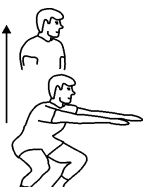
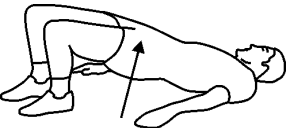
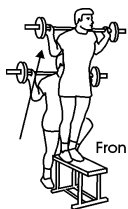

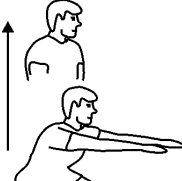
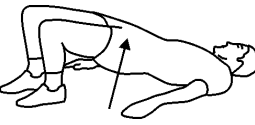
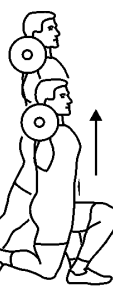

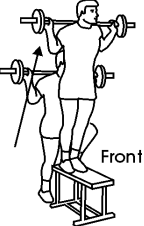
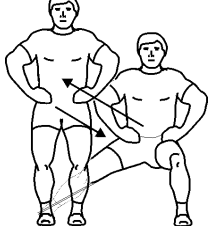


DEVOIR DE VACANCES : CUISSES + FESSIERS !

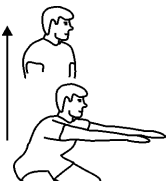
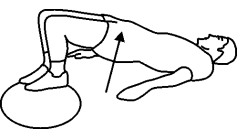
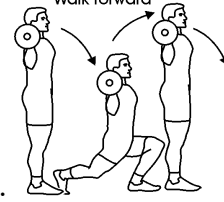
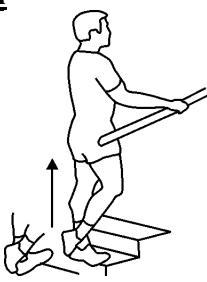
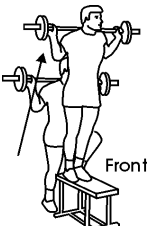
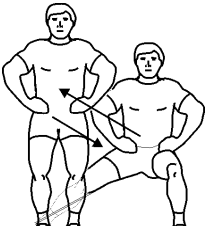

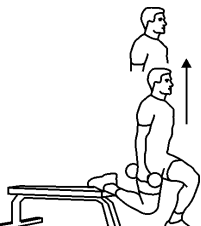
Niveau facile : 3 à 4 tours avec 1 minute de récupération

- | | | | |
|---|---|---|--|
| 
1.
20 répétitions | 
2.
20 répétitions | 
3.
10+10 répétitions | 
4.
15+15 répétitions |
|---|---|---|--|

Niveau intermédiaire : 3 à 5 tours avec 1 minute de récupération

- | | | |
|--|--|---|
| 
1.
20 répétitions | 
2.
30 répétitions | 
3.
10+10 répétitions |
| 
4.
15+15 répétitions | 
5.
10+10 répétitions | 
6.
10+10 répétitions |

Niveau expert : 3 à 5 tours avec 1 minute de récupération

- | | | | |
|--|--|--|--|
| 
1.
30 répétitions | 
2.
20 répétitions | 
3.
30 pas | 
4.
15+15 répétitions |
| 
5.
15+15 répétitions | 
6.
15+15 répétitions | 
7.
30 sec à 1 min | 
8.
10+10 répétitions |