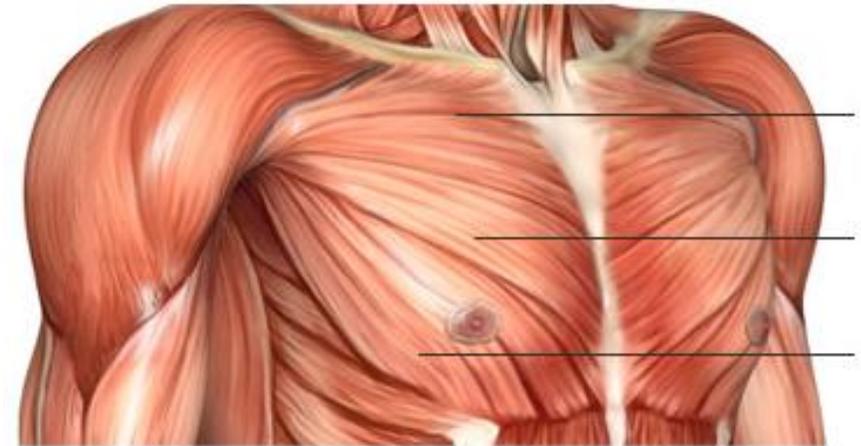
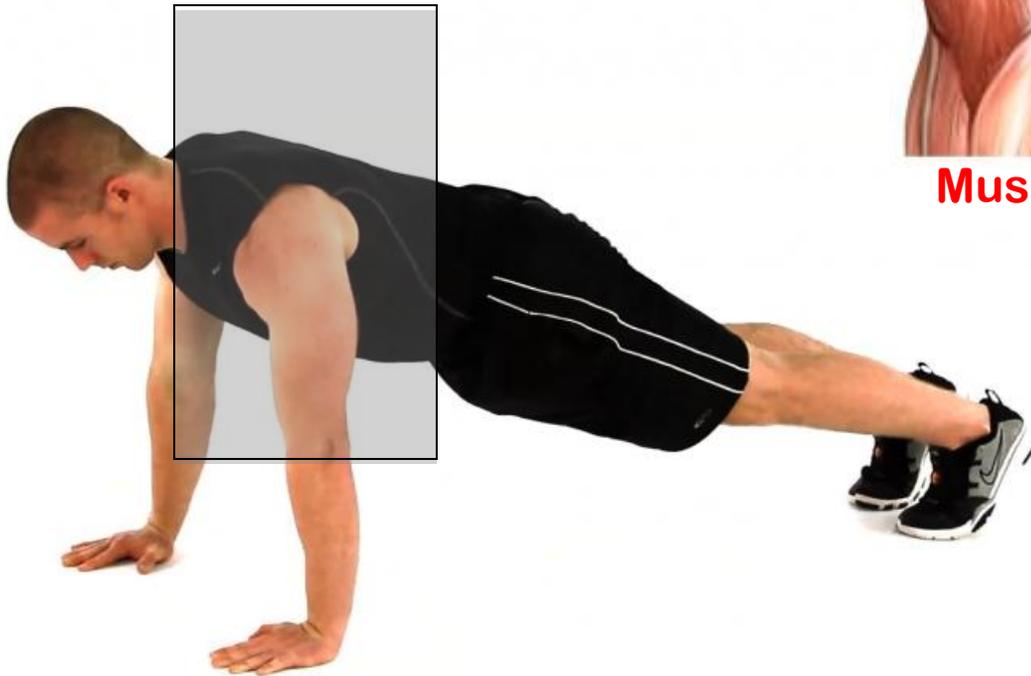


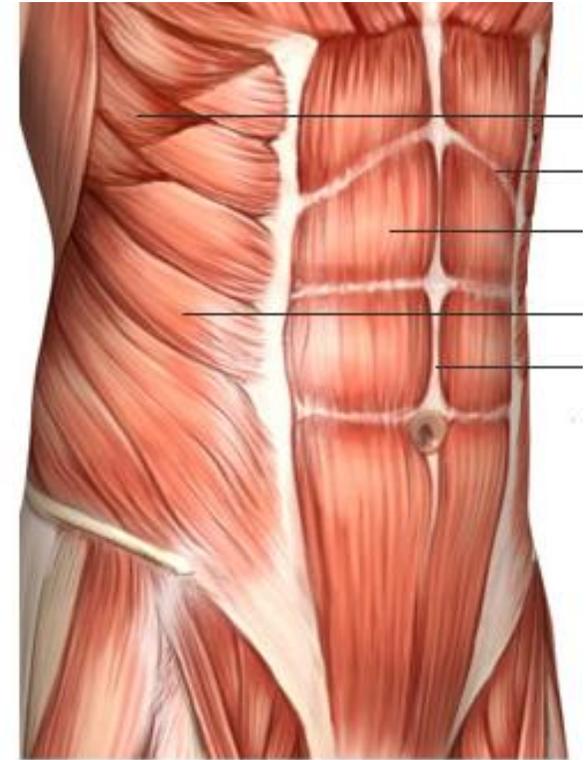
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POMPE



