

MONTÉE D'ADRÉNALINE

ENTRAÎNEMENT par DAREBEE @ darebee.fr

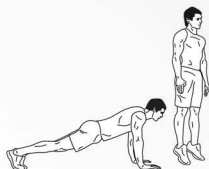
NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS jusqu'à 2 min



15sec jumping jacks



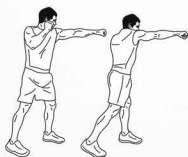
15sec pompes



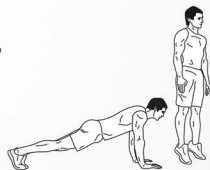
15sec burpees basiques



15sec jumping jacks



15sec coups de poing



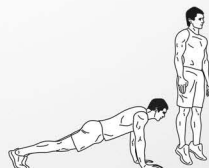
15sec burpees basiques



15sec jumping jacks



15sec pompes



15sec burpees basiques