

# 1000 coups

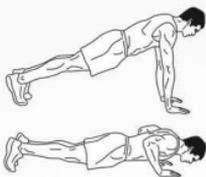
ENTRAÎNEMENT  
PAR DAREBEE  
@ darebee.fr

10 séries

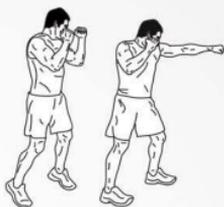
jusqu'à 2 minutes  
de repos entre les séries



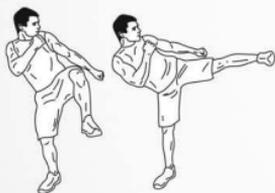
20 coups de pied circulaires



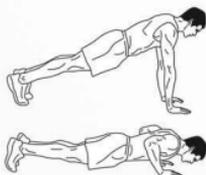
4 pompes



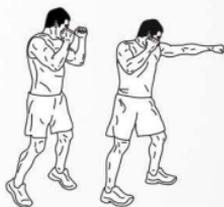
20 coups de poing  
avec bounce steps



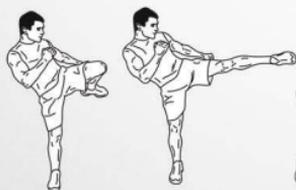
40 coups de pied circulaires



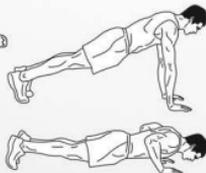
4 pompes



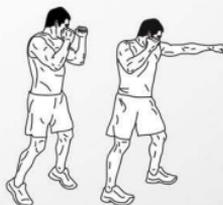
20 coups de poing  
avec bounce steps



20 coups de pied circulaires  
doublés



4 pompes



20 coups de poing  
avec bounce steps