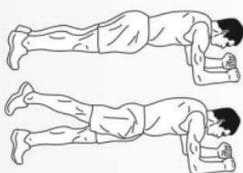


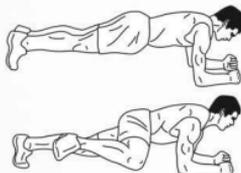
PLANCHE ACTIVE

ENTRAÎNEMENT PAR DAREBEE © darebee.fr

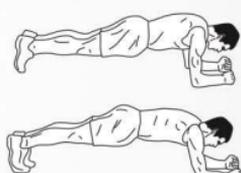
Répéter 3 fois 2 minutes de repos entre les séries



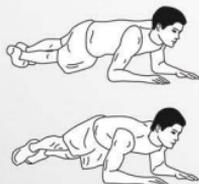
10 levées de jambe



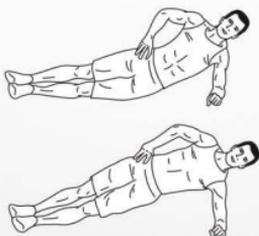
10 flexions de jambe de côté



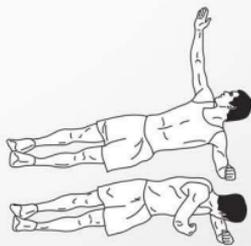
10 planche scie



10 torsions du tronc



10 ponts



10 rotations en planche