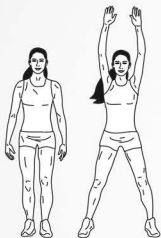


Cardio Fusion

ENTRAÎNEMENT par DAREBEE @ darebee.fr

NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries

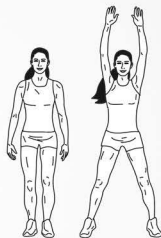
REPOS jusqu'à 2 minutes



15 jumping jacks



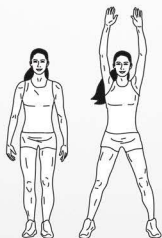
10 fentes sur les côtés



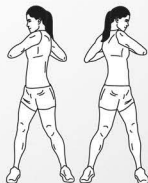
15 jumping jacks



10 cercles bras tendus



15 jumping jacks



10 torsions