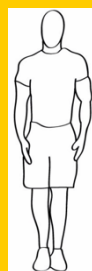


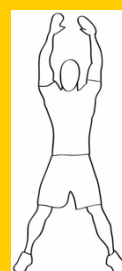
Fitness de la semaine

DEFI 50x !!!!!!!

LUNDI



Fais
50
Jumping Jack
sans pause



MARDI



Fais
50
SQUAT
sans pause



MERCREDI

Fais
50"

GAINAGE
sans pause



JEUDI



Fais

50

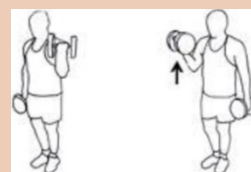
Jumping Lunge
sans pause

VENDREDI

Fais

50

Biceps
Avec une bouteille d'eau



SAMEDI

Fais

50 SQUAT
+
50" GAINAGE

DIMANCHE

Fais

50 JUMPING JACK
+
50 BICEPS