

A composite image featuring a man in a bucket hat and a woman lying on a gym floor. The man is on the left, wearing a bucket hat with a floral pattern and a black tank top with 'VENUM' printed on it. The woman is on the right, lying on her back with her head on the floor. A resistance band and a smartphone are on the floor near her. The background is dark and appears to be a gym. A large red diagonal shape is overlaid on the left side of the image.

CIRCUIT MS

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LE CIRCUIT

10 répétitions sur chaque exercice
Faire selon son niveau entre 3 et 10 tours
1min30 de repos entre les tours

SQUATS
FENTES SAUTEE
POMPE
MOUTAIN CLIMBER
TRICEPS DIPS
LEG RAISES
SIT UPS
SHOULDER TOUCHES
POMPES EPAULES (SHOULDER PUSH UP)



**TU PEUX ME SUIVRE SUR
MES RESEAUX SOCIAUX**



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