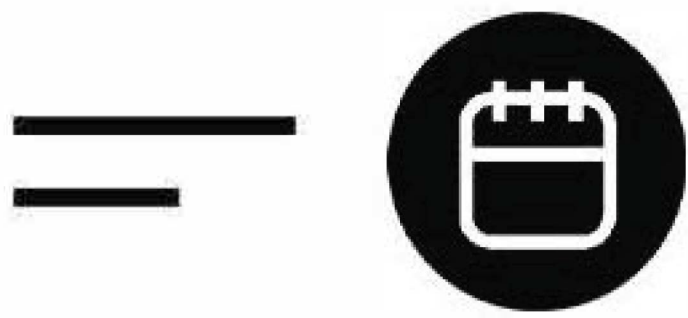




ΡΣΓΑΣΣ



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•//séance_1

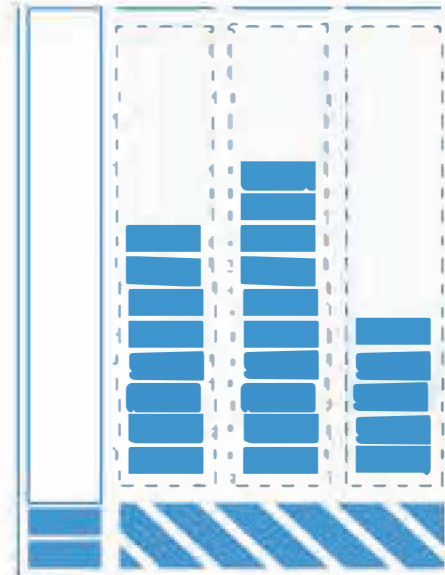
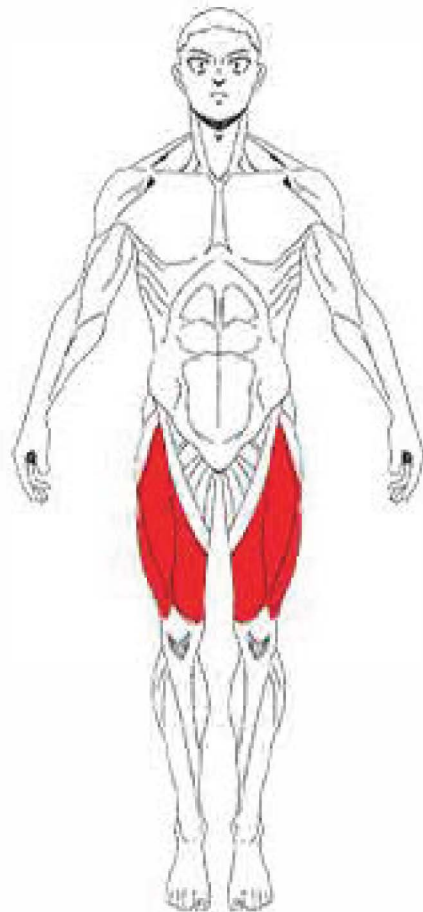
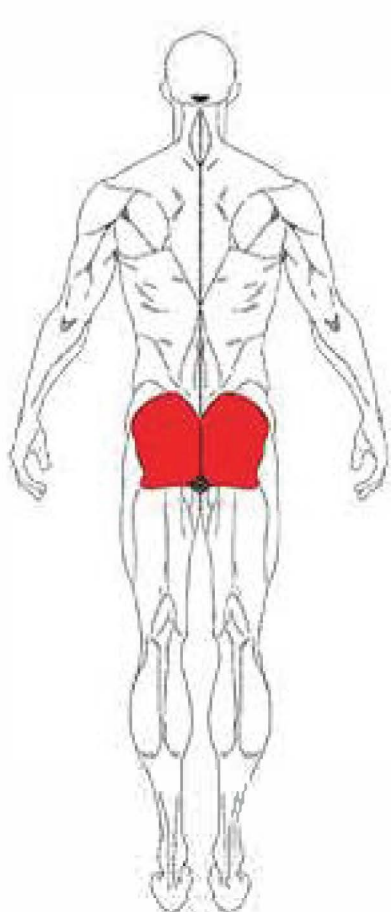
(Entre 3 et 5 tours)



