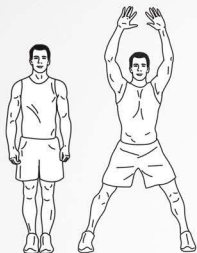


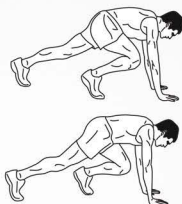
# RÉVEILLE-TOI!

*& fais le plein d'énergie*

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**20**  
jumping  
jacks



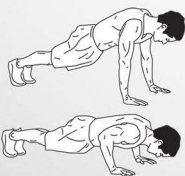
**20**  
grimpeurs



**20**  
squats



**20**  
fentes



**20**  
pompes



**20sec**  
planche