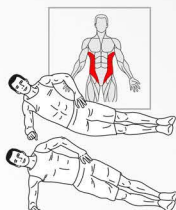
NIVEAU I 3 séries **NIVEAU II** 4 séries **NIVEAU III** 5 séries **REPOS** jusqu'à 2 minutes



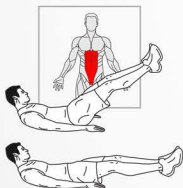
10 jambe flechie de côté



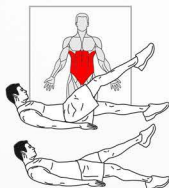
10 planches scie



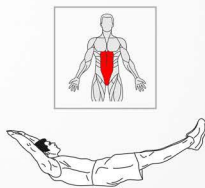
10 ponts latérales



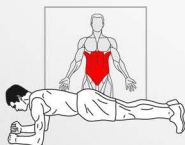
20 levées des jambes



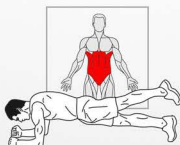
20 battements



20sec barque



20sec planche



20sec planche jambe levée



20sec planche latérale