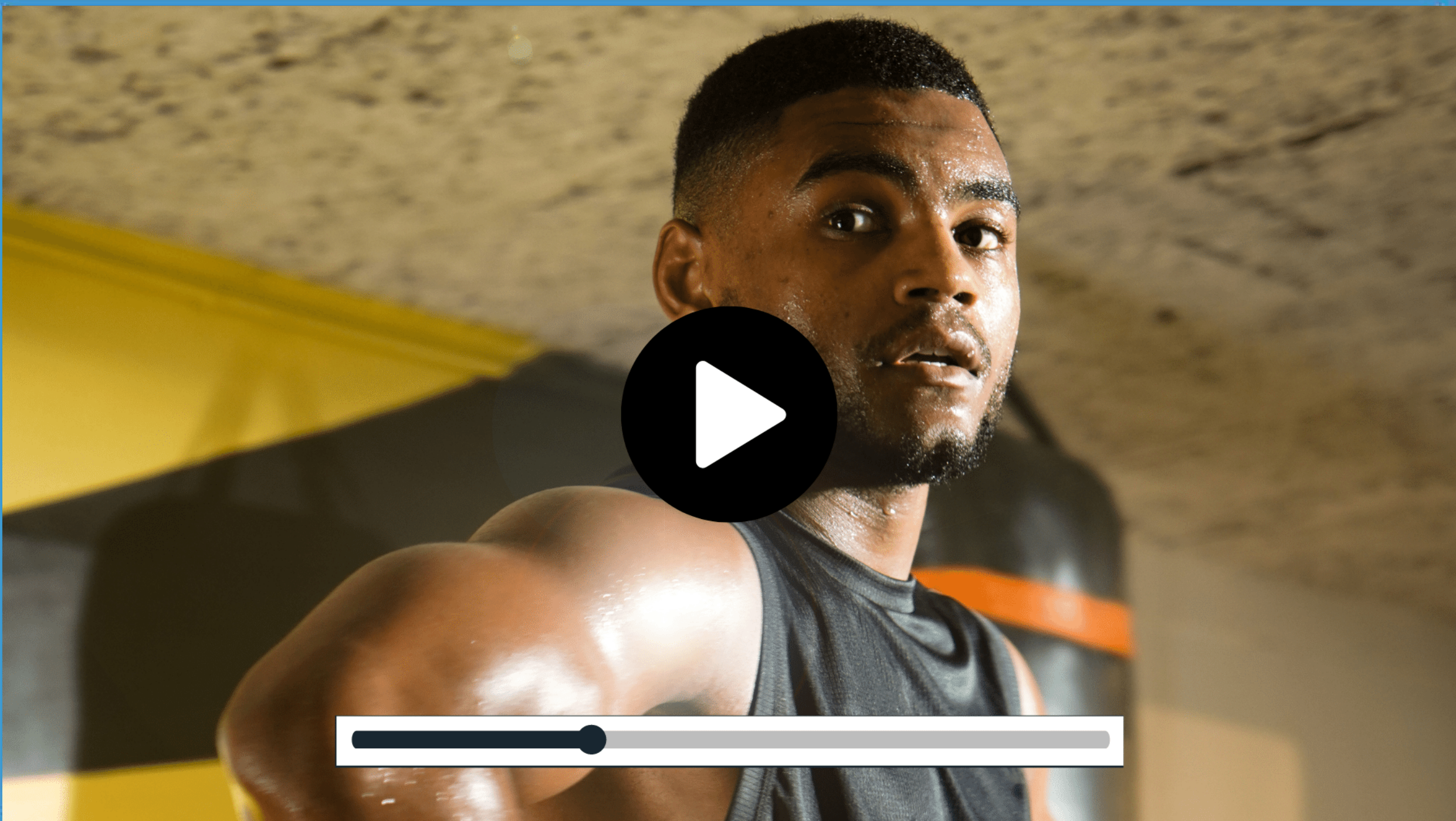
26 Fentes

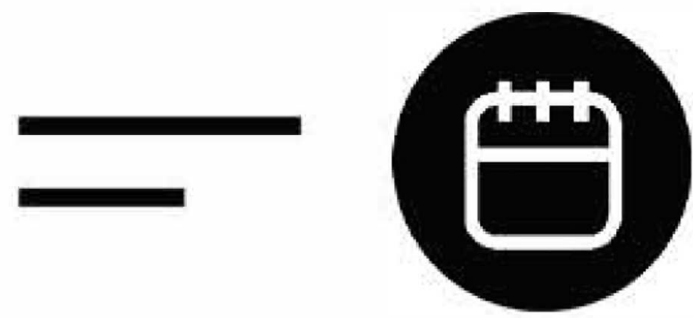
25 Squats

10 Back Extensions



IDENTIFICATION





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•//séance_2

(Entre 3 et 7 tours)



