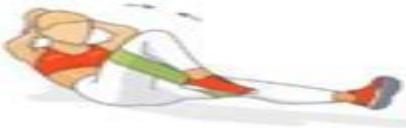


PROGRAMME VENTRE PLAT

10 MIN

RESULTATS EN

2 SEMAINES



BICYCLE CRUNCH
| 40 secondes



SWIMMER | 40
secondes



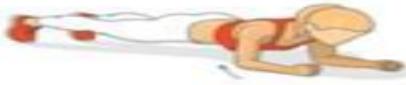
HIGH PLANK |
40 secondes



V-SIT | 40
secondes



SEATED CRUNCH |
40 secondes



PLANK WALK | 40
secondes



SNAP JUMPS |
40 secondes



CRUNCHES | 40
secondes



REVERSE CRUNCH
| 40 secondes



LYING LEG RAISES
| 40 secondes



**MOUNTAIN
CLIMBERS** | 40
secondes



RUSSIAN TWIST
| 40 secondes



**SIDE PLANK
CRUNCH DROITE**
| 40 secondes



**FLUTTER
KICKS** | 40
secondes



BIRD DOG | 40 secondes



SIDE PLANK CRUNCH GAUCHE |
40 secondes

10 SECONDES DE REPOS ENTRE LES EXERCICES

Programme Ventre Plat

Minjie Lin



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