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des mouvements et à prévenir les blessures à l'aide d'exercices complexes il implique des mouvements où plusieurs muscles doivent interagir entre eux

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web sans accessoires l entraînement va consister par exemple à enchaîner une série de flexions type fentes accompagnées de mouvements de bras puis des exercices de gainage dynamique et enfin un mouvement complet tel que des burpees l intensité des exercices permet de travailler réellement l aspect cardio parallèlement au renforcement