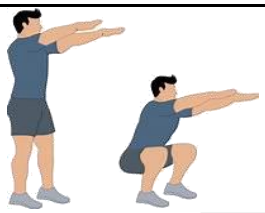
Challenge 2



Le max en 30s

2 min de repos ↙ ↘ 2 min de repos ↙ ↘

Element	Schéma	Tentative 1	Tentative 2	Tentative 3	Tentative 4
Abdo twist					
Relevé de buste					
Burpees					
Squat					
Pompes					
Mollets					

Assouplissements









