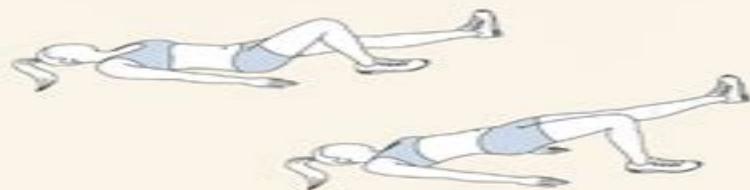
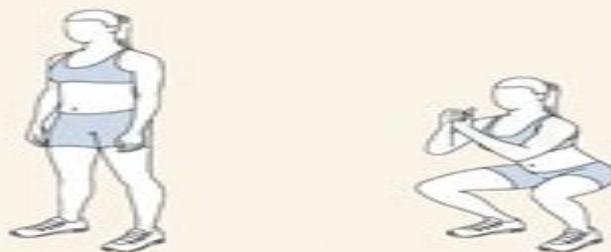


ABDOS & CUISSSES

CIRCUIT 3 - TOTAL : 10MIN



SINGLE LEG RAISE
20 répétitions par jambe



SQUATS
40 répétitions



PLANCHE
3 répétitions de 20 sec
(20 sec de repos entre)

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Didier Musso



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