

BLACK CANARY

ENTRAÎNEMENT DAREBEE

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Niveau I 3 séries

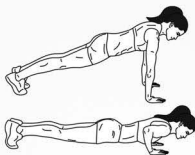
Niveau II 5 séries

Niveau III 7 séries

Repos jusqu'à 2 minutes



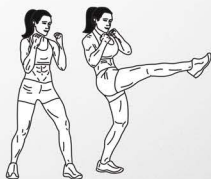
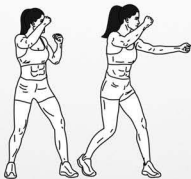
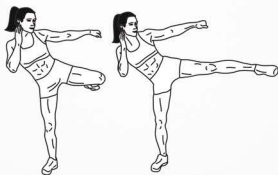
10 combos jab + cross + pompe



10-count planche
(en comptant jusqu'à 10)



20 combos jab + cross + coup de pied circulaire + squat



20 combos jab + cross + backfist + coup de pied direct