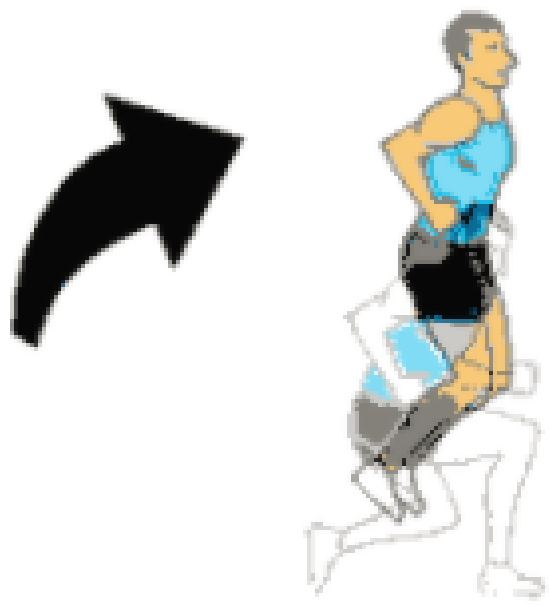
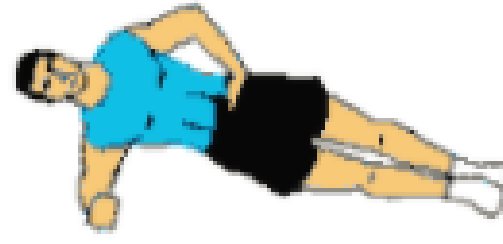


