

Passeport VERT circuit 3min20



1. Jumping jack 20s



2. Montées genoux 20s



3. Planche 20s



4. Planche à droite 20s



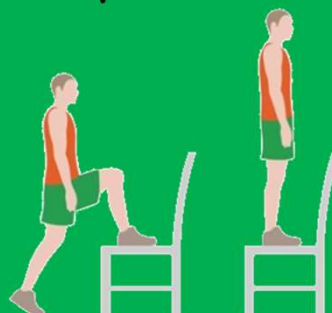
5. Planche à gauche 20s



6. Planche 20s



7. Step chaise 20s



8. Squat 20s



9. Pont 20s



10. Pompes genoux 20s



Choisis
ton
niveau



2 tours



3 tours



4 tours

**Pense à
boire**

