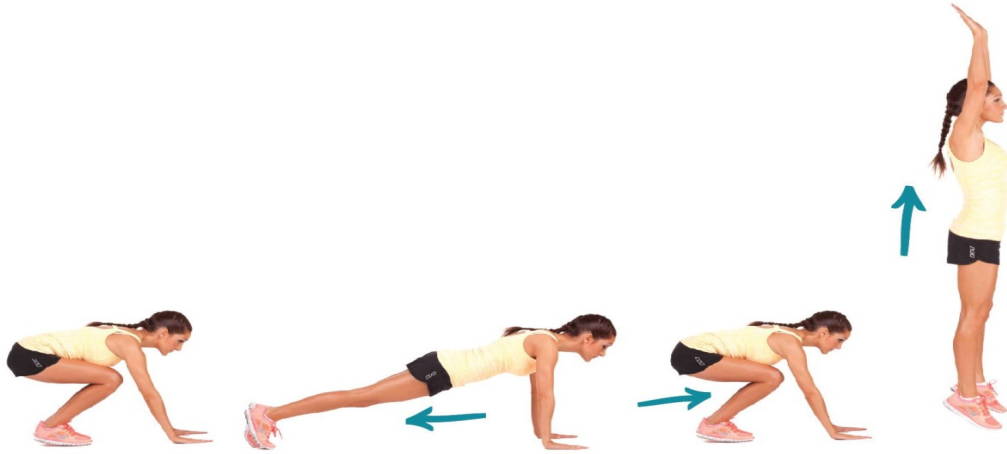


DESCRIPTIONS DES EXERCICES

BURPEES

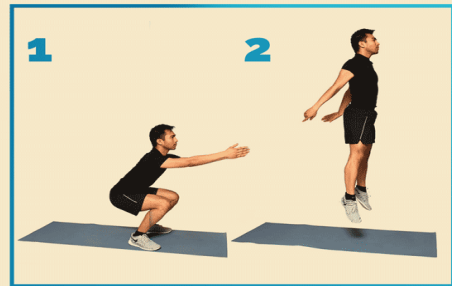


SQUAT



SQUAT SAUTÉ

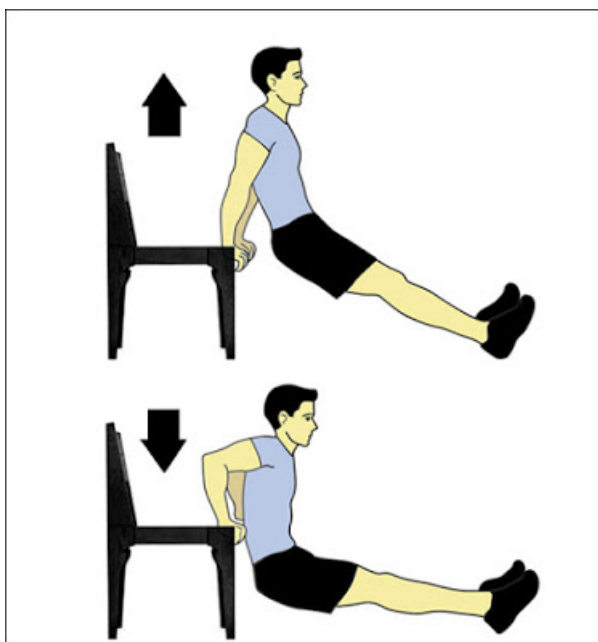
SQUAT JUMP



FENTES



DIPS



MOUNTAIN CLIMBERS

