

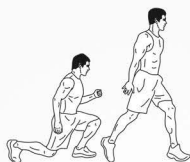
Avès

ENTRAÎNEMENT par DAREBEE © darebee.fr

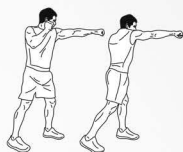
NIVEAU I 3 séries **NIVEAU II** 5 séries **NIVEAU III** 7 séries **REPOS** jusqu'à 2 min



20 fentes



10 fentes sautées



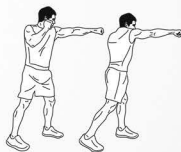
40 coups de poing



20 squats



10 squats sautés



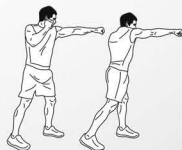
40 coups de poing



20 toucher-épaules



10 pompe + toucher-épaule



40 coups de poing