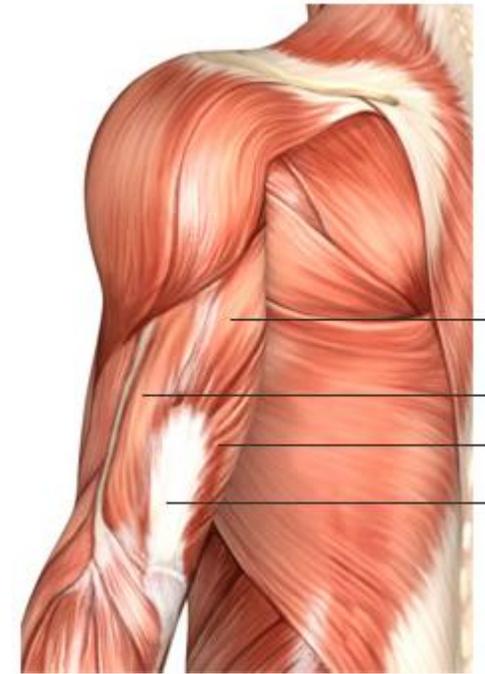
Muscles principalement sollicités
Pectoraux

REDRESSEMENT ASSIS



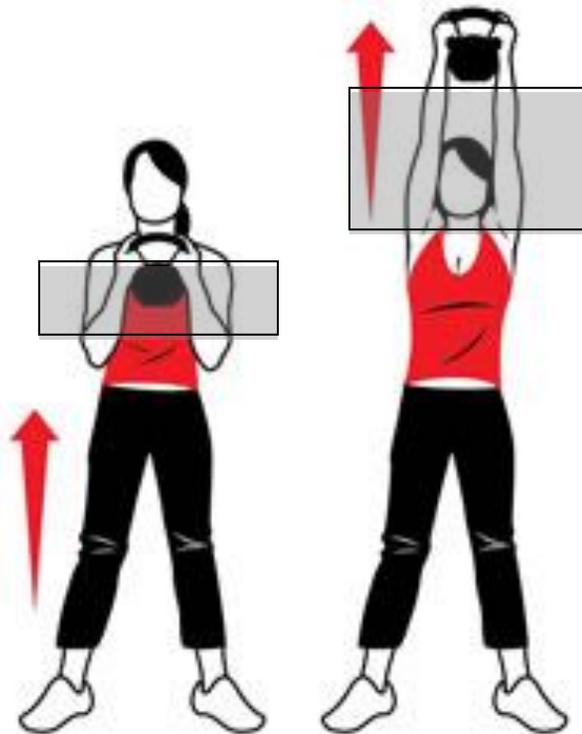
Muscles principalement sollicités
Abdominaux

POMPE INVERSÉE



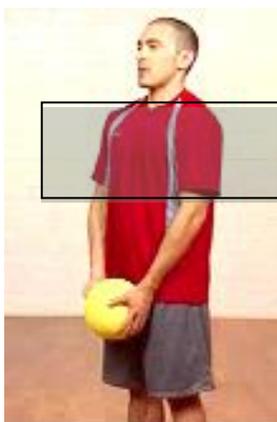
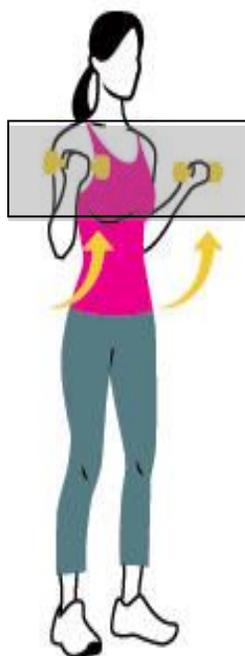
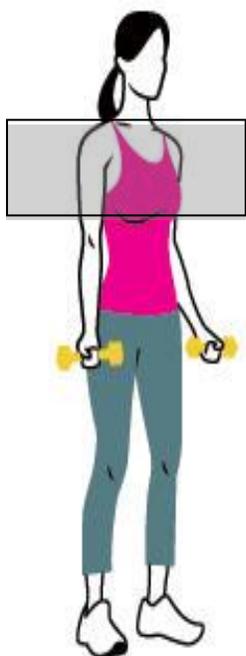
Muscles principalement sollicités
Triceps

