

**FENTES DE CÔTÉ
ALTERNÉES** x



C
6



I

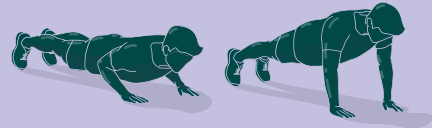
8

x
**SAUTS
GROUPÉS**

R

POMPES x

6



C

8

x
**CRUNCHS
CROISÉS**

U

SQUATS x

6

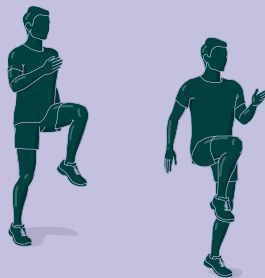


I

8

x
**MONTÉES DES
GENOUX**

T



Kia Nurse