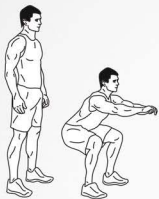


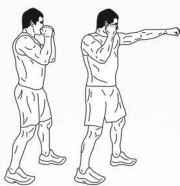
# AVENGER

ENTRAÎNEMENT par DAREBEE @ [darebee.fr](https://darebee.fr)

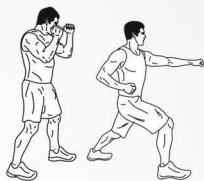
NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS jusqu'à 2 minutes



20 squats



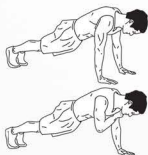
20 coups de poing



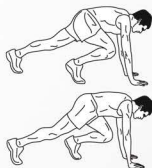
20 coups de poing en fente



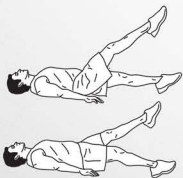
10 pompes



20 toucher-épaules



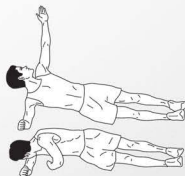
20 grimpeurs lents



10 battements des jambes



10 levées du buste  
avec coup de poing



10 rotations en planche  
latérale