EXTENSION DES BRAS



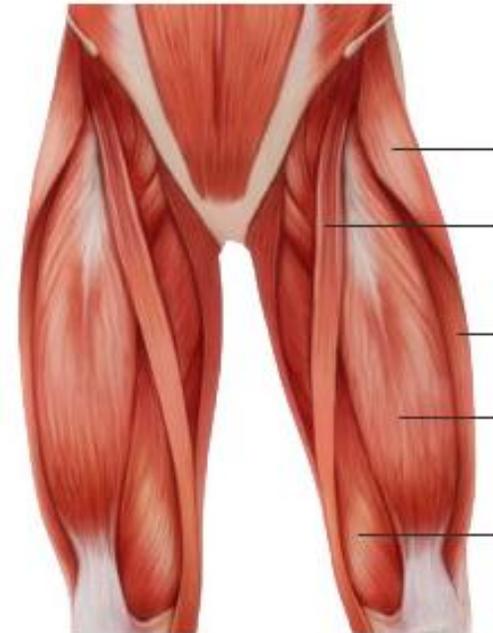
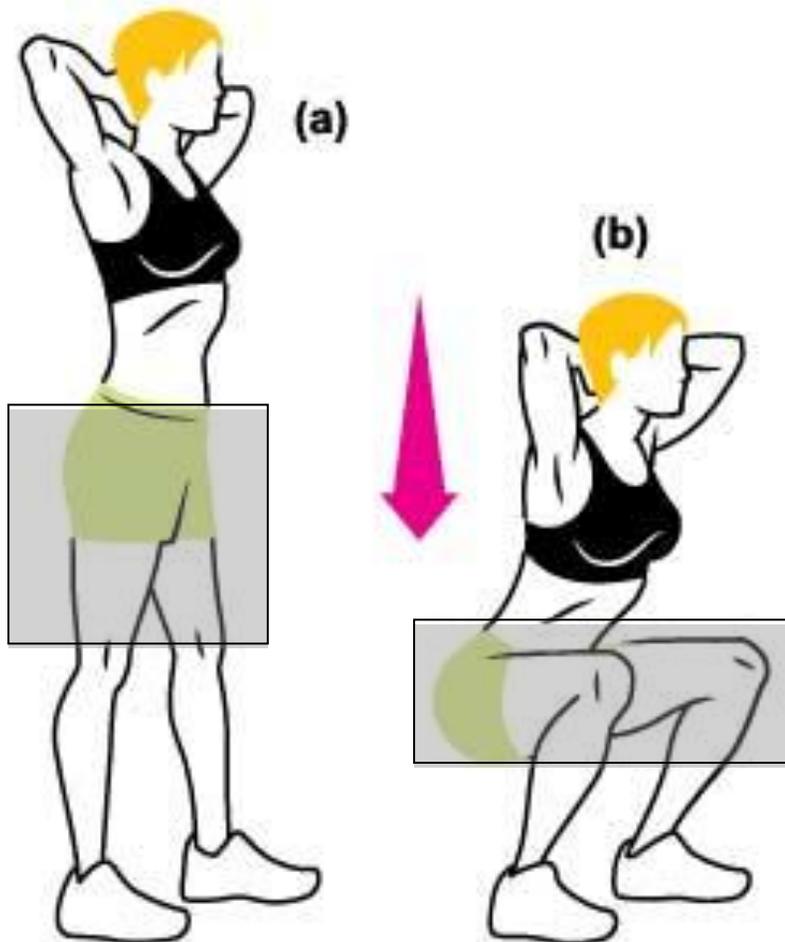
Muscles principalement sollicités
Dectoïde

