

🔥 HIIT #7 TOUS NIVEAUX FULL BODY BRULER UN MAX DE GRAS

EN 20 SECONDES!

INCHWORM

1



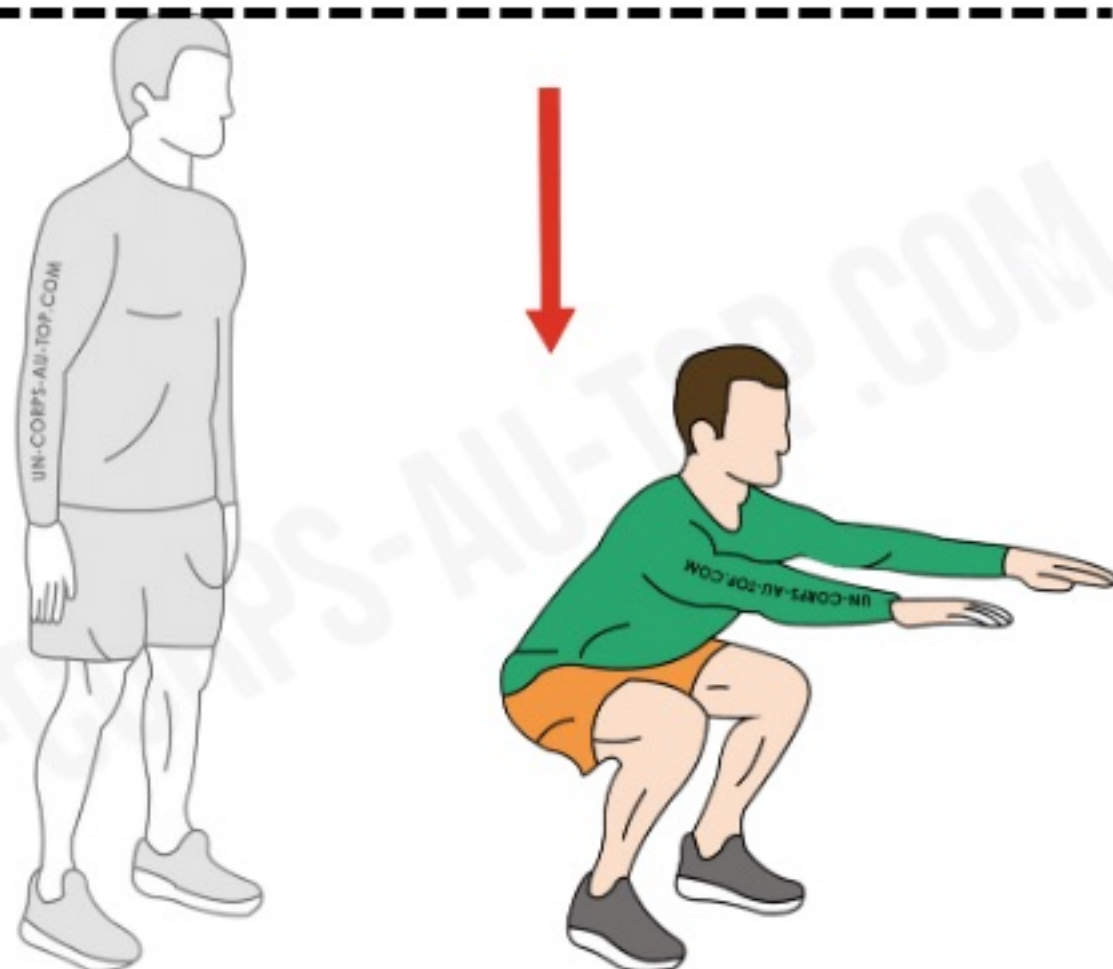
JUMPING JACK

2



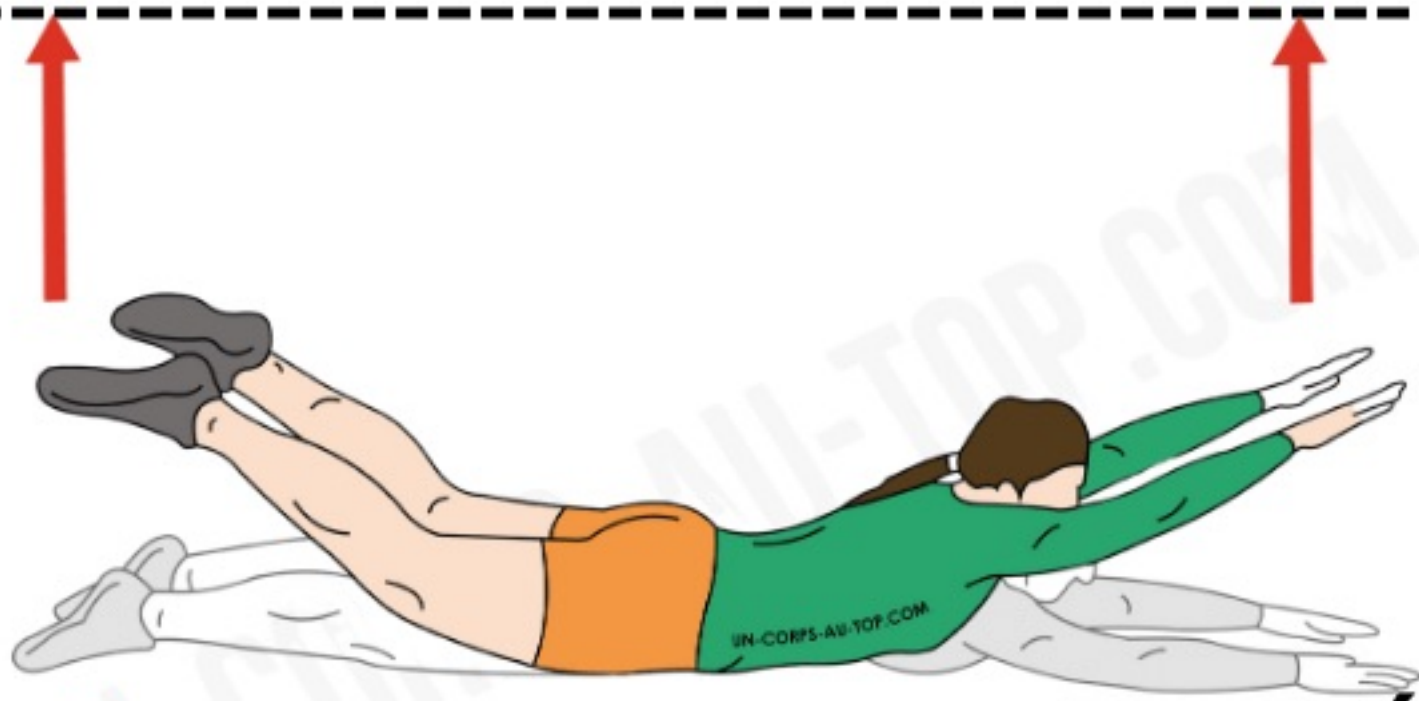
SQUATS

3



SUPERMAN

4



★ EFFORTS + REPOS X8 : DÉBUTANTS : 20S / 20S.
INTERMÉDIAIRES : 20S / 15S. CONFIRMÉS : 20S / 10S