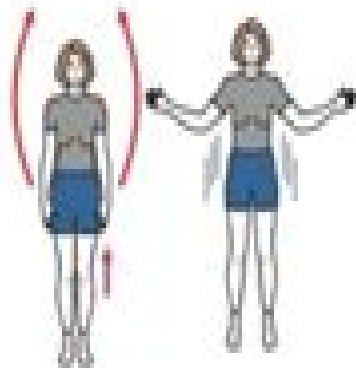
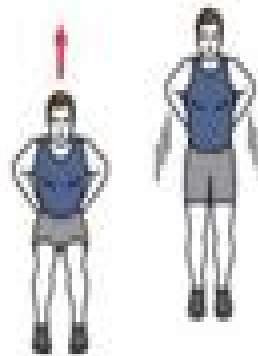


Circuit training « Endurance »

4 tours – 45 sec d'effort – 20 sec de repos



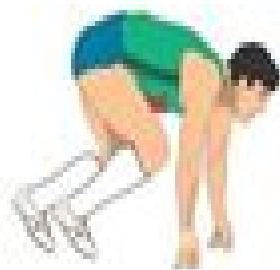
Jumping Jack



Jump Squat



Burpees



Sprint



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