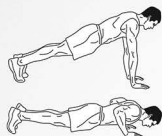


# BARBARE

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

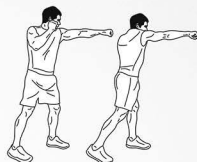
NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS jusqu'à 2 min



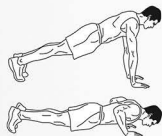
5 pompes



10-count planche



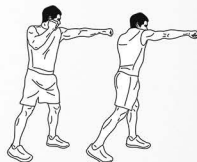
40 coups de poing



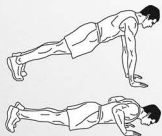
5 pompes



10-count planche basse



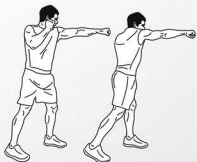
40 coups de poing



5 pompes



10 planches dynamiques



40 coups de poing

"10-count" - en comptant jusqu'à 10.