

# BAD DAY

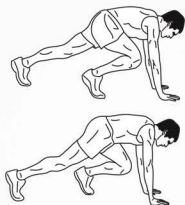
SÉANCE

ENTRAÎNEMENT par DAREBEE © [darebee.fr](http://darebee.fr)

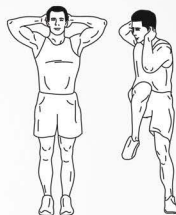
NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS jusqu'à 2 minutes



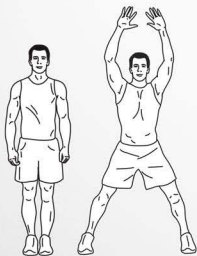
20 levées de genou



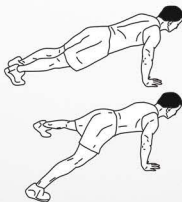
10 grimpeurs



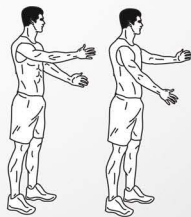
10 coude-genou croisés



20 jumping jacks



10 écarté-serrés



10 ciseaux