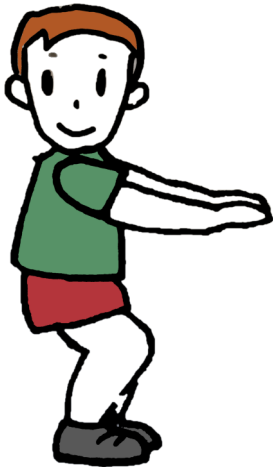


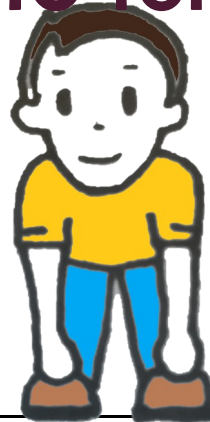
Pause active Sans matériel

10 squats



Touche tes pieds

10 fois



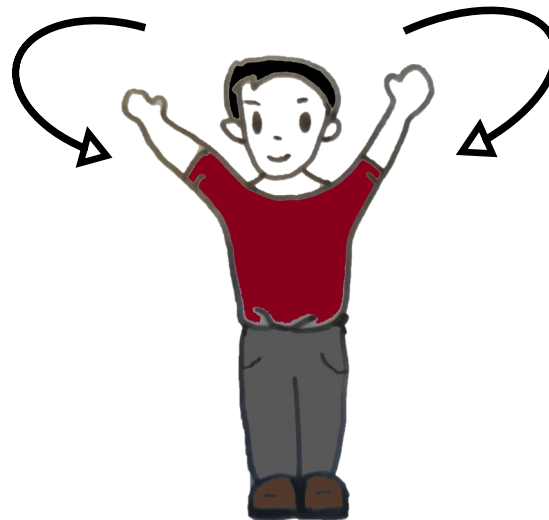
10 jumping jack



10 talons fesses



