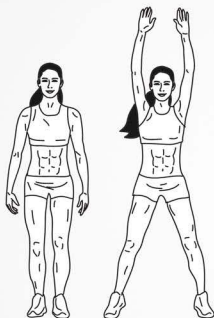


Débutez
la journée
du bon
pied !

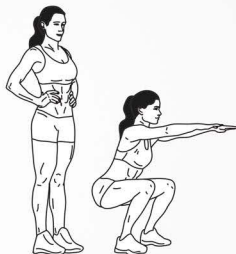
matin

entraînement

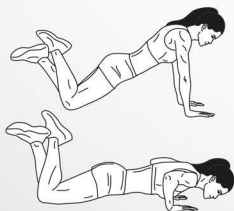
par DAREBEE @ darebee.fr



20 jumping jacks



20 squats



10 pompes



30 secondes planche