5 Up & Down Plank ✓

5/10 Pompes ✓

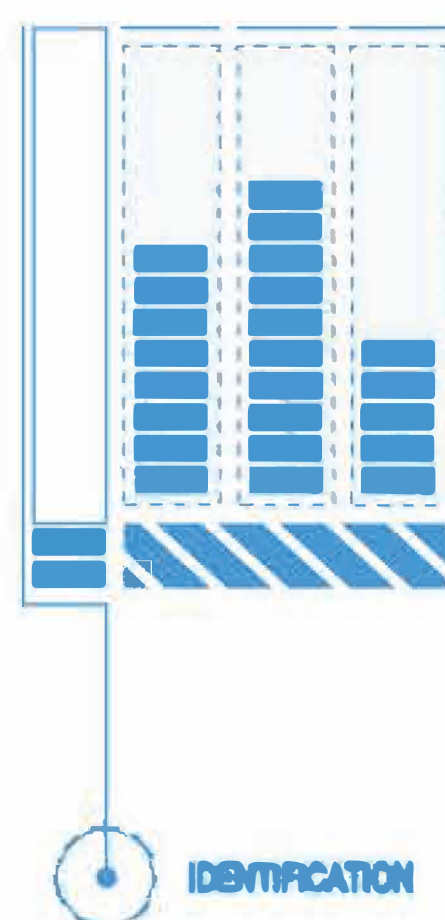
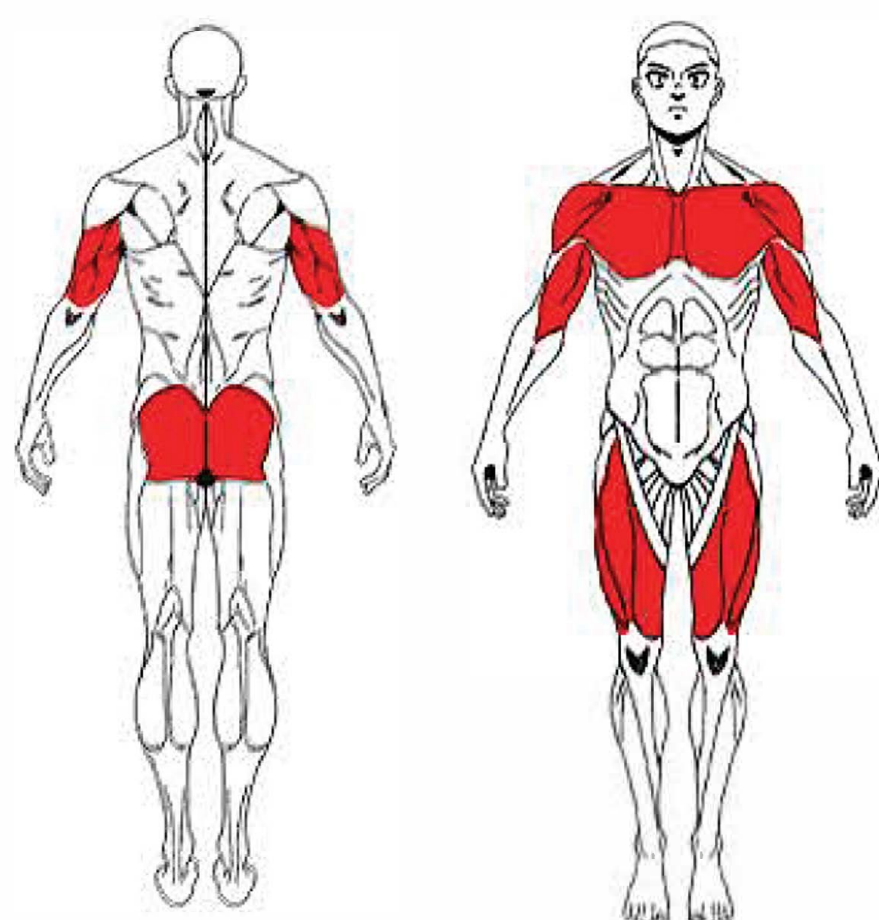
10 “Touche Touche Épaules” ✓

