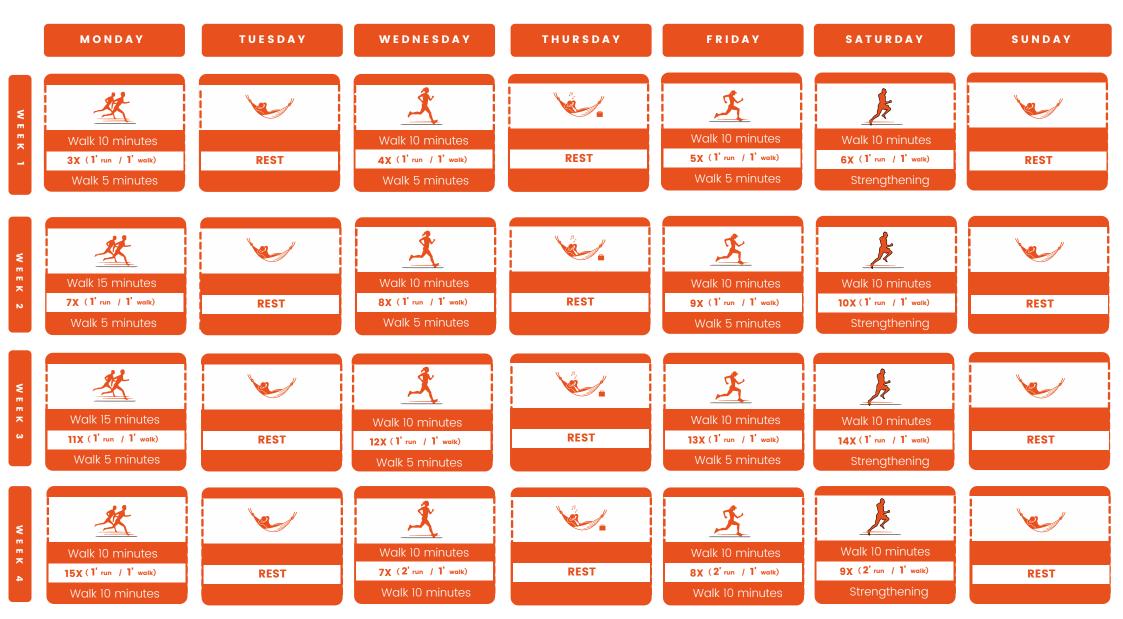
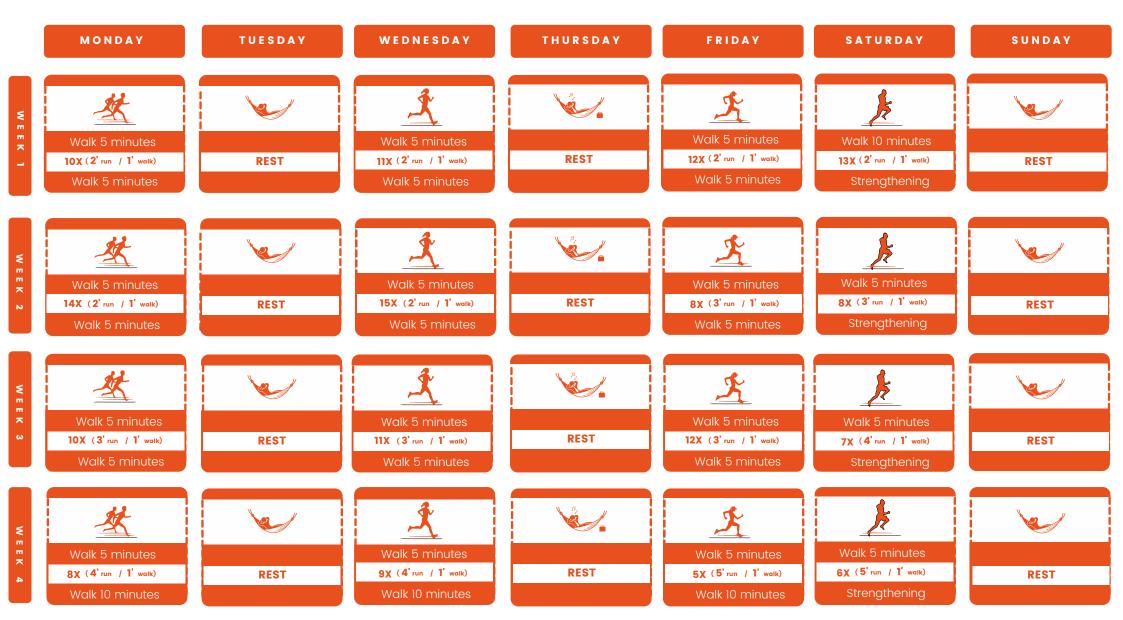
DÉFI ENTREPRISES beneva



6 x (1' fast running/1' slow run = 6 times the next block: 1 minute of fast running alternated with 1 minute of slow running



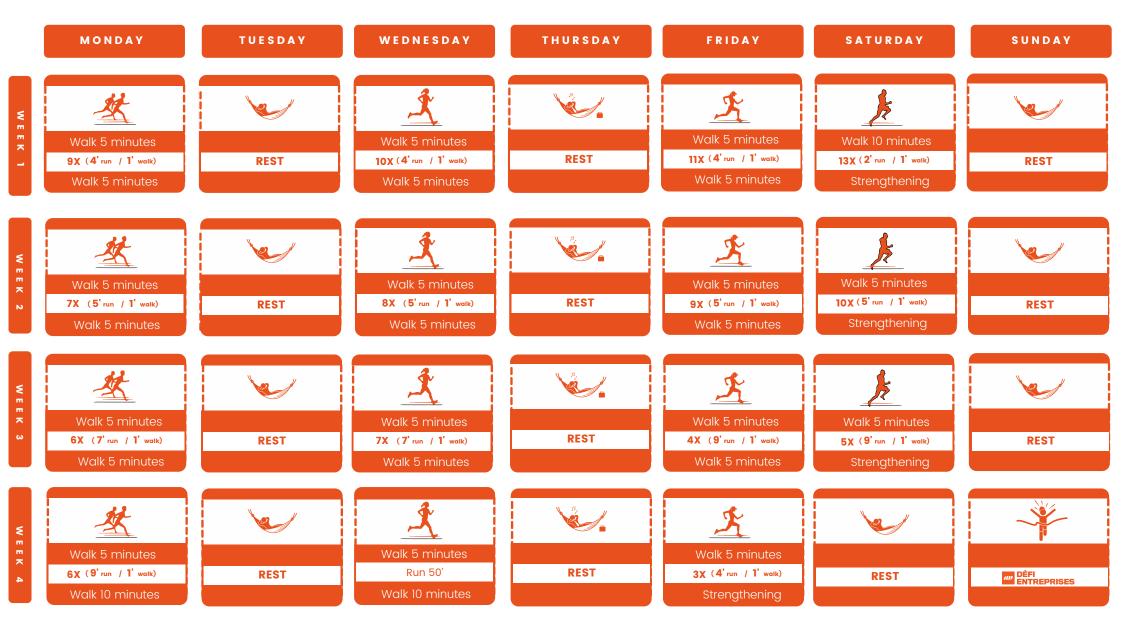
DÉFI ENTREPRISES DENEVO



6 x (1' fast running/1' slow run = 6 times the next block: 1 minute of fast running alternated with 1 minute of slow running



DÉFI ENTREPRISES PRÉSENTÉ PAR beneva



6 x (1' fast running/1' slow run = 6 times the next block: 1 minute of fast running alternated with 1 minute of slow running

