

Soniatlev Top Body Challenge Torrent

SEMAINE 1 VENDREDI TOTAL CORPS

<b>DONKEY KICK</b> 30 REPS / 15 SECS 30 REPS / 15 SECS	<b>SUMO SQUAT</b> 30 REPS	<b>STRAIGHT LEGS UP</b> 30 REPS
<b>BRIDGE</b> 40 REPS / 15 SECS 40 REPS / 15 SECS	<b>MONKEY WALK</b> 40 REPS / 15 SECS 40 REPS / 15 SECS	<b>ABNS EXTENSION</b> 20 REPS / 15 SECS
<b>DONKEY SIDE KICK</b> 20 REPS / 15 SECS	<b>SUMO SQUAT</b> 40 REPS	<b>TRICEPS DIPS</b> 20 REPS

\*Avec une eau pour les exercices à l'eau et un sac à dos. Pour la santé, évitez de boire de l'alcool pendant le challenge.

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