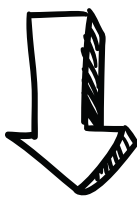


LA SEANCE DE CROSS-TRAINING

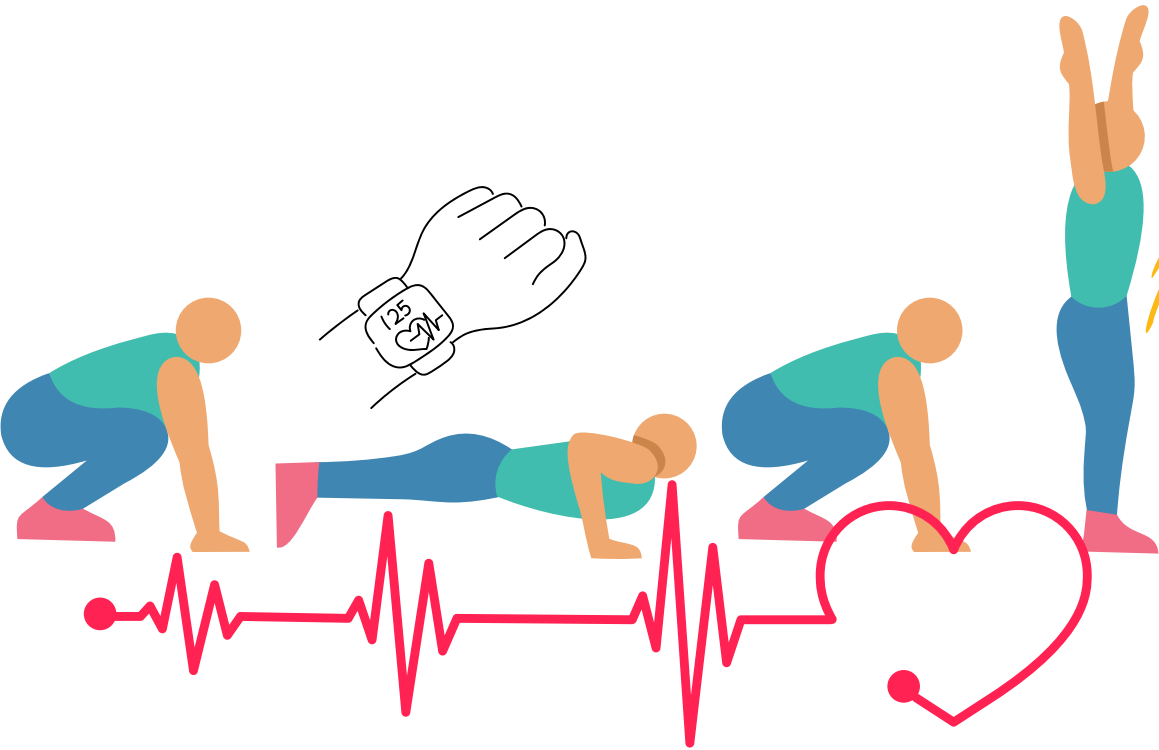
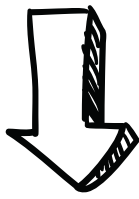
Une séance se construit ainsi :



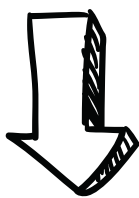
ECHAUFFEMENT



SKILLS



METCON



RECUPERATION

