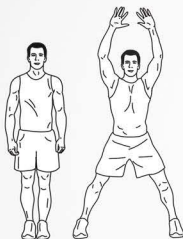


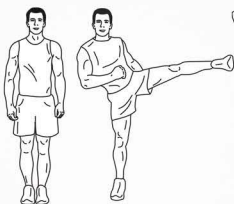
COOKIE

ENTRAÎNEMENT PAR DAREBEE @ darebee.fr

Effectuez un circuit pour un cookie =
10 répétitions chaque exercice



jumping jacks



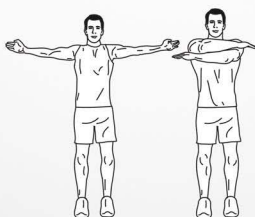
levées de jambe



coude-genou croisés



sauts



ciseaux



sauts toucher-pied