

SEMAINE
11

VENDREDI TOTAL CORPS

SUMO SQUAT



30 REPS

COMMANDO



20 REPS

TRICEPS DIPS



20 REPS

CIRCUIT 1 - TOTAL : 10MN

DONKEY KICK



30 LENTES
20 RAPIDES

JUMP LUNGES



20 REPS

PLANCHE



2X1 MINUTE
(15SEC REPOS ENTRE)

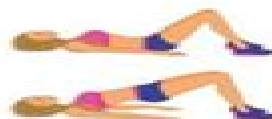
CIRCUIT 2 - TOTAL : 10MN

JUMP SQUAT



2X20 REPS
(1MN REPOS ENTRE)

BRIDGE*



30 REPS LENTES
30 REPS RAPIDES

CIRCUIT 3 - TOTAL : 10MN

STRAIGHT LEG JACKKNIFES



2X20 REPS
(30SEC REPOS ENTRE)

* Ajouter du poids sur le bassin si besoin

Top Body Challenge Gratuit

J Rink



Top Body Challenge Gratuit:

The Cultivator & Country Gentleman ,1872
,1993 **Canadiana** ,1987

Europ ,1995

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Decoding **Top Body Challenge Gratuit**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Top Body Challenge Gratuit**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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