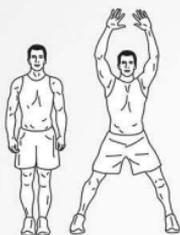


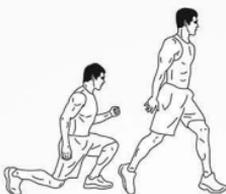
ALADDIN

ENTRAÎNEMENT par DAREBEE © darebee.fr

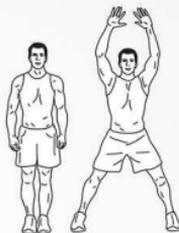
NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS jusqu'à 2 min



10 jumping jacks



4 fentes sautées



10 jumping jacks



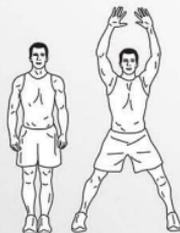
10 toucher-épaules



4 burpees



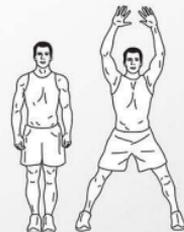
10 toucher-épaules



10 jumping jacks



4 fentes sautées



10 jumping jacks