

SEMAINE
1

LUNDI ABDOS & CUISSSES

Chaque réussite commence par la décision ... d'essayer!

BRIDGE



20 LENTES
20 RAPIDES

AB BIKES*



20 REPS

PLANCHE



3 REPS / 20 SEC
(20SEC REPOS ENTRE)

CIRCUIT 1 - TOTAL : 10MN

SIT UPS



20 REPS

AB BIKES*



20 REPS

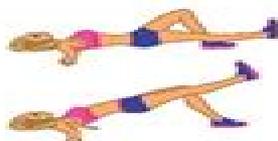
SUMO SQUAT



20 REPS

CIRCUIT 2 - TOTAL : 10MN

SINGLE LEG HIP RAISE



20 REPS PAR JAMBE

SQUAT



40 REPS

PLANCHE



6 REPS / 20 SEC
(20SEC REPOS ENTRE)

CIRCUIT 3 - TOTAL : 10MN

* Prenez votre temps et faites le mouvement sans élan. Ce sont les abdos qui font tout le travail, pas la nuque ni le haut du dos!

Sonia Tlev Gratuit

M Tight



Sonia Tlev Gratuit:

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