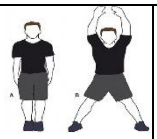
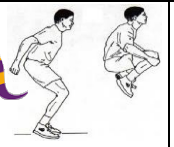
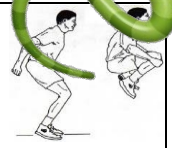
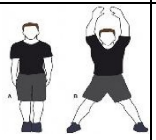
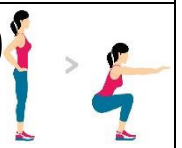
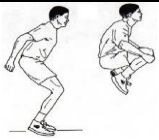
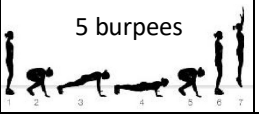
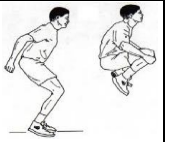
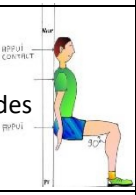
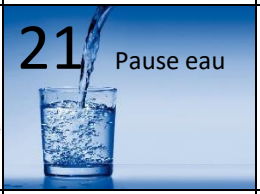
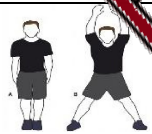
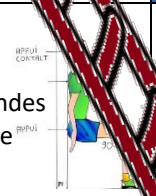
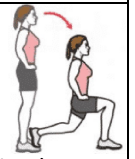
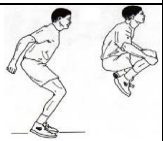
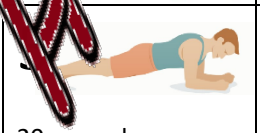
Victoire!

Fait par : Kevin Frongillo / Laterreurk

60 10 redressements assis	59 20 secondes danse libre	58  20 jumping jacks	57 10 fentes avant par jambe	56 Pause eau			
48 30 sec course genoux hauts sur place	49 20 secondes danse libre	50 15 squats	51 5 burpees	52 20 secondes planche abdominale	53  10 sauts	54 10 redressements assis	55 20 secondes mountain climbers
47 10 fentes avant par jambe	46 5 extensions des bras «push-up»	45  10 sauts	44 20 secondes planche abdominale	43  20 jumping Jacks	42 30 sec. course genoux hauts sur place	41 30 secondes de chaise au mur	40  15 squats
32 15 squats	33 20 secondes mountain climbers	34 Pause eau	35  10 sauts	36 5 burpees 	37 30 secondes de chaise au mur	38 5 extensions des bras «push-up»	39 10 secondes en arabesque
31 10 redressements assis	30 20 secondes planche abdominale	29 10 secondes en arabesque	28 5 extensions des bras «push-up»	27 20 secondes mountain climbers	26 20 secondes danse libre	25 30 sec. course genoux hauts sur place	24  10 sauts
16 10 secondes en arabesque	17 5 burpees	18 10 fentes avant par jambe	19  30 secondes de chaise au mur	20 20 jumping Jacks	21 Pause eau 	22 20 secondes mountain climbers	23 10 redressements assis
15 Pause eau	14  20 jumping Jacks	13 20 secondes danse libre	12 15 squats	11 30 secondes de chaise au mur 	10 10 redressements assis	9 10 secondes en arabesque	8  10 fentes avant par jambe
Départ	1 20 secondes mountain climbers	2 5 extensions des bras «push-up»	3  10 sauts	4 5 burpees	5  20 secondes planche abdominale	6 30 sec. course genoux hauts sur place	7 15 squats