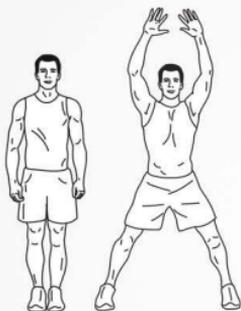


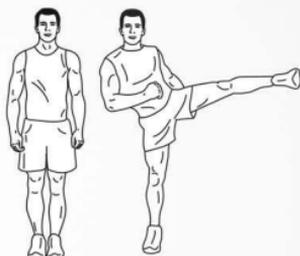
BLASTER

ENTRAÎNEMENT **HIIT** PAR DAREBEE © darebee.fr

Niveau I 3 séries Niveau II 5 séries Niveau III 7 séries | 2 minutes repos



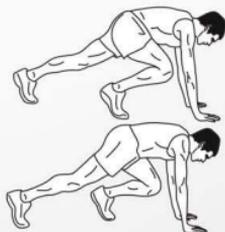
20sec jumping jacks



10sec levées de jambe



20sec levées de genoux



10sec grimpeurs