

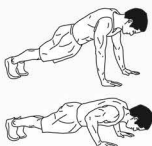
# LE PROJET

ENTRAÎNEMENT **HIIT** PAR DAREBEE © [darebee.fr](http://darebee.fr)

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



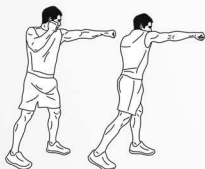
**30sec** levées de genou



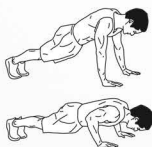
**10sec** pompes



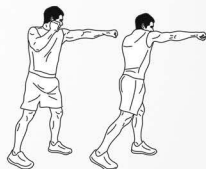
**30sec** levées de genou



**30sec** coups de poing



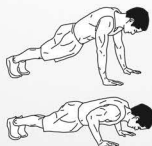
**10sec** pompes



**30sec** coups de poing



**30sec** squats



**10sec** pompes



**30sec** squats