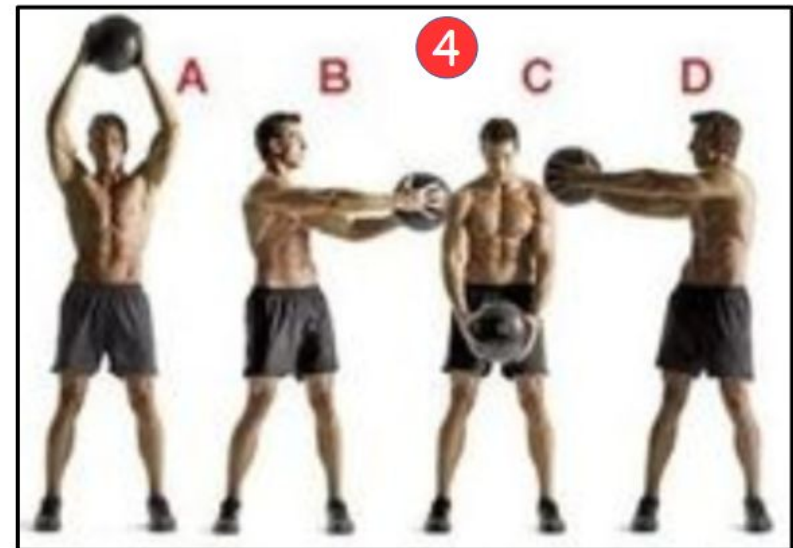
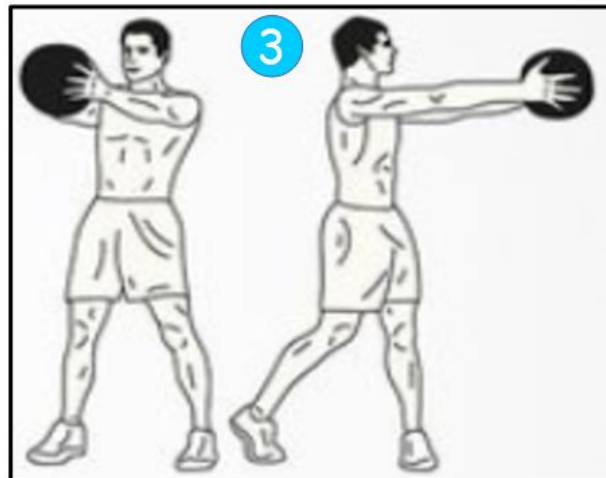
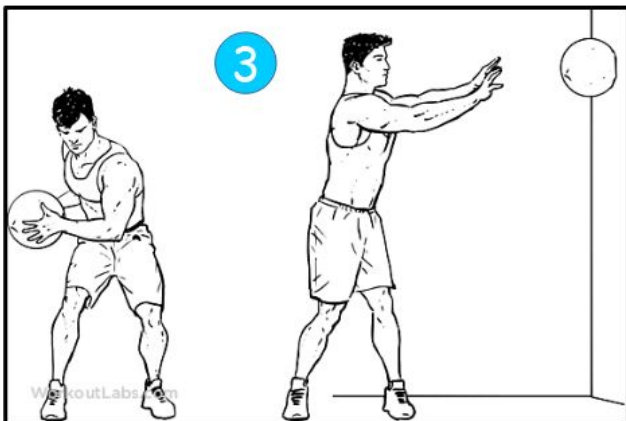
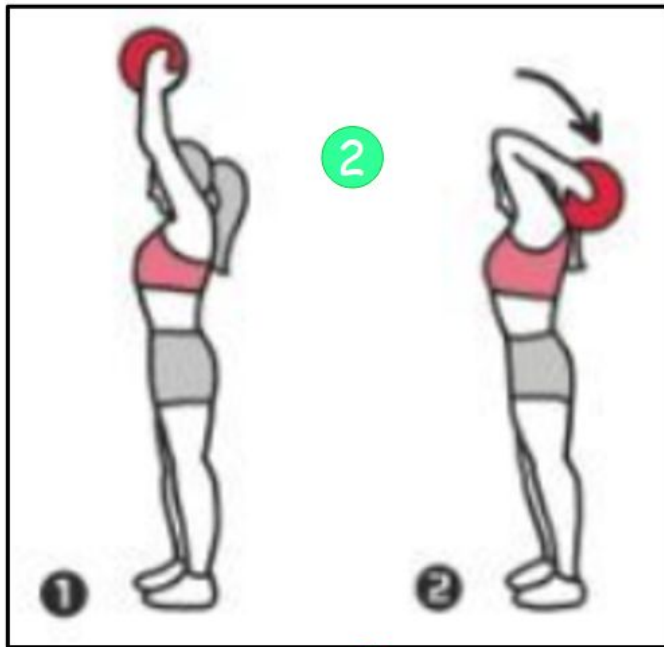


