

BRÛLE, MEC, BRÛLE

ENTRAÎNEMENT
PAR DAREBEE

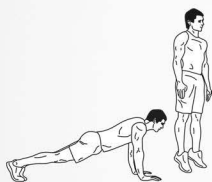
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Niveau I 3 séries

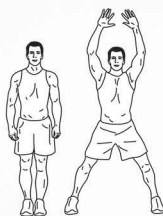
Niveau II 5 séries

Niveau III 7 séries

2 minutes repos



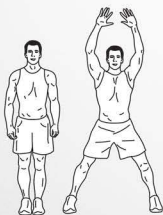
10 burpees basiques



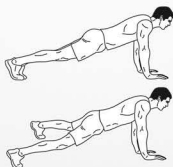
20 jumping jacks



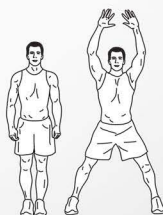
10 toucher-épaules



20 jumping jacks



10 écarté-serrés



20 jumping jacks