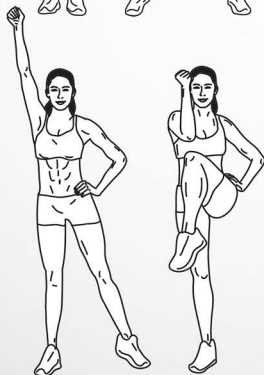
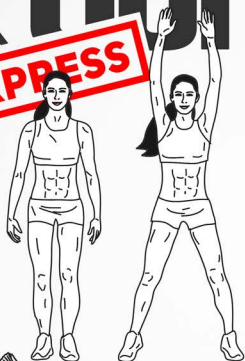


Cardio & Core

EXPRESS



ENTRAÎNEMENT
PAR DAREBEE

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3 séries |

2 minutes de repos

10 jumping jacks

4 coude-genou croisés

10 jumping jacks

4 coude-genou croisés

10 jumping jacks

4 coude-genou croisés

10 jumping jacks

4 coude-genou croisés

10 jumping jacks

4 coude-genou croisés