

Le sport en date.....

0



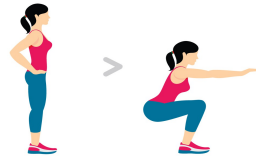
La chaise 30 "

1



La planche 30"

2



20 Squats

3



10 Pompes

4



20 Montain
climber

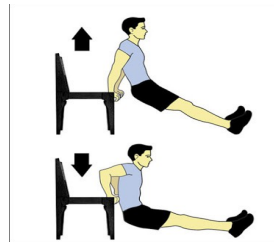
5

Gainage costal



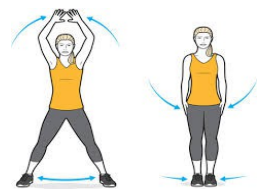
30"

6



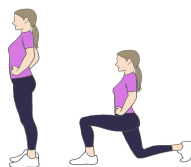
20 Dippes

7



20
Jumping jack

8



20
Fentes avant

9



10 Berpees