# Tonification complète sans matériel

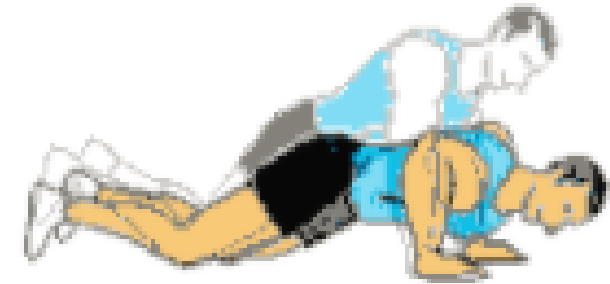
## 12 exercices



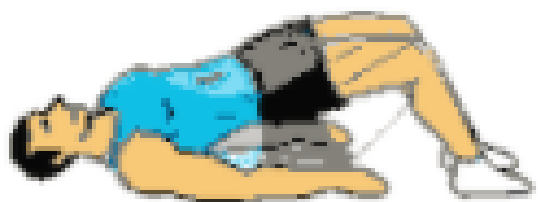
Fentes sautées 11



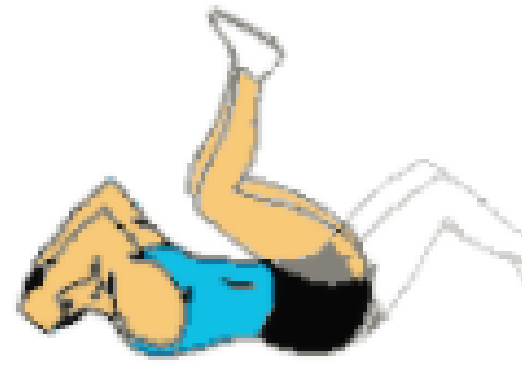
Gainage costal 12



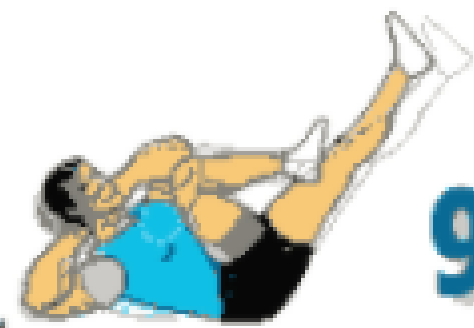
Pompes sur genoux 1



Soulevé de fesses 10



2 Crunch inversé



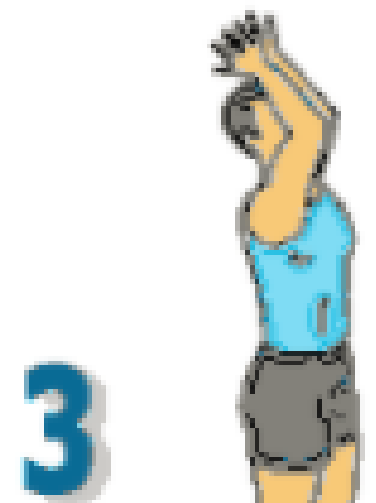
Crunch-abdos croisé 9

### Circuit Training

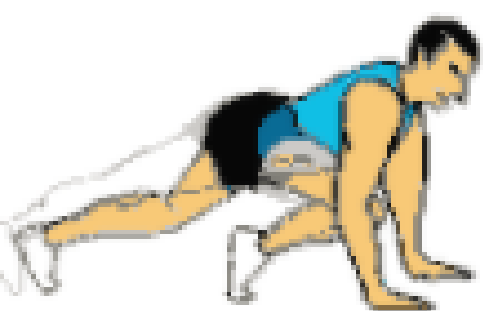
30" effort 30" repos

2' de repos entre les séries

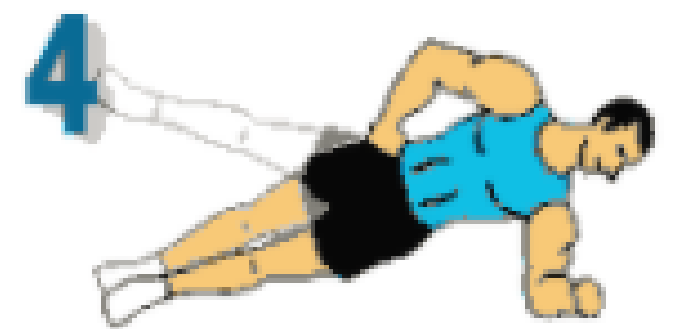
Faire 1 à 5 séries



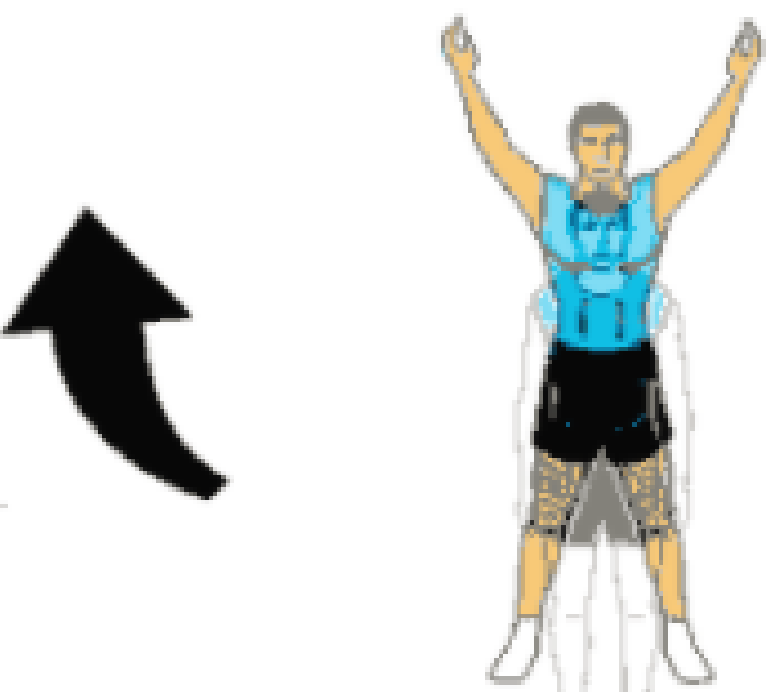
3 Burpee



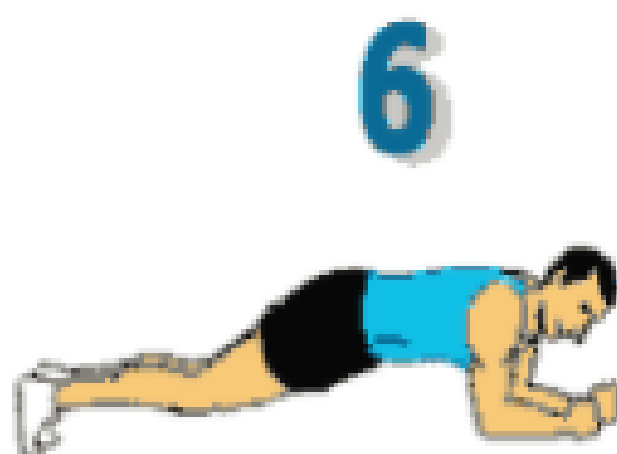
Mountain climber 8



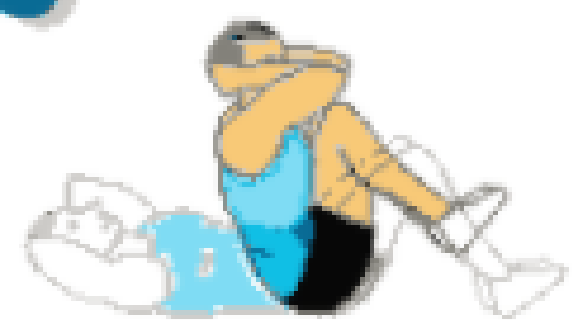
4 Ciseau costal



Jumping jack 7



Gainage ventral 6



5 Double crunch