

# Passeport NOIR circuit 10min



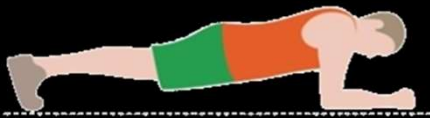
1. Burpees 60S



2. Montées genoux 60S



3. Planche 60S



4. Planche à droite 60S



5. Planche à gauche 60S



6. Planche 60S



7. Step chaise 60S



8. Chaise 60S



9. Fentes 60S



10. Pompes 60S



Choisis  
ton  
niveau



2 tours



3 tours



4 tours

**Pense à  
boire**

