



ΡΣΓΑΣΣ



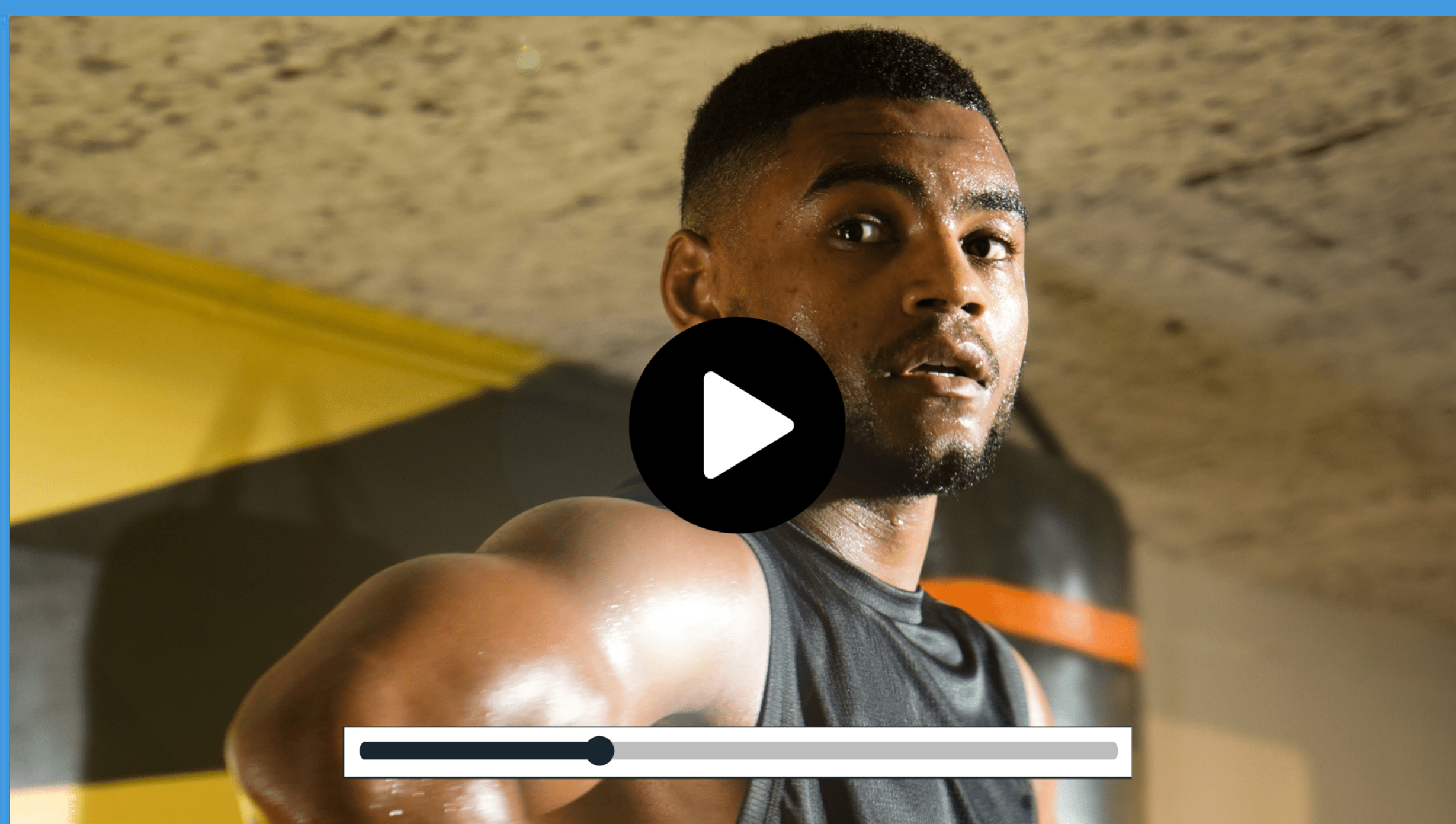
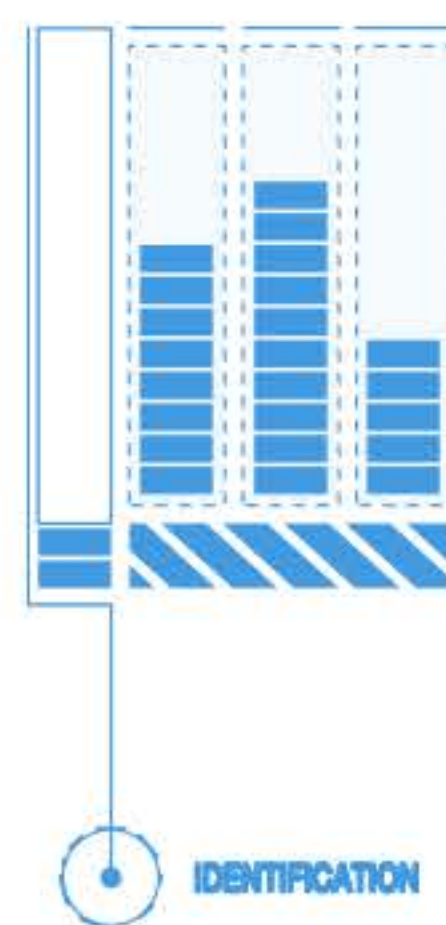
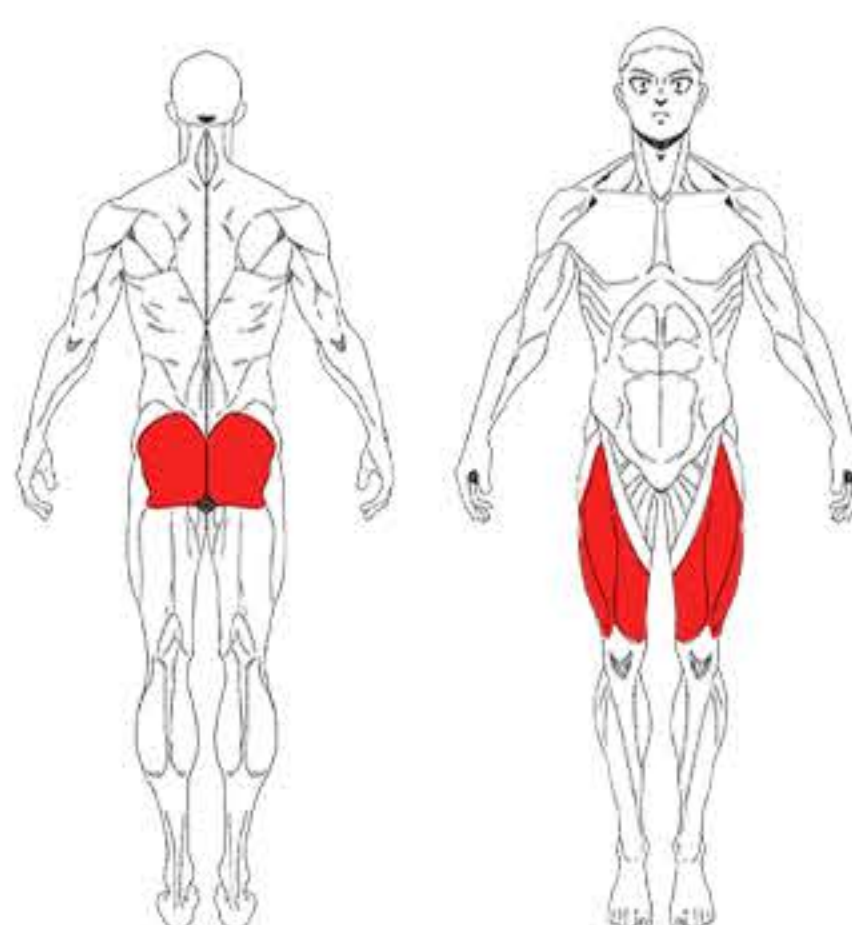
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(Entre 3 et 7 tours)



