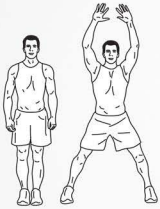
LA DERNIÈRE VIE

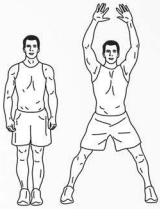
PAR DAREBEE © darebee.fr

Répétez 5 fois au total jusqu'à 2 minutes de repos entre les séries

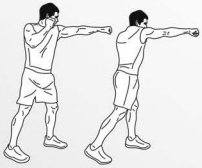


10 jumping jacks

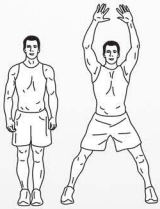
20 coups de poing



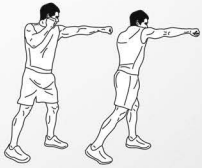
10 jumping jacks



20 coups de poing



10 jumping jacks



20 coups de poing