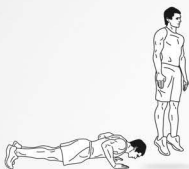


# HIIT BRUTAL

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

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



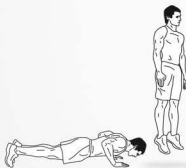
**30sec** burpees



**30sec** maintien



**30sec** levées de genoux



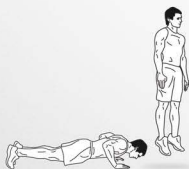
**30sec** burpees



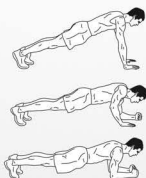
**30sec** planche



**30sec** grimpeurs



**30sec** burpees



**30sec** planches dynamiques



**30sec** flexions de jambe