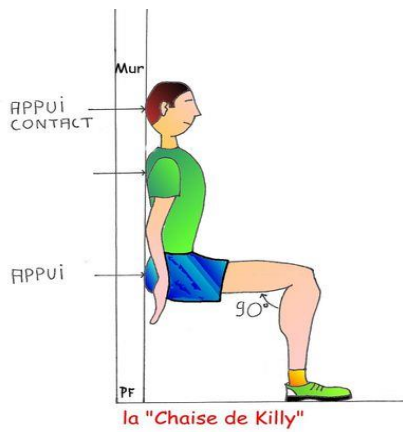




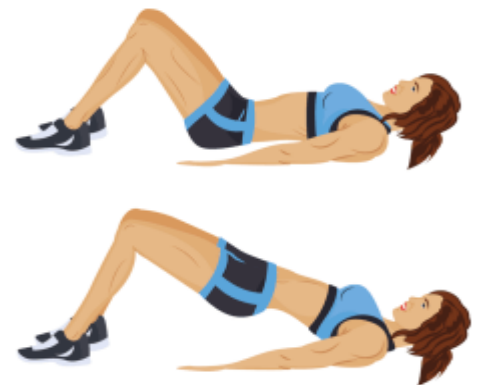
Pompes



Montées de genoux



Chaise



Levés de bassin



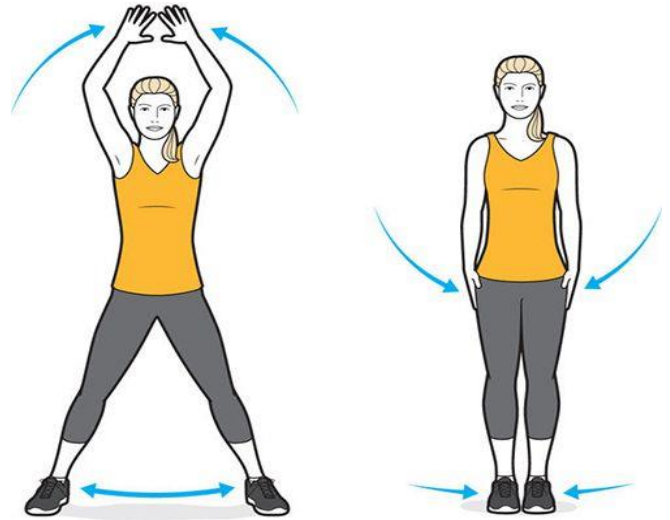
Squats



Gainage ventral



Fentes avant



Jumping Jack



Talons fesses



Gainage superman