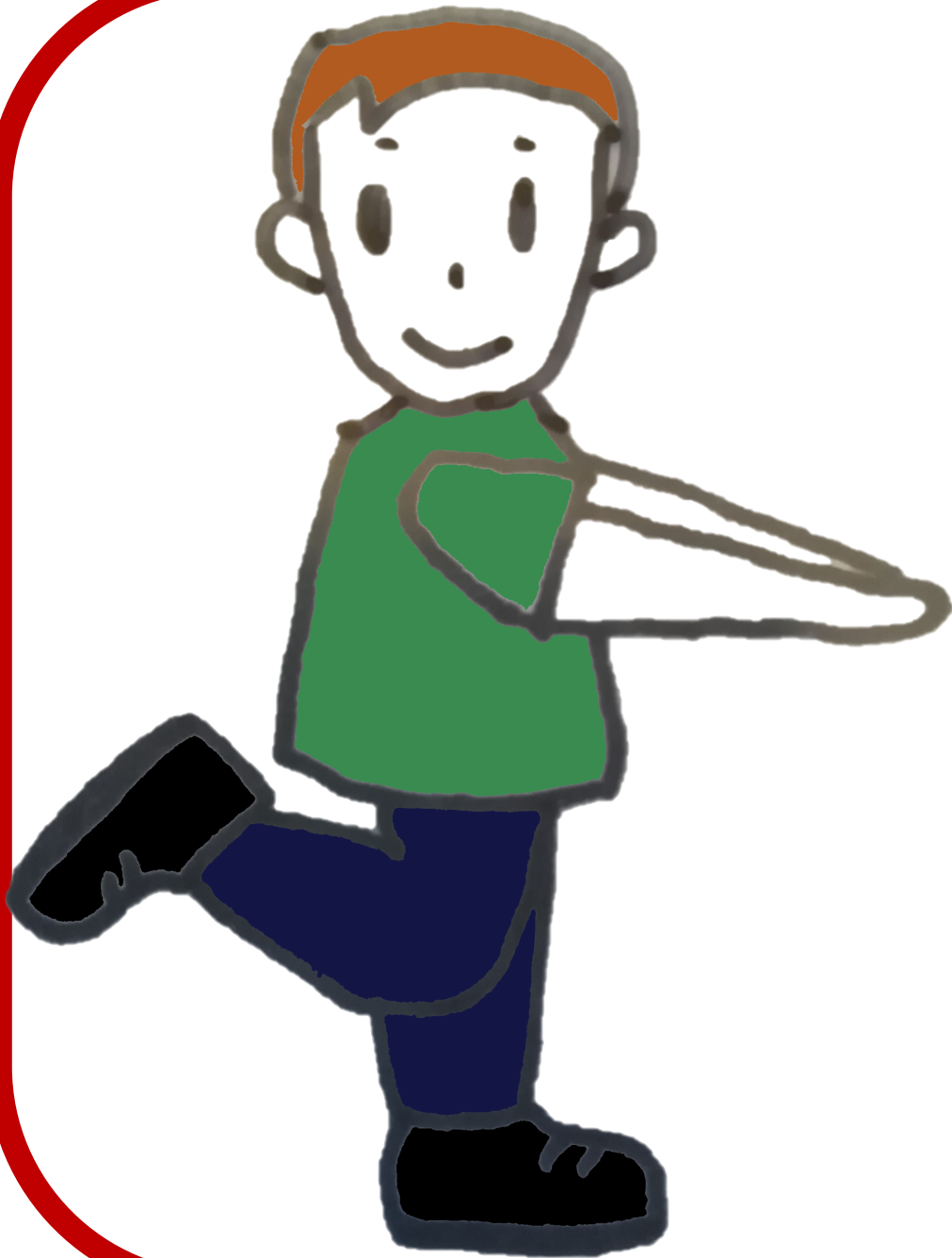
10 cercles en avant



Course sur place

15 secondes

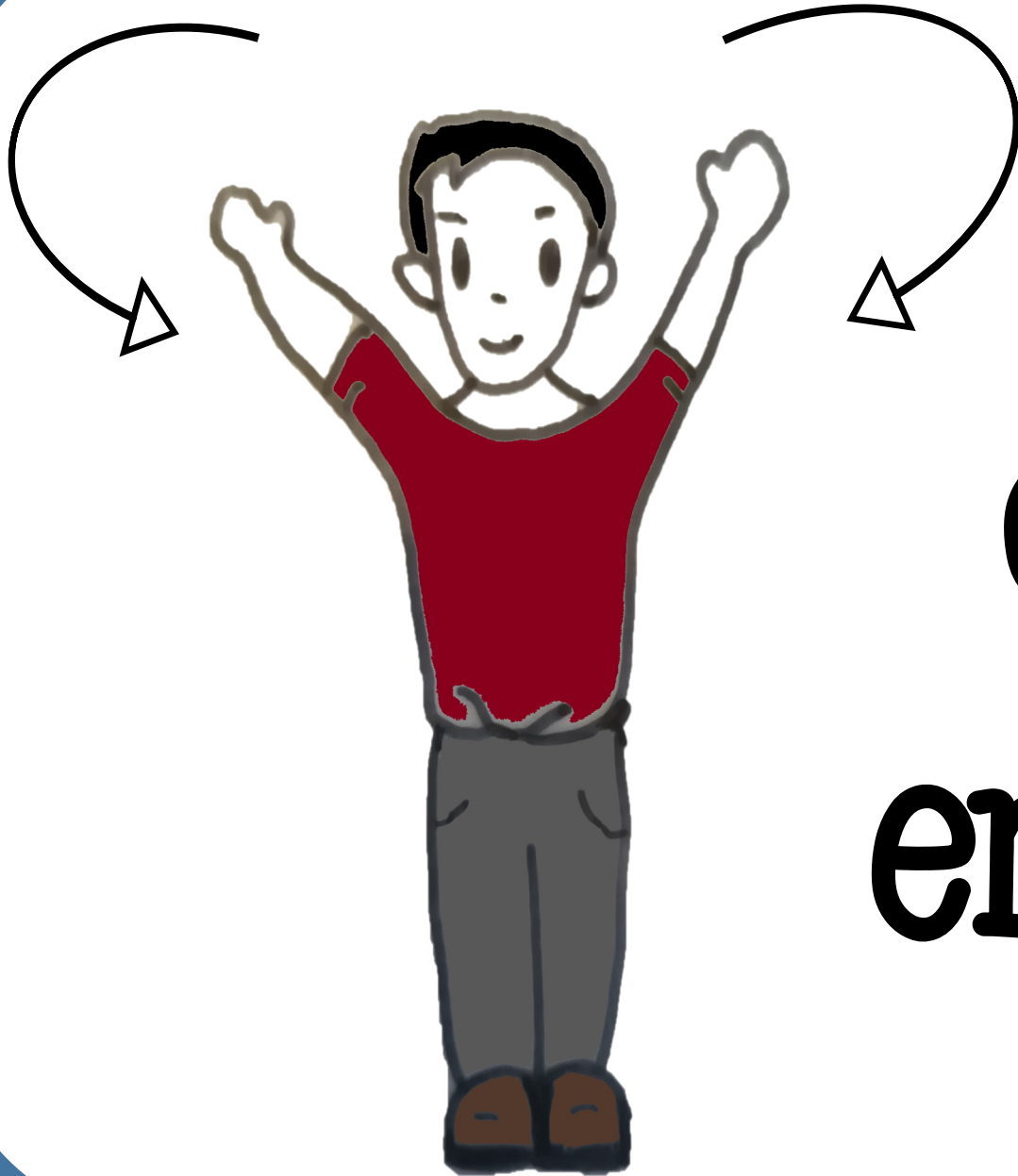




10

