GAINAGE VENTRE PLAT NIVEAU 2

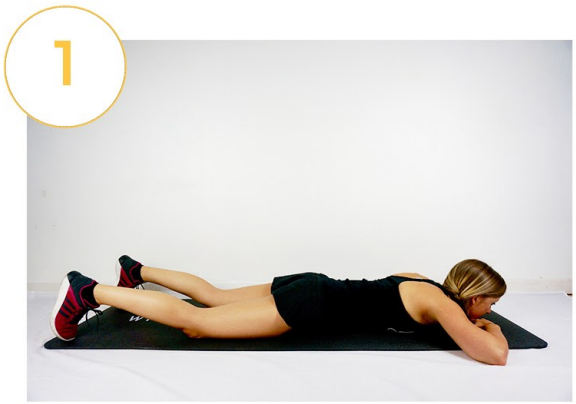
www.FitYourDreams.com

Planche élévations jambes

3 séries | 15 reps

Cobra

3 séries | 15 reps



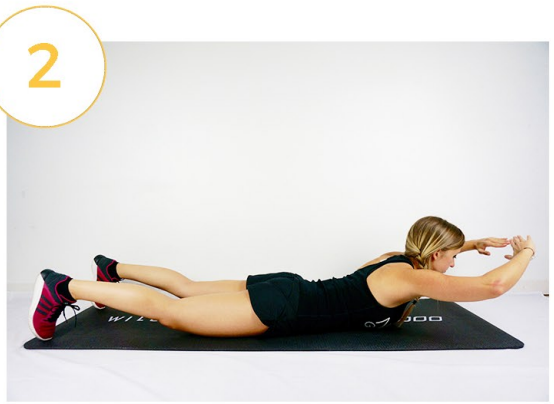
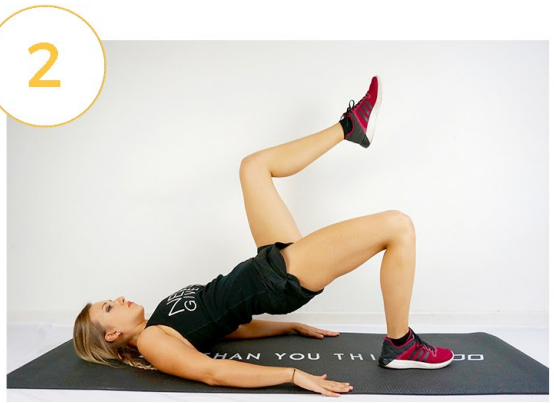


Planche latérale dynamique
(de chaque côté)

3 séries | 15 reps

Relevé de bassin sur 1 jambe
(de chaque côté)

3 séries | 15 reps