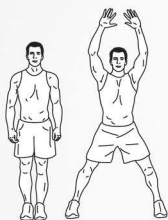


# MEMENTO MORI

ENTRAÎNEMENT PAR DAREBEE

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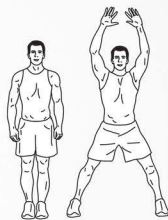
5 séries | 2 minutes de repos



20 jumping jacks



5 squats sautés



20 jumping jacks



5 squats sautés



20 talons levés



5 squats sautés