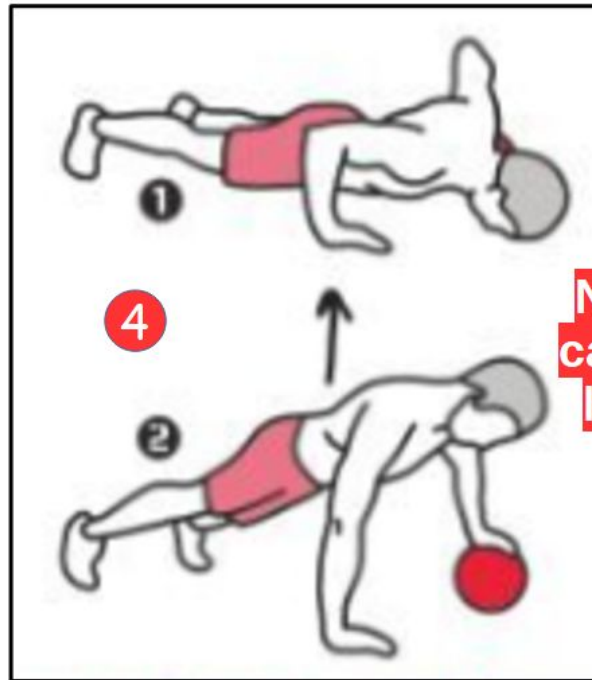
Medecine Ball

7 exos pour Épaules
Par niveaux de difficulté : 1 2 3 4 5

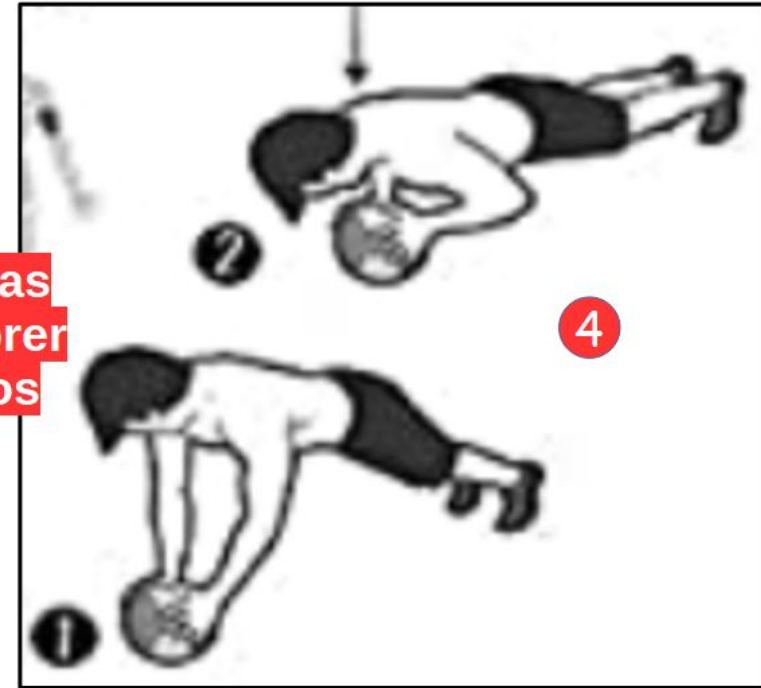




1 exo Triceps



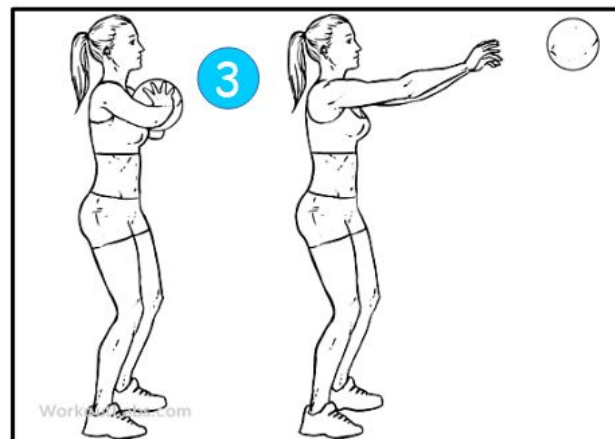
Ne pas
cambrier
le dos

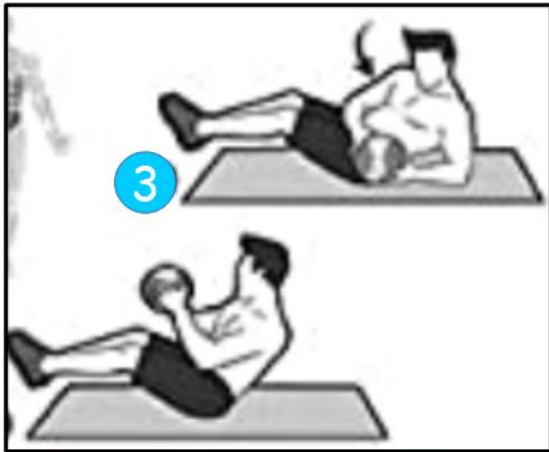


Medecine-Ball

