

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)

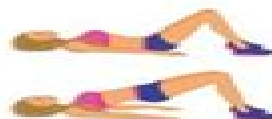
CIRCUIT 2 - TOTAL : 10MN

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

Julia Schneider



Top Body Challenge Gratuit:

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

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Embracing the Beat of Appearance: An Psychological Symphony within **Top Body Challenge Gratuit**

In a world eaten by screens and the ceaseless chatter of quick interaction, the melodic beauty and mental symphony produced by the written word usually fade in to the back ground, eclipsed by the relentless sound and disturbances that permeate our lives. However, set within the pages of **Top Body Challenge Gratuit** a stunning fictional treasure filled with natural thoughts, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, that charming masterpiece conducts viewers on a psychological trip, skillfully unraveling the concealed songs and profound impact resonating within each cautiously crafted phrase. Within the depths with this poignant examination, we can explore the book is key harmonies, analyze their enthralling writing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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