

ENTRAÎNEMENT FEMMES

SANS IMPACT

Téléchargez notre
application

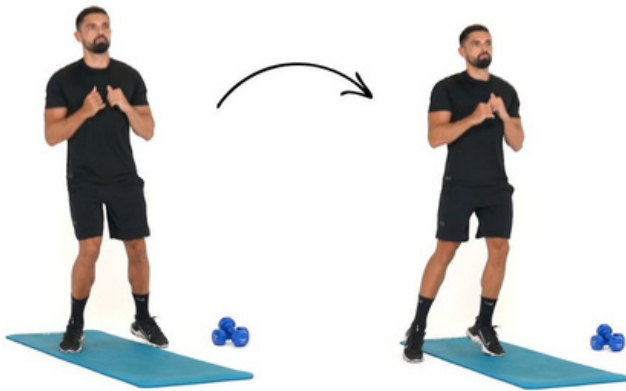


Jambes et Abdos

15 minutes

Sans matériel

1 Boxer Shuffle 30s' effort - 30s' recup



2 Running Punches 30s' effort - 30s' recup



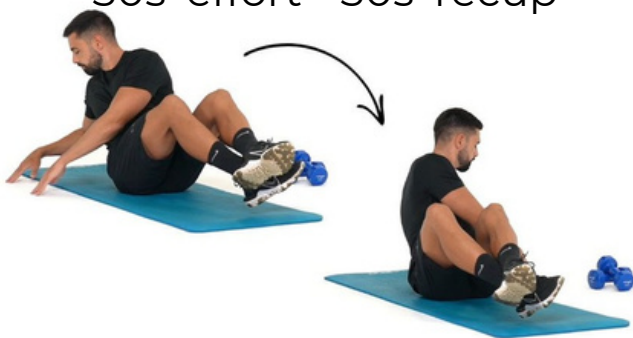
3 Fentes latérales G 30s' effort - 30s' recup



4 Fentes latérales D 30s' effort - 30s' recup



5 Russian Twist 30s' effort - 30s' recup



6 Fire Hydrant G 30s' effort - 30s' recup



7 Fire Hydrant D 30s' effort - 30s' recup



Faites une première boucle, prenez 2 minute de pause
entre les deux tours, puis recommencez