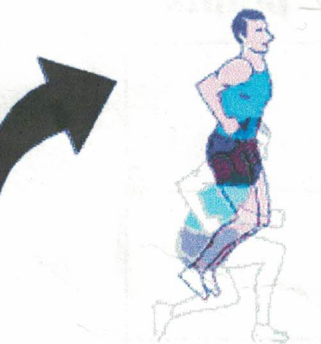


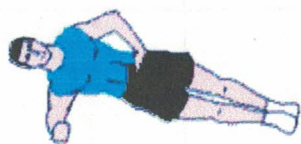
# Tonification complète sans matériel

## 12 exercices



Fentes sautées

11



Gainage costal

12



Pompes sur genoux

1



Soulevé de fesses

10



Crunch inversé

2



Crunch-abdos croisé

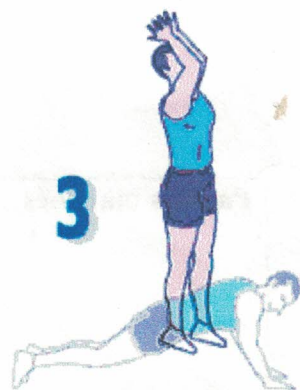
9

### Circuit Training

30" effort 30" repos

2' repos inter-série

Faire de 1 à 5 séries



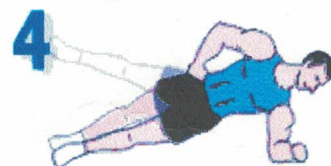
Burpee

3



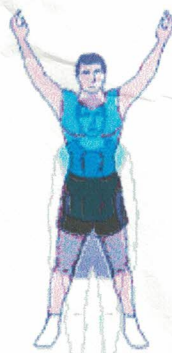
Mountain climber

8



Ciseau costal

4



Jumping jack

7



Gainage ventral

6



Double crunch

5