talons

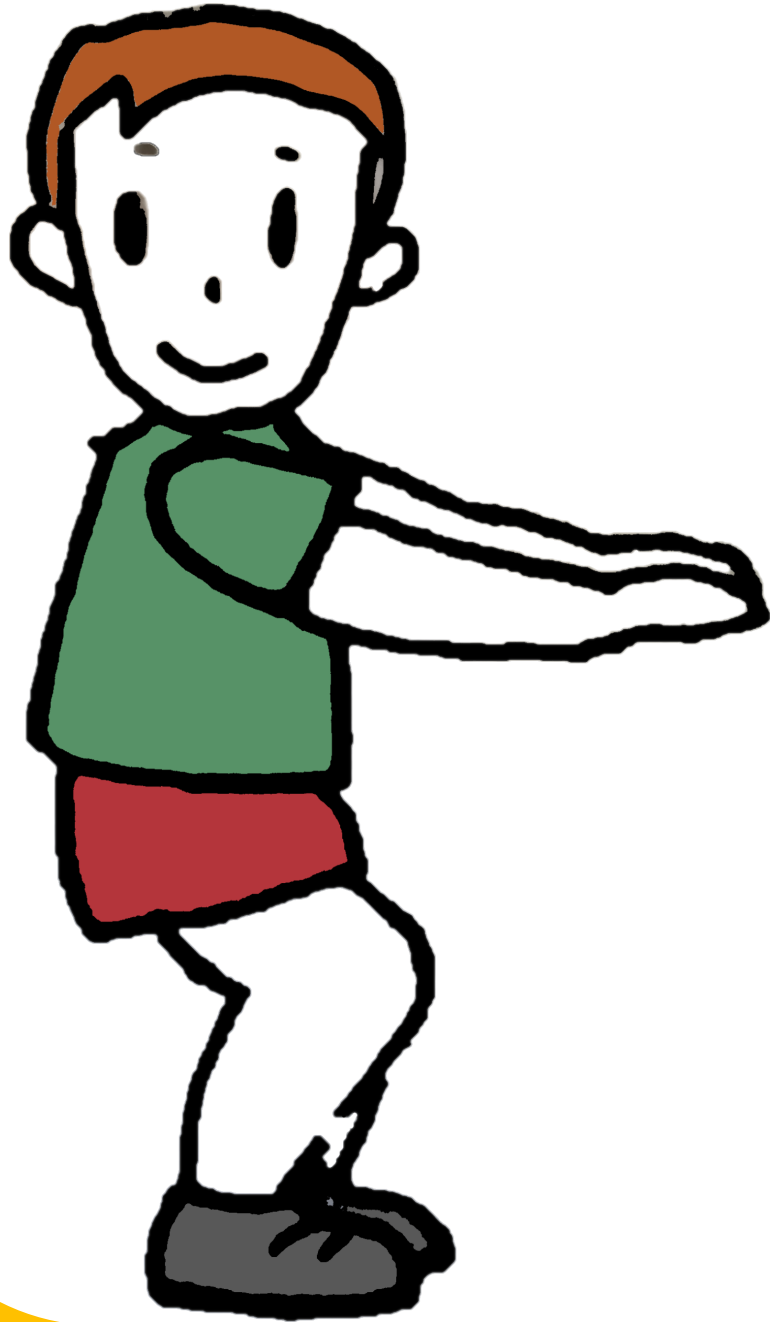
fesses



10

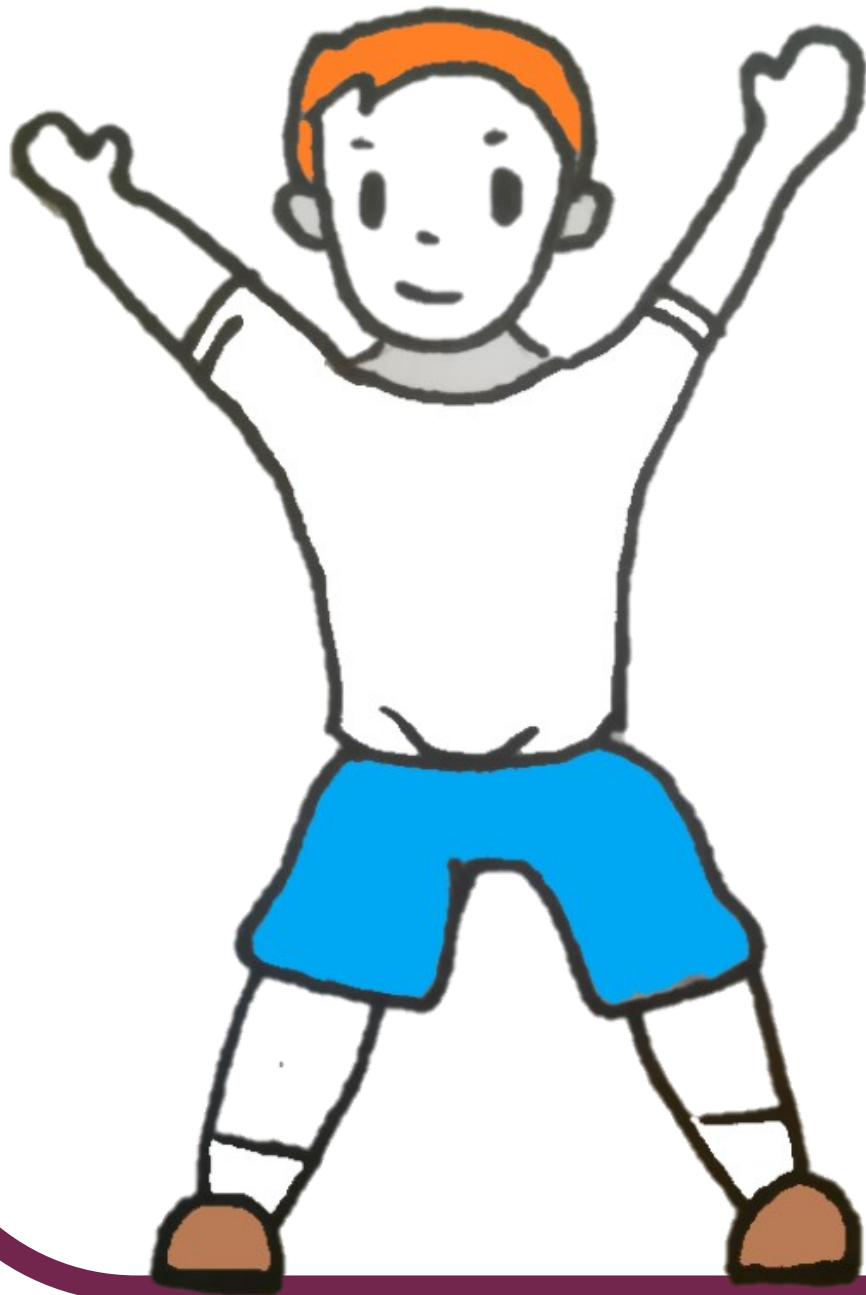
cercles

en avant



