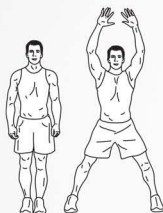


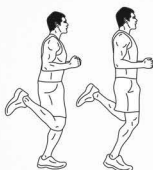
ACHARNÉ

ENTRAÎNEMENT par DAREBEE © darebee.fr

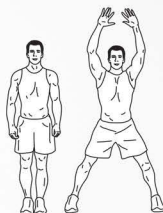
NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS jusqu'à 2 min



10 jumping jacks



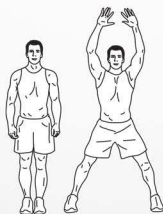
10 talons fesses



10 jumping jacks



10 sauts
(jambe gauche)



10 jumping jacks



10 sauts
(jambe droite)