FLEXION DES BRAS



Muscles principalement sollicités
Biceps

SQUAT



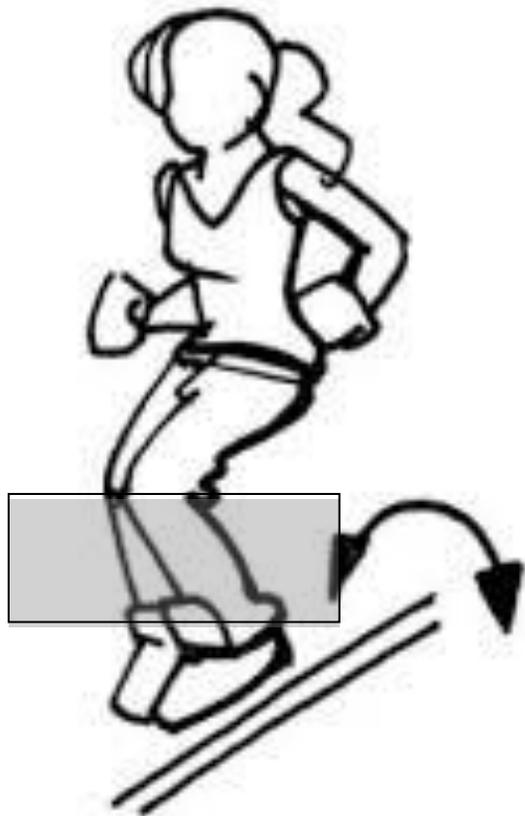
Muscles principalement sollicités
Quadriceps

CORDE À SAUTER



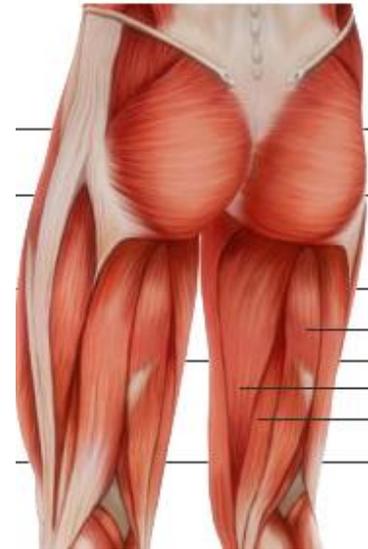
Muscles principalement sollicités
Les jumeaux

SAUT À PIEDS JOINTS

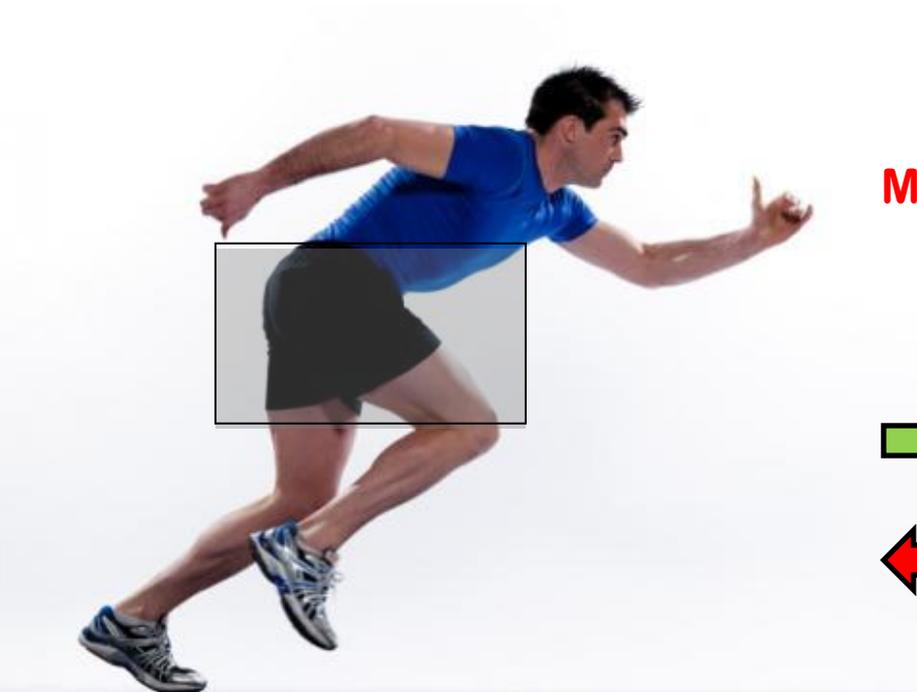
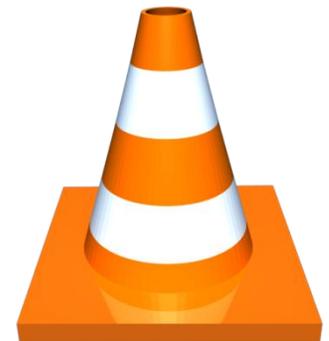