5 exos Pectoraux

Par niveaux de difficulté : 1 2 3 4 5





2 exos Abdos + 4 exos Lombaires

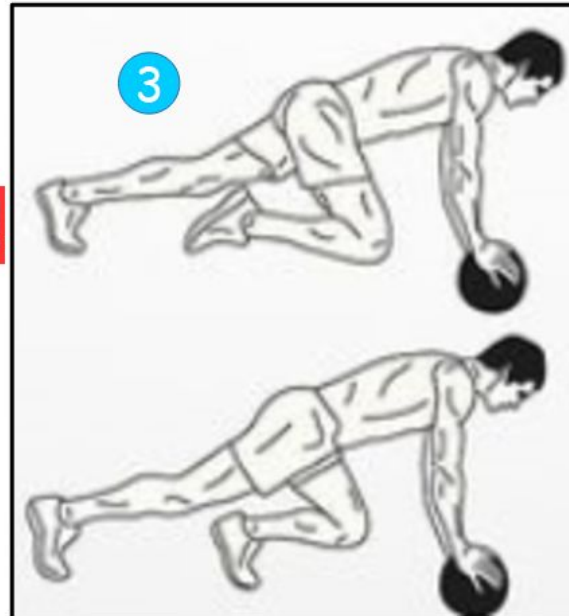
Par niveaux de difficulté :

- 1 2 3 4 5

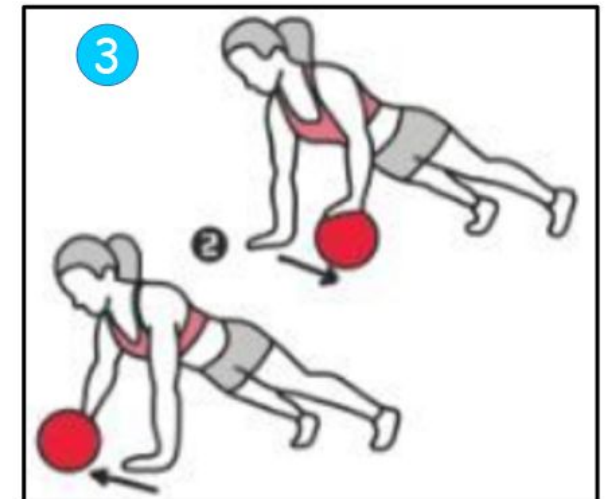


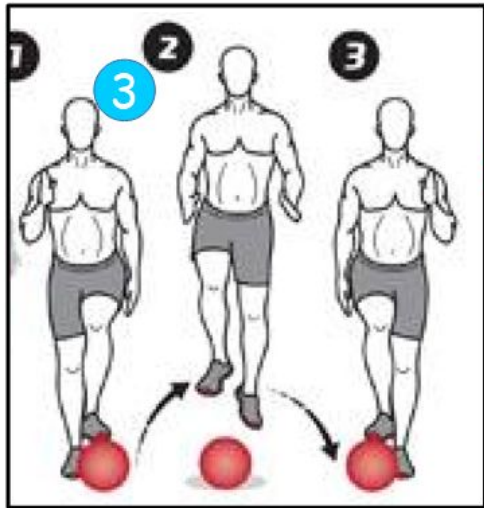
**Ne pas
cambrier
le dos !
Gardez
les
fesses
hautes !**

