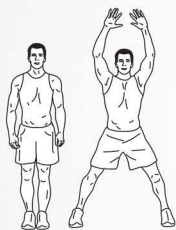


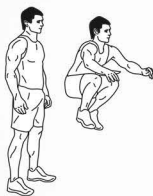
CARDIO **CHOC**

ENTRAÎNEMENT par DAREBEE © darebee.fr

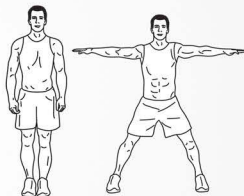
NIVEAU I 3 séries **NIVEAU II** 5 séries **NIVEAU III** 7 séries **REPOS** jusqu'à 2 minutes



20 jumping jacks



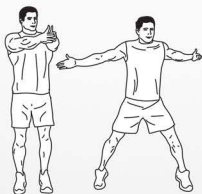
2 sauts groupés



20 sauts en étoile



2 sauts groupés



20 sauts des phoques / SEAL



2 sauts groupés