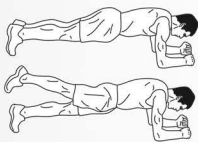


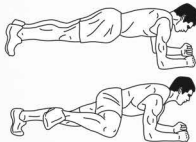
# PLANCHE ACTIVE

ENTRAÎNEMENT PAR DAREBEE © [darebee.fr](http://darebee.fr)

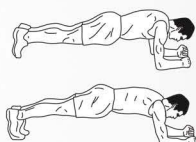
Répéter 3 fois 2 minutes de repos entre les séries



10 levées de jambe



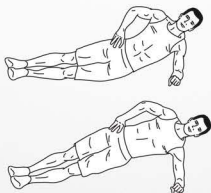
10 flexions de jambe de côté



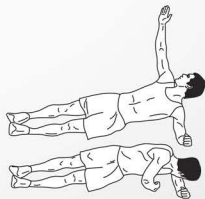
10 planche scie



10 torsions du tronc



10 ponts



10 rotations en planche