VENDREDI TOTAL CORPS





COMMANDO



TRICEPS DIPS



30 REPS

20 REPS CIRCUIT 1 - TOTAL : 10MN

DONKEY KICK



30 LENTES 20 RAPIDES

JUMP LUNGES



20 REPS

CIRCUIT 2 - TOTAL : 10MN

PLANCHE



2X1 MINUTE (15SEC REPOS ENTRE)

JUMP SQUAT



BRIDGE"



30 REPS LENTES 30 REPS RAPIDES

CIRCUIT 3 - TOTAL : 10MN

Ajouter du poids sur le bassin si besoin



STRAIGHT LEG JACKNIFES



2X20 REPS (30SEC REPOS ENTRE)

Top Body Challenge Gratuit

Roman Wölfel

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