

1000 coups

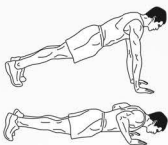
ENTRAÎNEMENT
PAR DAREBEE
@ darebee.fr

10 séries

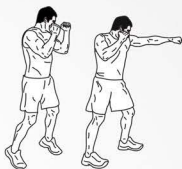
jusqu'à 2 minutes
de repos entre les séries



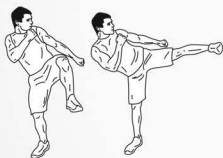
20 coups de pied circulaires



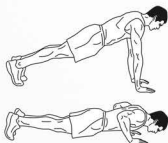
4 pompes



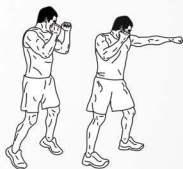
20 coups de poing
avec bounce steps



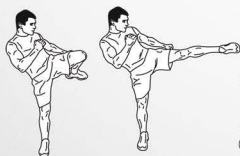
40 coups de pied circulaires



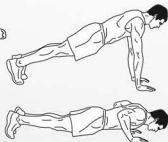
4 pompes



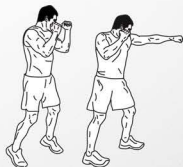
20 coups de poing
avec bounce steps



20 coups de pied circulaires
doublés



4 pompes



20 coups de poing
avec bounce steps