



#CARDIO

10 entraînements pour améliorer ton endurance

#1



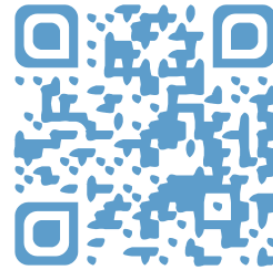
<https://youtu.be/mpzWeDZqEXI>

#2



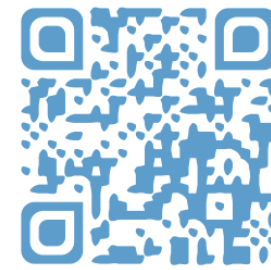
<https://youtu.be/9e0ud4rVaCw>

#3



<https://youtu.be/l8eLtpUWrM0>

#4



<https://youtu.be/9odhRaZQjzc>

#5



<https://youtu.be/pBKa6KOUe-O>

#6



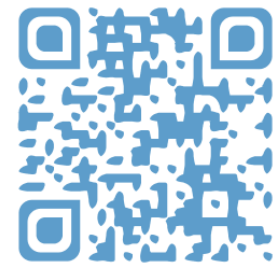
https://youtu.be/OFF616_TU4Y

#7



<https://youtu.be/HYQoJpS9QNC>

#8



<https://youtu.be/F4cmAnhRYew>

#9



<https://youtu.be/FOLf7mLWIwM>

#10



<https://youtu.be/gh0wqDZMyNk>