Muscles principalement sollicités
Les jumeaux

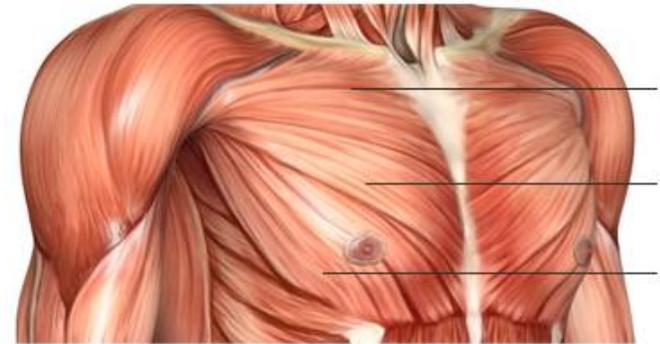
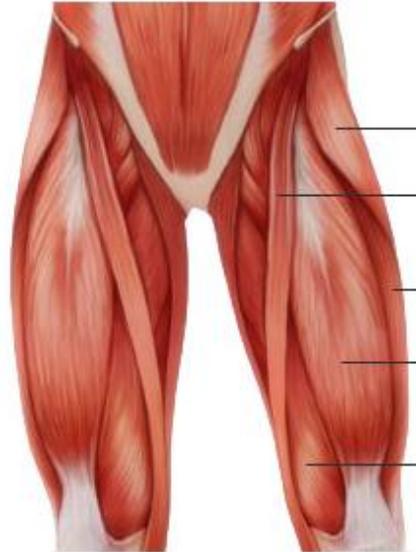
ALLER-RETOUR



