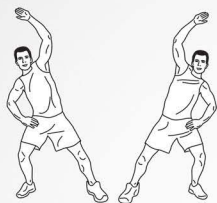


CARDIO POP

ENTRAÎNEMENT PAR DAREBEE © darebee.fr

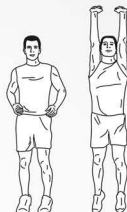
NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS 2 minutes



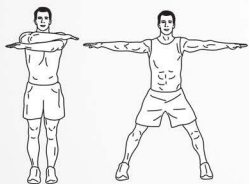
20 side jacks



20 sauts sur place



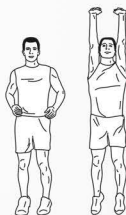
20 talons levés & saut



20 sauts en étoile



20 sauts sur place



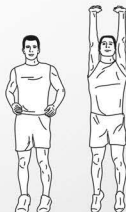
20 talons levés & saut



20 coude-genou croisés



20 sauts sur place



20 talons levés & saut