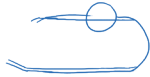


- Abdos CHALLENGE -



Jour	Planche	Roll up/roll down	Planche latérale gauche et droite	Swan
1	20 sec	4	20 sec	4
2	20 sec	4	20 sec	4
3	20 sec	4	20 sec	4
4	20 sec	4	20 sec	4
5	20 sec	4	20 sec	4
6	20 sec	4	20 sec	4
7	20 sec	4	20 sec	4
8	30 sec	6	30 sec	6
9	30 sec	6	30 sec	6
10	30 sec	6	30 sec	6
11	30 sec	6	30 sec	6
12	30 sec	6	30 sec	6
13	30 sec	6	30 sec	6
14	30 sec	6	30 sec	6
15	40 sec	8	40 sec	8
16	40 sec	8	40 sec	8
17	40 sec	8	40 sec	8
18	40 sec	8	40 sec	8
19	40 sec	8	40 sec	8
20	40 sec	8	40 sec	8
21	40 sec	8	40 sec	8
22	50 sec	10	50 sec	10
23	50 sec	10	50 sec	10
24	50 sec	10	50 sec	10
25	50 sec	10	50 sec	10
26	50 sec	10	50 sec	10
27	50 sec	10	50 sec	10
28	50 sec	10	50 sec	10
29	1 min	10	1 min	10
30	1 min	10	1 min	10
31	1 min	10	1 min	10