

GYM DOUCE DU MATIN

Téléchargez notre application



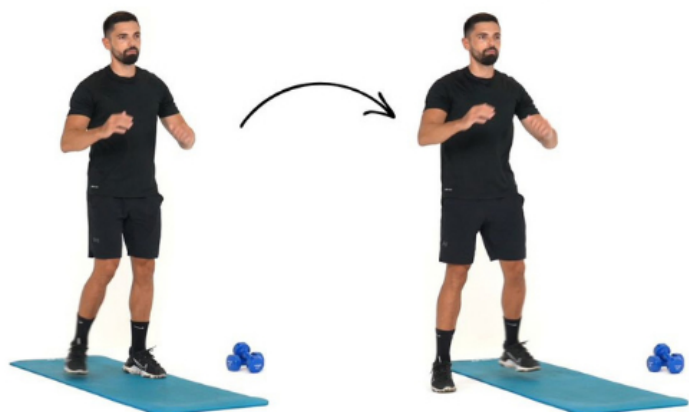
ROUTINE BIEN-ÊTRE

Sans Impact

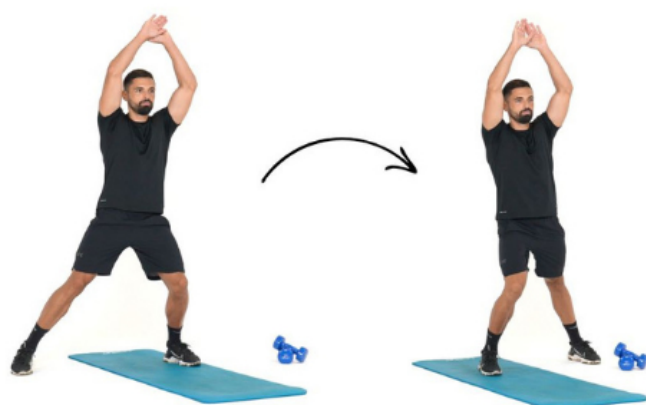
10 minute

Sans Matériel

1 Step Touch 40s' effort - 20s' recup



2 Low impact JJ 40s' effort - 20s' recup



3 Superman 40s' effort - 20s' recup



4 Fentes arrière alternées 40s' effort - 20s' recup



5 Extension mollets 40s' effort - 20s' recup



Faites 2 tours avec 2 minutes de récupération entre les tours.