

PRISE FORTE



DEFI DE 30 JOURS
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1 40 secondes serrer / desserrer	2 40 secondes poings serrés / bras tendus — maintien	3 50 secondes serrer / desserrer	4 50 secondes poings serrés / bras tendus — maintien	5 60 secondes serrer / desserrer
6 60 secondes poings serrés / bras tendus — maintien	7 1min 10sec serrer / desserrer	8 1min 10sec poings serrés / bras tendus — maintien	9 1min 20sec serrer / desserrer	10 1min 20sec poings serrés / bras tendus — maintien
11 1min 30sec serrer / desserrer	12 1min 30sec poings serrés / bras tendus — maintien	13 1min 40sec serrer / desserrer	14 1min 40sec poings serrés / bras tendus — maintien	15 1min 50sec serrer / desserrer
16 1min 50sec poings serrés / bras tendus — maintien	17 2 minutes serrer / desserrer	18 2 minutes poings serrés / bras tendus — maintien	19 2min 10sec serrer / desserrer	20 2min 10sec poings serrés / bras tendus — maintien
21 2min 20sec serrer / desserrer	22 2min 20sec poings serrés / bras tendus — maintien	23 2min 30sec serrer / desserrer	24 2min 30sec poings serrés / bras tendus — maintien	25 2min 40sec serrer / desserrer
26 2min 40sec poings serrés / bras tendus — maintien	27 2min 50sec serrer / desserrer	28 2min 50sec poings serrés / bras tendus — maintien	29 3 minutes serrer / desserrer	30 3 minutes poings serrés / bras tendus — maintien