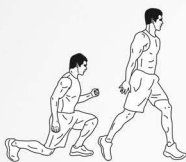


ADONIS

ENTRAÎNEMENT par DAREBEE @ darebee.fr

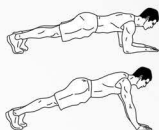
NIVEAU I 3 séries **NIVEAU II** 5 séries **NIVEAU III** 7 séries **REPOS** jusqu'à 2 min



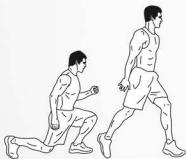
10 fentes sautées



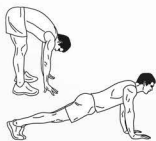
6 pompes prise serrée



6 extensions triceps



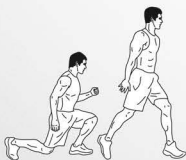
10 fentes sautées



6 sorties en planche



6 toucher-épaules



10 fentes sautées



6 pompes jambe levée



6 genou-au-coudes