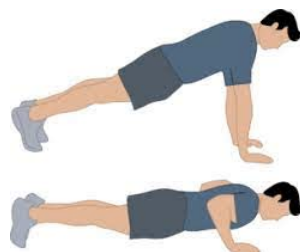


PPG U12

1 GAINAGE



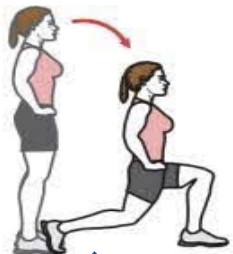
2 Pompes



3 Squat



8 Fente avant



Effectuer 2 fois le parcours

30 secondes d'exercice

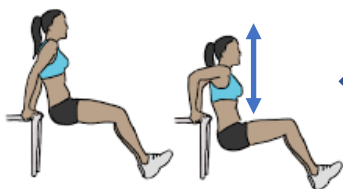
30 secondes de repos

2 minutes de pause entre les 2
tours

4 Abdos



7 Dips sur chaise



5 Jumping jack



6 Superman



Antonin GARCIA