

SEMAINE  
1

# VENDREDI TOTAL CORPS

## DONKEY KICK



10 REPS LENTES  
10 REPS JAMBES TENDUES

## SUMO SQUAT



30 REPS

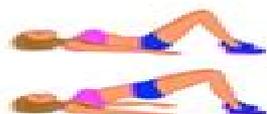
## STRAIGHT LEG SITS UP



10 REPS

CIRCUIT 1 - TOTAL : 10MN

## BRIDGE



40 REPS LENTES  
40 REPS RAPIDES

## MOUNTAIN CLIMBER + PUSH UP\*



20 REPS / ALTERNER  
LES JAMBES

## ARMS EXTENSION



25 REPS PAR BRAS

CIRCUIT 2 - TOTAL : 10MN

## DONKEY SIDE KICK



25 REPS PAR JAMBE

## SUMO SQUAT



40 REPS

## TRICEPS DIPS



20 REPS

CIRCUIT 3 - TOTAL : 10MN

\* Assurez-vous que les hanches ne tournent pas sur les côtés ! Tout le travail réside dans le maintien des hanches parallèles au sol !

# Sonia Tlev Top Body Challenge

**C Cleary**



**Sonia Tlev Top Body Challenge :**

## Unveiling the Magic of Words: A Review of "**Sonia Tlev Top Body Challenge** "

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Sonia Tlev Top Body Challenge** ," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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