

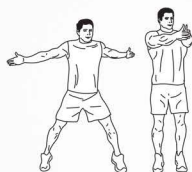
# BURNOUT

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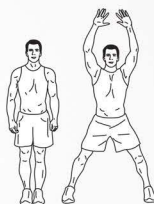
NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS jusqu'à 2 minutes



20 jumping jacks



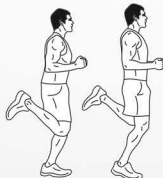
20 sauts SEAL



20 jumping jacks



20 levées de genou



20 talons-fesses



20 levées de genou