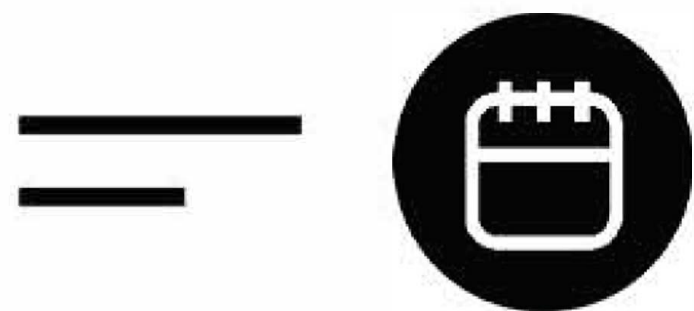
(Variation sur les genoux pour les débutants)

15 Ciseaux ✓

15 Leg Raises ✓

30” Planche ✓





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•//séance_3

(Entre 5 et 10 tours)



7 Burpees ✓

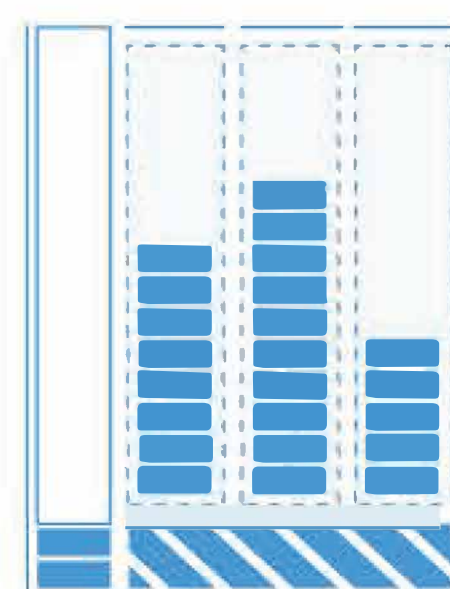
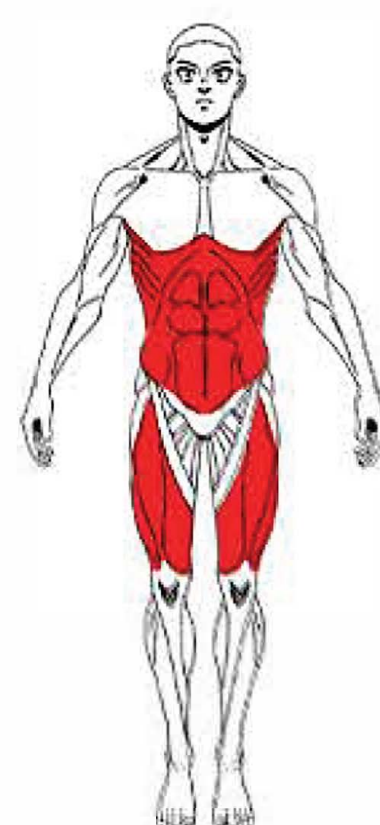
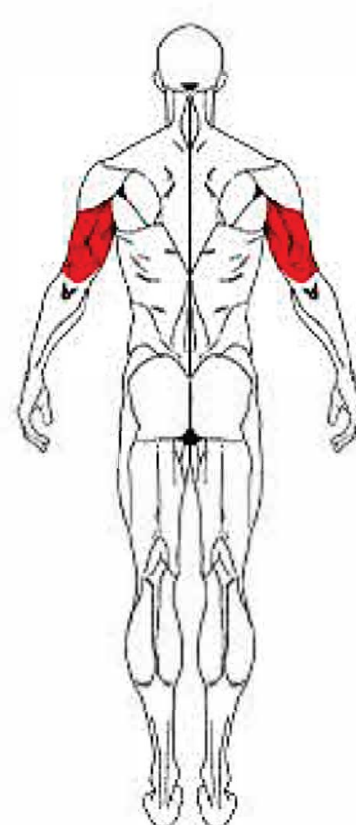
7 Knees to Elbow ✓

ou

Jambe à l'Horizontale ✓

ou

10 Elbow to Knee Crun ✓



IDENTIFICATION

