



abdo vélo



Abdos X



aile de poulet



banane



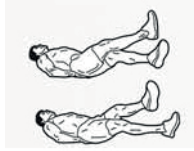
battements



burpees



chaise



ciseaux



climbers



Corde à sauter



crunchs tendus



crunch cheville



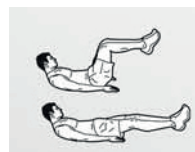
crunch costal



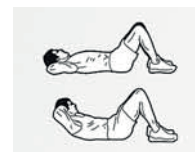
crunch croisé



crunch genou



crunch kicks



crunches



1/2 j.jacks



épaules jesus



extension mollet



fente step



fentes laterales



fente saut



fente



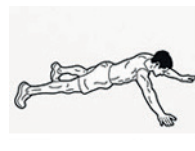
Gain. 1 bras



Gain. 1 jambe



gain. 4 faces



gain. araignée



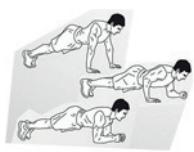
gainage costal



gain. montée coude



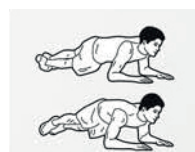
genou poitrine



montée descente



gain. parachutiste



gain. rotation



gainage simple



gainage touche



groupé dégroupé



high crunch



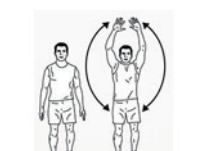
J.Jacks alternés



j.jacks TS



jumping jacks



levés bras



levé de jambe



levé de jambe



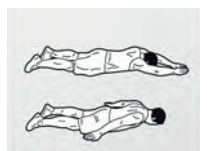
montée bassin



montée bassin



montées escalier



papillon



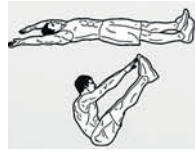
bloqué en bas



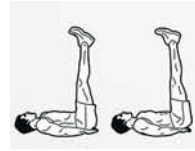
pompe diamant



pompes



portefeuille



poussée verti.



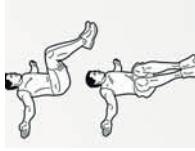
reverse crunches



rotation genou



rotation hanche



rotation hanche



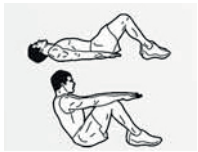
rotation "v"



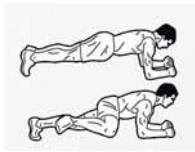
rotation miroir



saut groupé



sit-up



spiderman



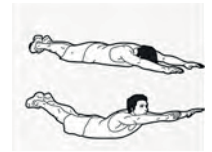
squat larges



squat saut



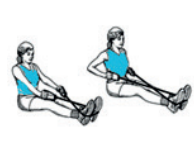
squat



superman



talons fesses



Tirages élastique



Tirages épaules



Tirages latéraux



tractions



triceps



twist