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BRIDGE



20 LENTES / 20 RAPIDES

AD BIKES*



20 REPS

PLANCHE



3 REPS / 20 SEC

CIRCUIT 2 - TOTAL : 10MN

SIT UPS*



20 REPS

AD BIKES*



20 REPS

SUMO SQUAT



20 REPS

CIRCUIT 2 - TOTAL : 10MN

SINGLE LEG HIP RAISE



20 REPS PAR JAMBE

SQUAT



40 REPS

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SJ Ball



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