- 10 Jump Squats ✓
- 10 Push Up Release ✓
- 5 Tractions / Tirage ✓
- 10 Dips ✓
- 6 Pompes Serre ✓
- 5 Knees to Elbow ✓





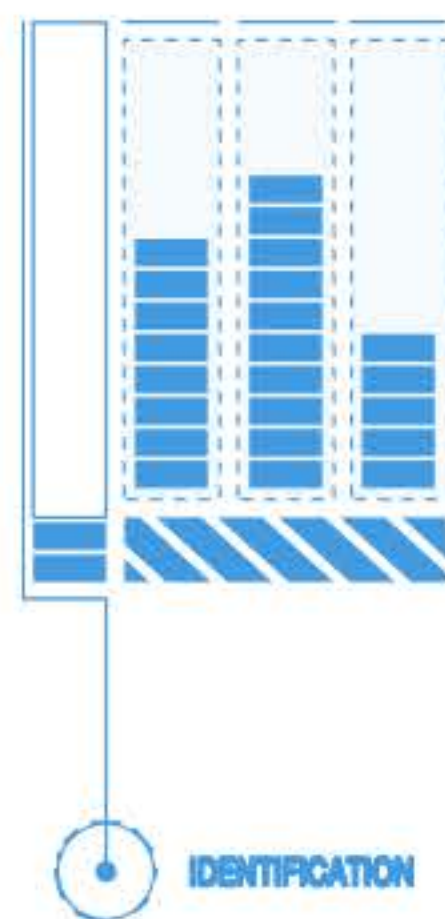
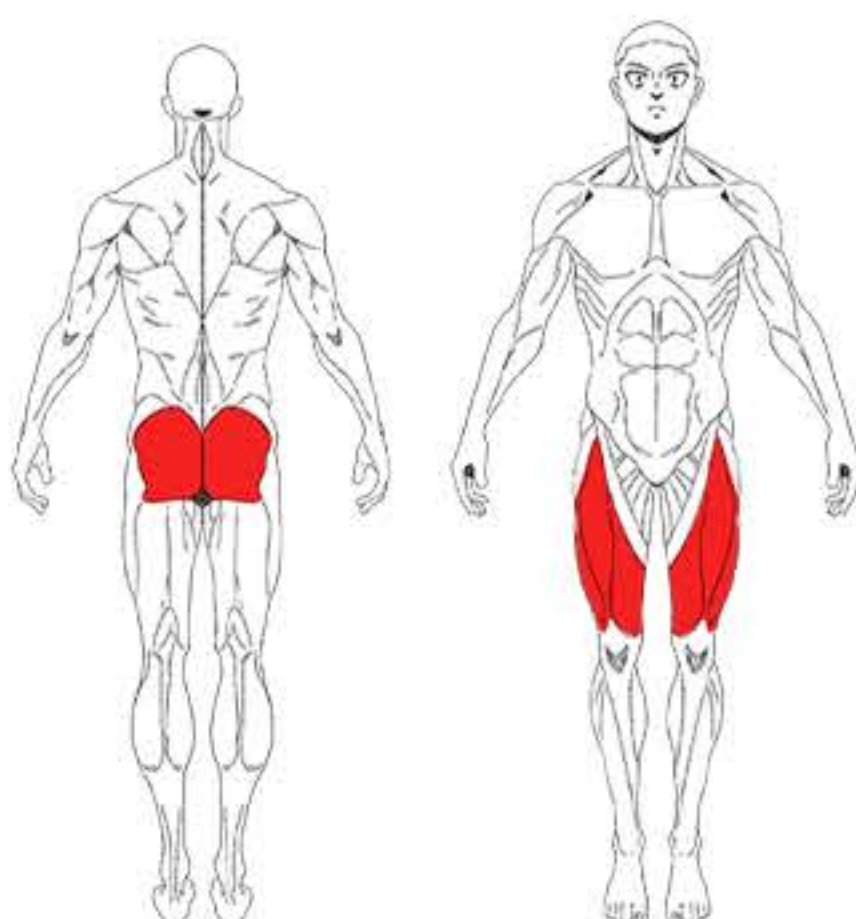
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(Entre 3 et 7 tours)



