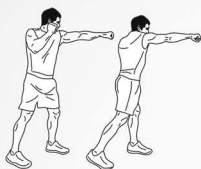


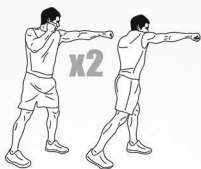
Bagarreur

ENTRAÎNEMENT par DAREBEE @ darebee.fr

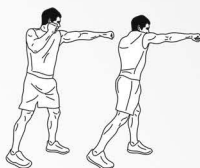
NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS jusqu'à 2 min



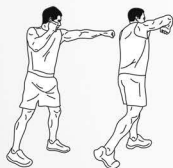
20 jab + cross



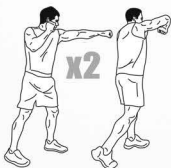
20 jab + jab + cross



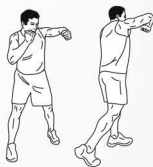
20 x 4 coups de poing rapides



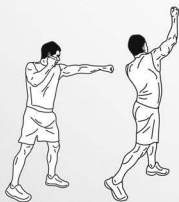
20 jab + hook



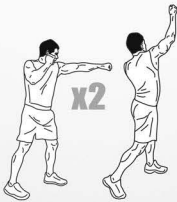
20 jab + jab + hook



20 hooks



20 jab + uppercut



20 jab + jab + uppercut



20 uppercuts