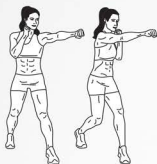


CAPITAINE

HIT ENTRAÎNEMENT PAR DAREBEE © darebee.fr

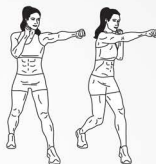
Niveau I 3 séries Niveau II 5 séries Niveau III 7 séries | 2 minutes repos



20sec coups de poing



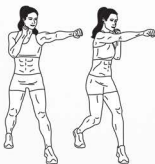
20sec coups de genoux



20sec coups de poing



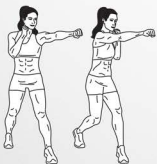
20sec planche



20sec coups de poing



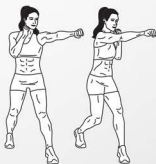
20sec planche



20sec coups de poing



20sec coups de genoux



20sec coups de poing