Medecine Ball



Plank





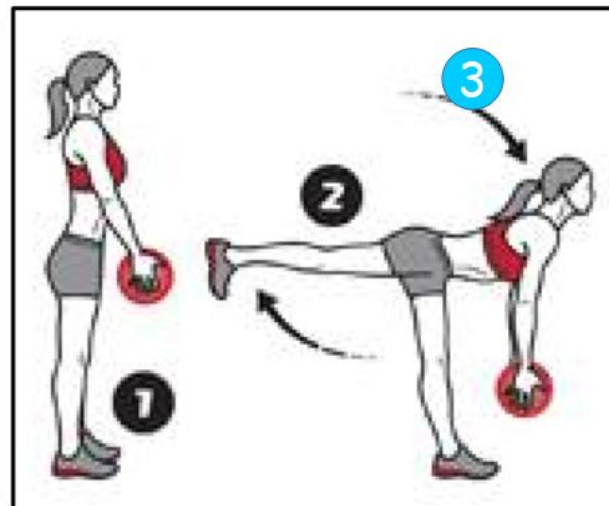
Medecine Ball



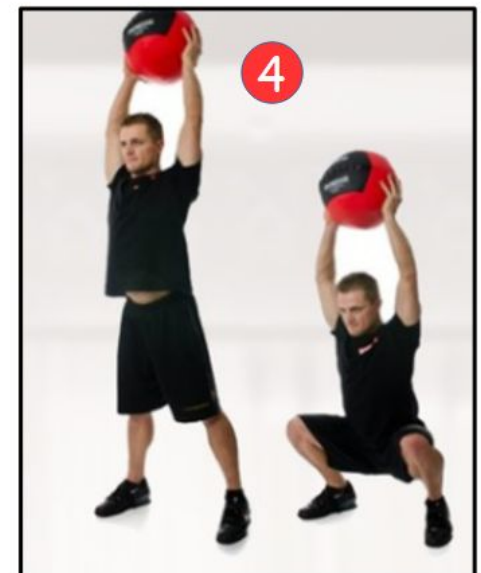
7 exos Cuisses & Fessiers

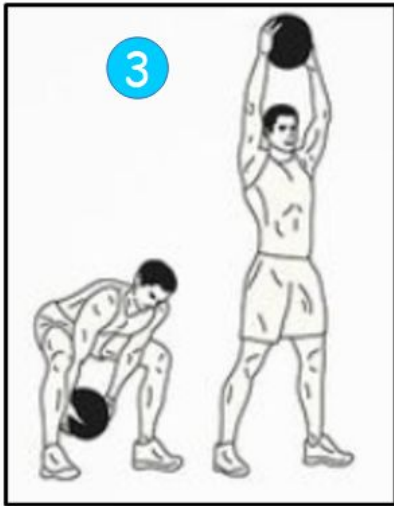
Par niveaux de difficulté :

- 1
- 2
- 3
- 4
- 5



**Toujours
garder le
dos
droit !**

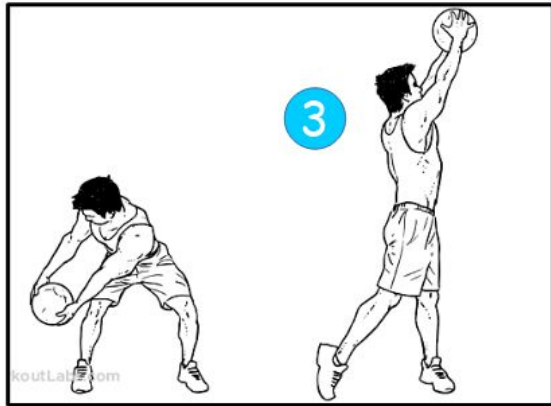




**Toujours
garder le
dos
droit !**



Medecine Ball



**6 exos pour
Cuisses & Épaules**
Par niveaux de difficulté :

- 1
- 2
- 3
- 4

