

MEMENTO KETTLEBELL



Gobelet squat

<https://www.youtube.com/watch?v=u9xM9NQ7tNw>

Deadlift

<https://www.youtube.com/watch?v=Uc5rP5xs7qQ>

Fedor

<https://www.youtube.com/clip/UgkxpvulFfcxbQslb3WGS6IXFMpKeW6sfKUB>

Pompes + Tirage

<https://www.youtube.com/shorts/ZvnqhebDJql>

Fente arrière

https://www.youtube.com/watch?v=_w2wGUSa1DY

En équilibre

<https://youtube.com/clip/UgkxoyfjsquGZwjfnRTkvvErUWK8soM05>

Spiderman

https://youtube.com/clip/UgkxjIGZCAQ3FgAeHP10oijRXekakj_YtEYQ

Kettlebel deadBug

<https://www.youtube.com/watch?v=FtlDalPe1jw>