- 5 Jump Knee Tucks ✓
- 10 Burpees ✓
- 20 Montée de Genoux ✓
- 15 Mountains Climbers ✓





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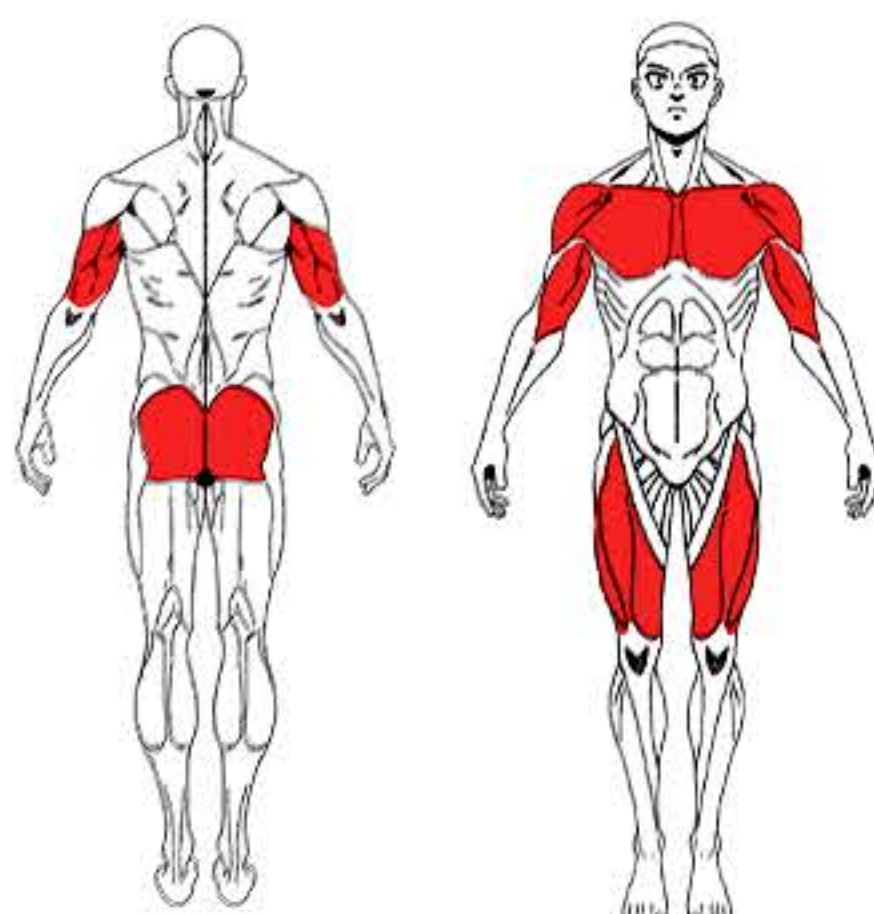
(AMRAP 20 min)



5 Tractions ✓

10 Pompes ✓

20 Squats ✓



IDENTIFICATION





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100 Tours À DEUX,
quand un fait un se repose

- 1 Burpee ✓
- 2 Push up ✓
- 3 Air Squats ✓
- 4 Fentes ✓
- 5 Sit Ups ✓

