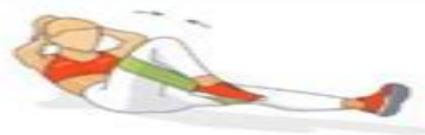


# PROGRAMME VENTRE PLAT

# 10 MIN

# RESULTATS EN

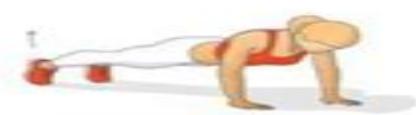
# 2 SEMAINES



**BICYCLE CRUNCH**  
| 40 secondes



**SWIMMER** | 40  
secondes



**HIGH PLANK** |  
40 secondes



**V-SIT** | 40  
secondes



**SEATED CRUNCH** |  
40 secondes



**PLANK WALK** | 40  
secondes



**SNAP JUMPS** |  
40 secondes



**CRUNCHES** | 40  
secondes



**REVERSE CRUNCH**  
| 40 secondes



**LYING LEG RAISES**  
| 40 secondes



**MOUNTAIN  
CLIMBERS** | 40  
secondes



**RUSSIAN TWIST**  
| 40 secondes



**BIRD DOG** | 40 secondes



**SIDE PLANK  
CRUNCH DROITE**  
| 40 secondes



**FLUTTER  
KICKS** | 40  
secondes



**SIDE PLANK CRUNCH GAUCHE** |  
40 secondes

**10 SECONDES DE REPOS ENTRE LES EXERCICES**

# A Moi Le Ventre Plat Amvp Programme

**A Gutmann**



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