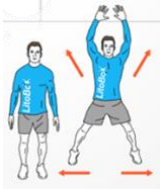
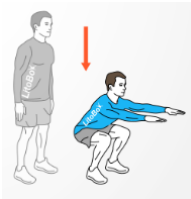
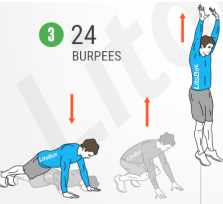
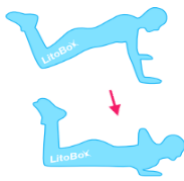
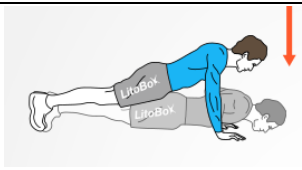
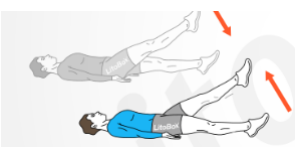


LES EXERCICES CROSSFIT

JUMPING JACK		LEVÉS DE GENOUX	
PLANCHE		PLANCHE DYNAMIQUE	
SQUAT		BURPEES	
ABDOMINAUX TORSIONS		ABDOMINAUX CRUNCH	
POMPES SUR LES GENOUX		POMPES STANDARD	
CHAISE		SQUATS BULGARES	
CORDE A SAUTER		CUILLERE	
CISEAUX (X2)		MOUNTAIN CLIMBERS	
DIPS		AUTRE	