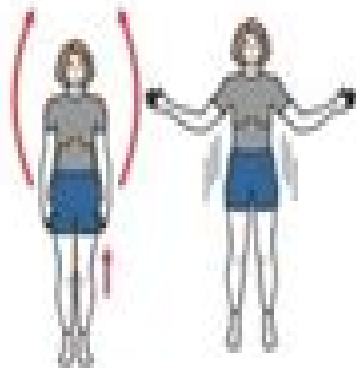
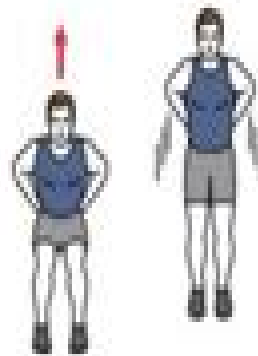


Circuit training « Endurance »

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



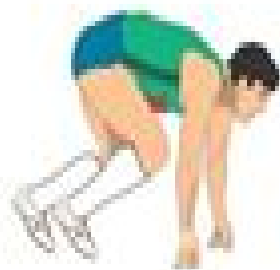
Jumping Jack



Jump Squat



Burpees



Sprint



Ouverture/Fermeture



Passage alterné
mains/avant-bras

Reebok Power Blast Cardio Circuit Training

PT Brinkman

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the PT Brinkman text.

Reebok Power Blast Cardio Circuit Training:

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