



COACHING BY CELINE

WARM C'BY C

Mobilité articulaire ou 10' elliptique / rameur

TRAINING C'BY C

Burpees 5 – 10 – 15 – 20 – 25

Squat 10 – 20 – 30 – 40 – 50

For Time

RECUPERATION C'BY C

Etirements