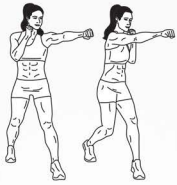
Callisto

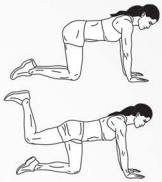
ENTRAÎNEMENT PAR DAREBEE © darebee.fr

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

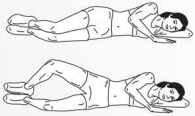
10 pompes



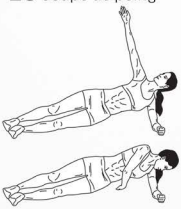
20 coups de poing



10 coups de pied d'âne

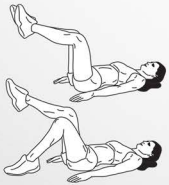


10 coquilles de boeuf



10 rotations

10 ponts



10 toucher-sol (pieds alternés)

10 levées du buste

10 rotations russes