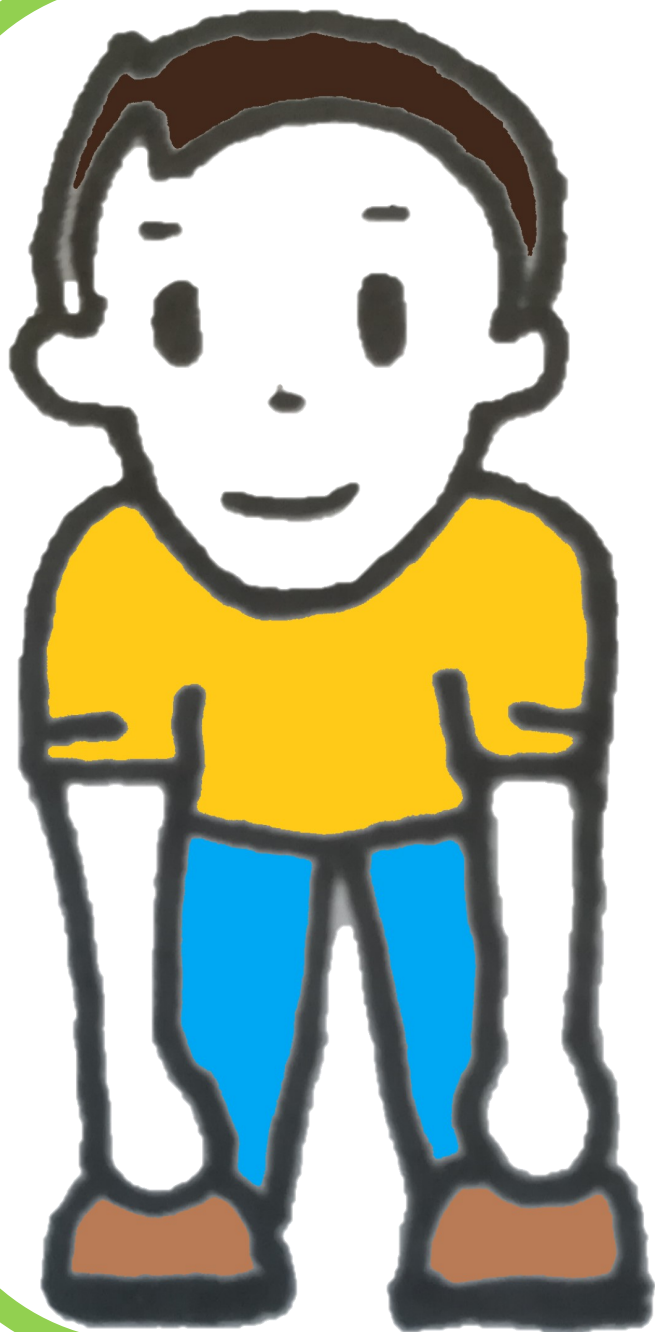
10

squats



10

Jumping
jack



10

Touche tes
pieds



Course sur place

10 secondes