Muscles principalement sollicités
Les fessiers



BURPEES



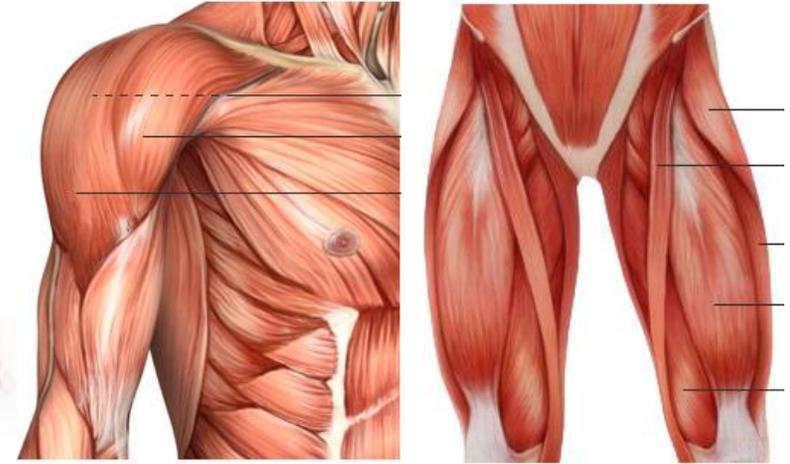
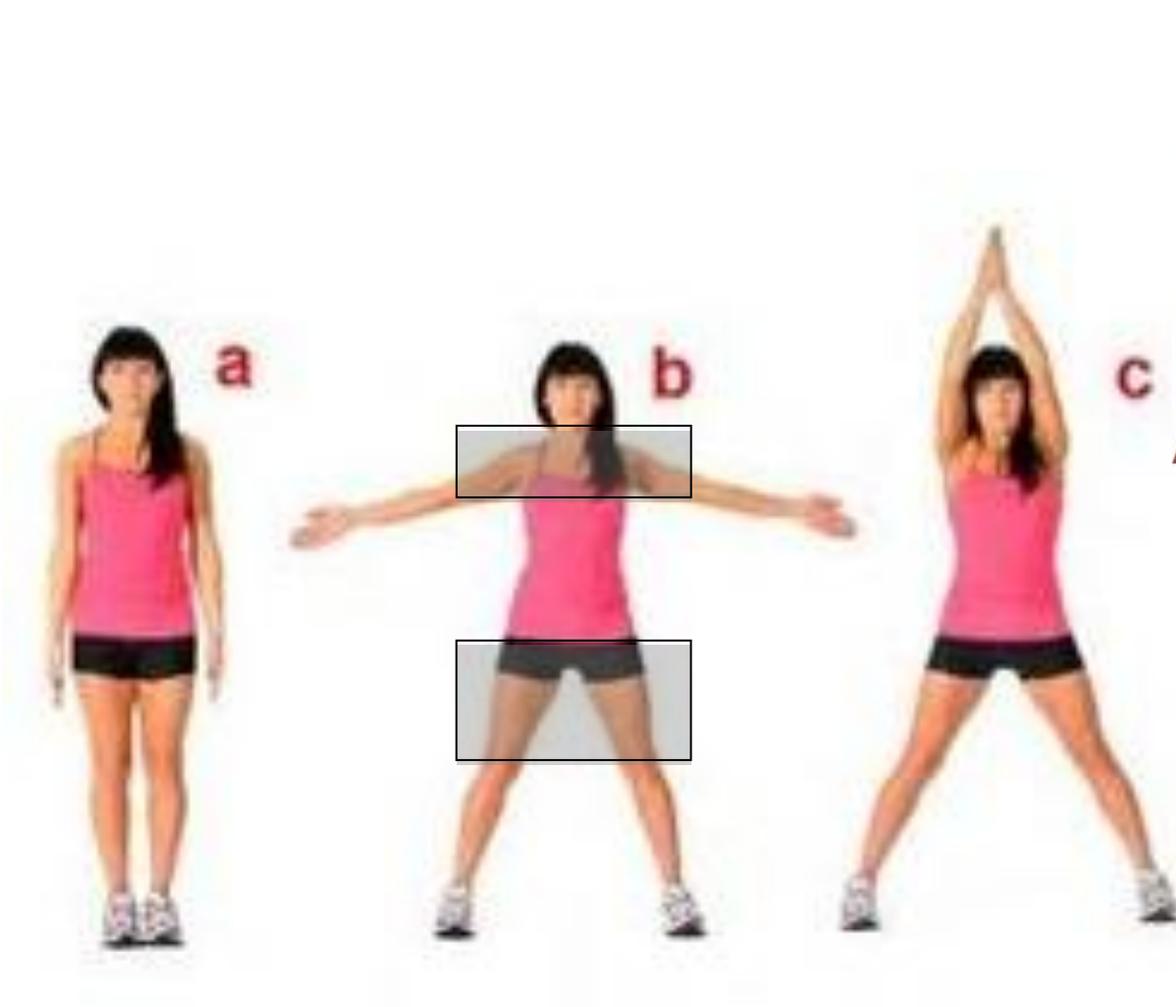
Burpees

Muscles principalement sollicités
Les pectoraux et les quadriceps



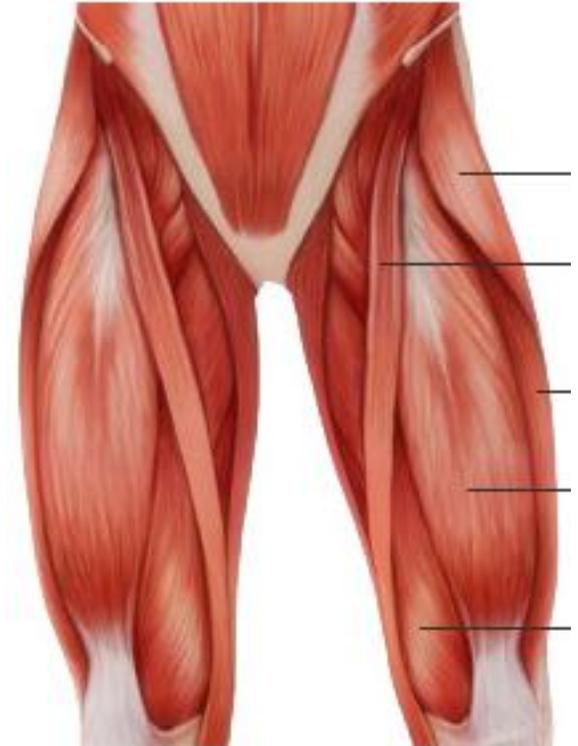
JUMPING JACK

5



Muscles principalement sollicités
Deltoïde et les quadriceps

JAMBES HAUTES



Muscles principalement sollicités
Les quadriceps