

Défi de 30 jours – Endurance Musculaire – Poids Corporelles

<p>1</p> <p>20 squats 25 secs planche 10 red assis 15 fantes 10 pompes 15 crunch 15 secs assis</p>	<p>2</p> <p>20 squats 25 secs planche 10 red assis 15 fantes 10 pompes 15 red crunch 15 secs assis</p>	<p>3</p> <p>25 squats 30 secs planche 15 red assis 20 fantes 15 pompes 20 crunch 20 secs assis</p>	<p>4</p> <p>25 squats 35 secs planche 20 red assis 25 fantes 20 pompes 25 crunch 25 secs assis</p>	<p>5</p> <p>25 squats 35 secs planche 20 red assis 25 fantes 20 pompes 35 crunch 25 secs assis</p>
<p>6</p> <p>30 squats 40 secs planche 25 red assis 30 fantes 30 pompes 40 crunch 30 secs assis</p>	<p>7</p> <p>30 squats 40 secs planche 25 red assis 30 fantes 30 pompes 40 crunch 30 secs assis</p>	<p>8</p> <p>35 squats 45 secs planche 30 red assis 35 fantes 35 pompes 45 crunch 35 secs assis</p>	<p>9</p> <p>35 squats 45 secs planche 35 red assis 40 fantes 40 pompes 45 crunch 40 secs assis</p>	<p>10</p> <p>35 squats 45 secs planche 35 red assis 40 fantes 40 pompes 45 crunch 40 secs assis</p>
<p>11</p> <p>40 squats 50 secs planche 40 red assis 45 fantes 45 pompes 50 crunch 45 secs assis</p>	<p>12</p> <p>40 squats 50 secs planche 40 red assis 45 fantes 45 pompes 50 crunch 45 secs assis</p>	<p>13</p> <p>45 squats 55 secs planche 45 red assis 50 fantes 50 pompes 55 crunch 50 secs assis</p>	<p>14</p> <p>45 squats 55 secs planche 50 red assis 55 fantes 55 pompes 55 crunch 55 secs assis</p>	<p>15</p> <p>45 squats 55 secs planche 55 red assis 55 fantes 55 pompes 55 crunch 55 secs assis</p>
<p>16</p> <p>50 squats 60 secs planche 60 red assis 60 fantes 60 pompes 65 crunch 60 secs assis</p>	<p>17</p> <p>50 squats 60 secs planche 60 red assis 60 fantes 60 pompes 65 crunch 60 secs assis</p>	<p>18</p> <p>55 squats 65 secs planche 65 red assis 65 fantes 65 pompes 70 crunch 65 secs assis</p>	<p>19</p> <p>55 squats 65 secs planche 70 red assis 70 fantes 70 pompes 75 crunch 70 secs assis</p>	<p>20</p> <p>55 squats 65 secs planche 70 red assis 70 fantes 70 pompes 75 crunch 70 secs assis</p>
<p>21</p> <p>60 squats 70 secs planche 75 red assis 75 fantes 75 pompes 80 crunch 75 secs assis</p>	<p>22</p> <p>60 squats 70 secs planche 75 red assis 75 fantes 75 pompes 80 crunch 75 secs assis</p>	<p>23</p> <p>65 squats 75 secs planche 80 red assis 80 fantes 80 pompes 85 crunch 80 secs assis</p>	<p>24</p> <p>65 squats 75 secs planche 85 red assis 80 fantes 80 pompes 85 crunch 80 secs assis</p>	<p>25</p> <p>65 squats 75 secs planche 85 red assis 80 fantes 80 pompes 85 crunch 80 secs assis</p>
<p>26</p> <p>70 squats 90 secs planche 95 red assis 95 fantes 90 pompes 95 crunch 90 secs assis</p>	<p>27</p> <p>70 squats 90 secs planche 95 red assis 95 fantes 90 pompes 95 crunch 90 secs assis</p>	<p>28</p> <p>75 squats 95 secs planche 100 red assis 100 fantes 95 pompes 100 crunch 90 secs assis</p>	<p>29</p> <p>75 squats 95 secs planche 105 red assis 105 fantes 100 pompes 105 crunch 95 secs assis</p>	<p>30</p> <p>75 squats 95 secs planche 105 red assis 105 fantes 100 pompes 105 crunch 95 secs assis</p>