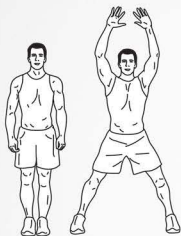


COURS **PLUS** LONGTEMPS

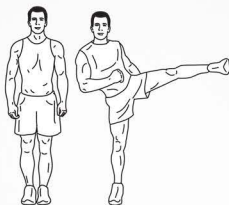
CIRCUIT

PAR DAREBEE © darebee.fr

NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS jusqu'à 2 min



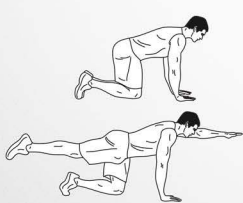
20 jumping jacks



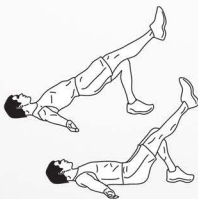
20 levées de jambe



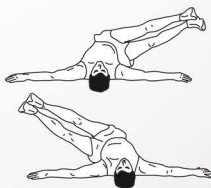
20 fentes sur les côtés



20 chien-oiseau



20 ponts sur une jambe



20 abdos essuie-glace