

BORG

ENTRAÎNEMENT par DAREBEE @ darebee.fr

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



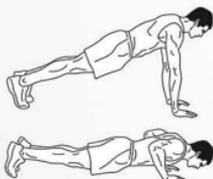
20 squats rapides



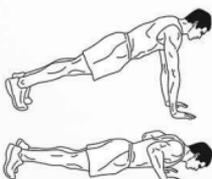
20-count squat



20-count maintien



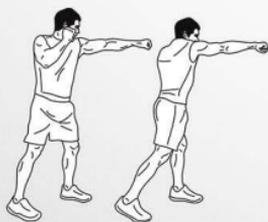
20 pompes rapides



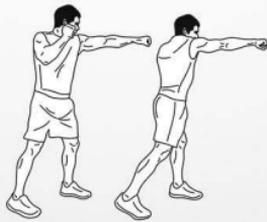
20-count maintien
planche basse



20-count maintien



20 jab + cross (rapides)



20-count jab + cross
maintien



20-count maintien
bras tendus

20-count = "en comptant jusqu'à 20"