

Cardio

Jour 20



21 jours

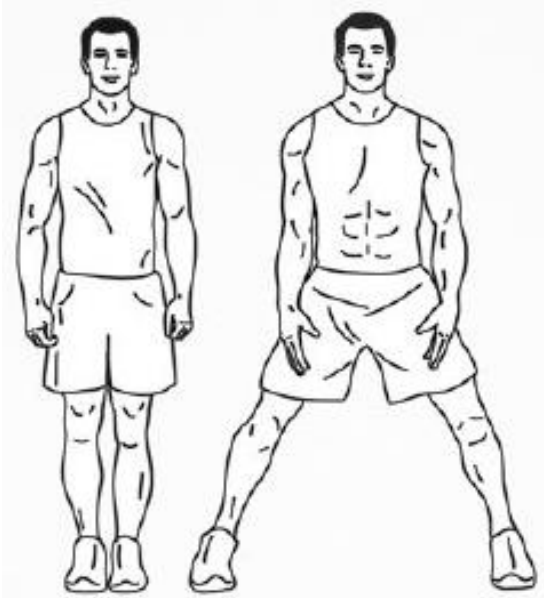
Niveau 1 : 6 séries

Niveau 2 : 8 séries

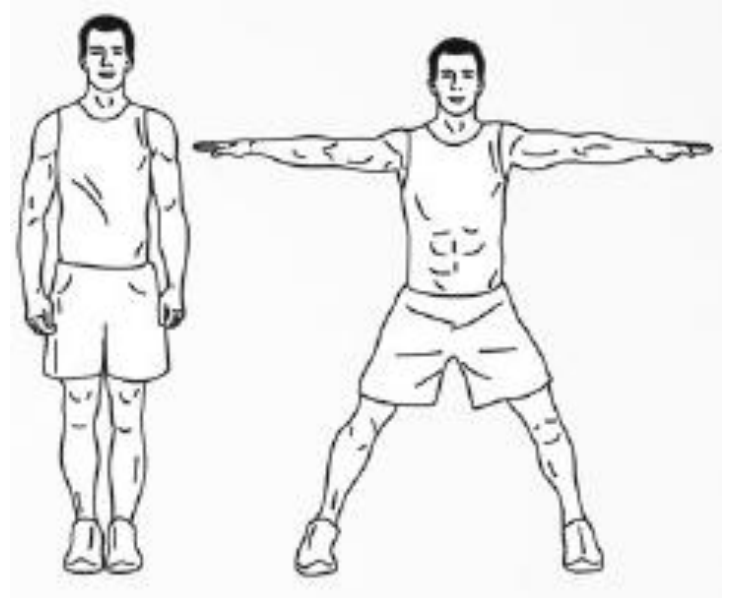
Niveau 3 : 10 séries

Repos : 2' entre chaque série

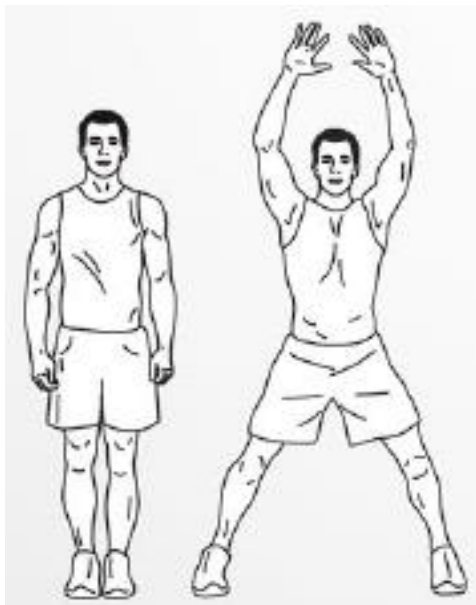
LA SERIE DU JOUR (4 exercices)



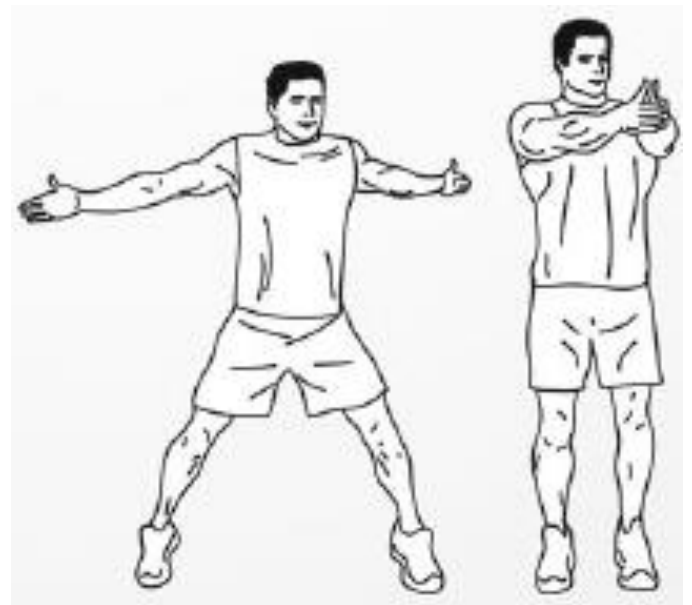
① 40 ½ jumping jacks



② 10 jumping Ts



③ 40 jumping jack



④ 10 « seal » jumping jack

Pense à t'hydrater entre chaque série