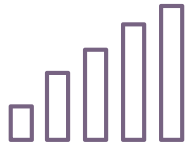




Challenge yourself

INTENSITÉ



MATERIEL



POIDS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
<i>Semaine 1</i>	BODYPUMP #105	BODYATTACK #100	BODYPUMP #110	BODYCOMBAT #82	REPOS	SH'BAM #38	BODYPUMP #112
<i>Semaine 2</i>	BODYATTACK #75	BODYPUMP #110	BODYCOMBAT #107	REPOS	BODYPUMP #110	SH'BAM #38	BODYPUMP #105
<i>Semaine 3</i>	BODYATTACK #100	BODDYSTEP #118	BODYPUMP #105	BODYCOMBAT #82	BODYPUMP #110	REPOS	BODYPUMP #112
<i>Semaine 4</i>	BODYCOMBAT #82	BODYATTACK #107	REPOS	BODYPUMP #105	BODDYSTEP #118	SH'BAM #38	BODYPUMP #110

Semaine 1

Semaine 2

Semaine 3

Semaine 4