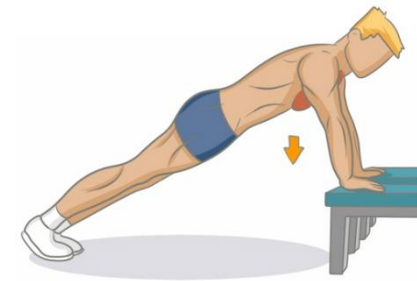


1

Biceps, pectoraux

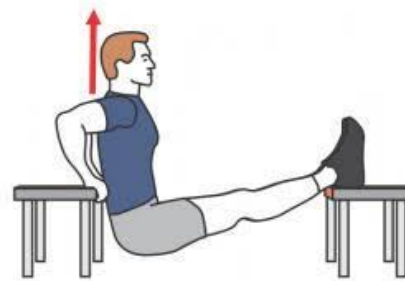
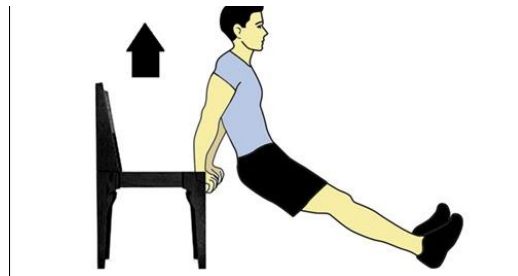


BURPEE



2

Triceps



3

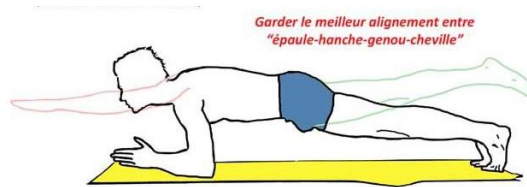
Abdominaux

(Droits, latéraux, obliques)

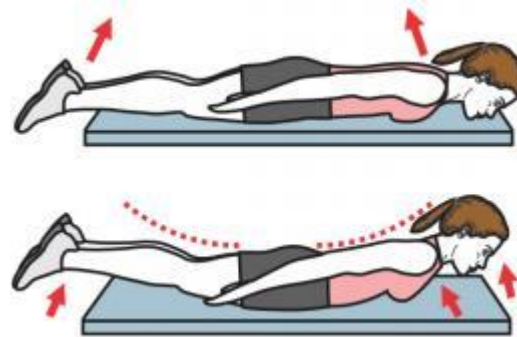
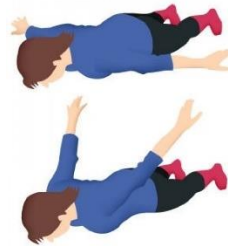


4

Dorsaux

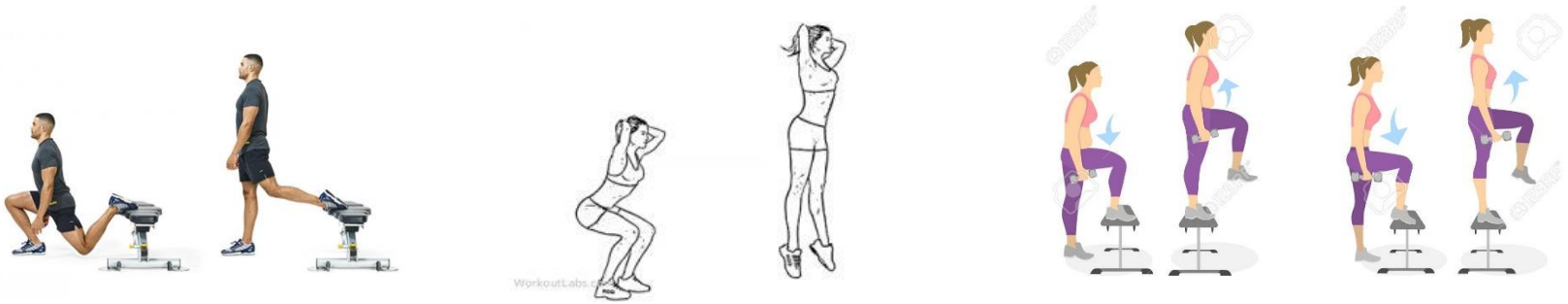


* Pour plus de difficulté : lever un bras et/ou lever une jambe



5

Quadriceps



6

Cardio (sauts)

