

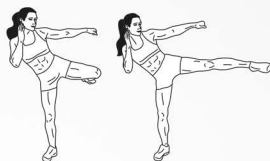
# Ange de la Bataille

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



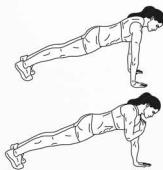
**20** coups de genoux



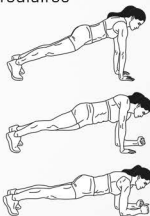
**20** coups de pied circulaires



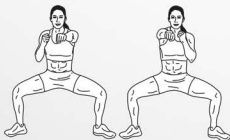
**20** coups de poing



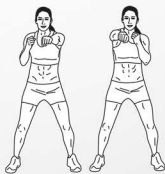
**4** toucher-épaules



**4** planches dynamiques



**20** coups de poing en squat



**20** coups de poing