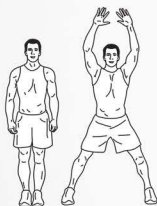


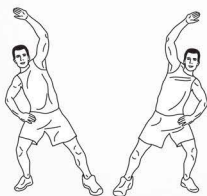
CARDIO CROISÉ

ENTRAÎNEMENT **HIIT** PAR DAREBEE © darebee.fr

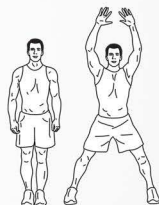
Niveau I 3 séries Niveau II 5 séries Niveau III 7 séries | 2 minutes de repos



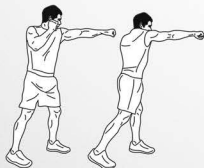
20sec jumping jacks



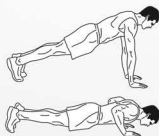
20sec side jacks



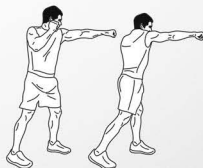
20sec jumping jacks



20sec coups de poing



20sec pompes



20sec coups de poing