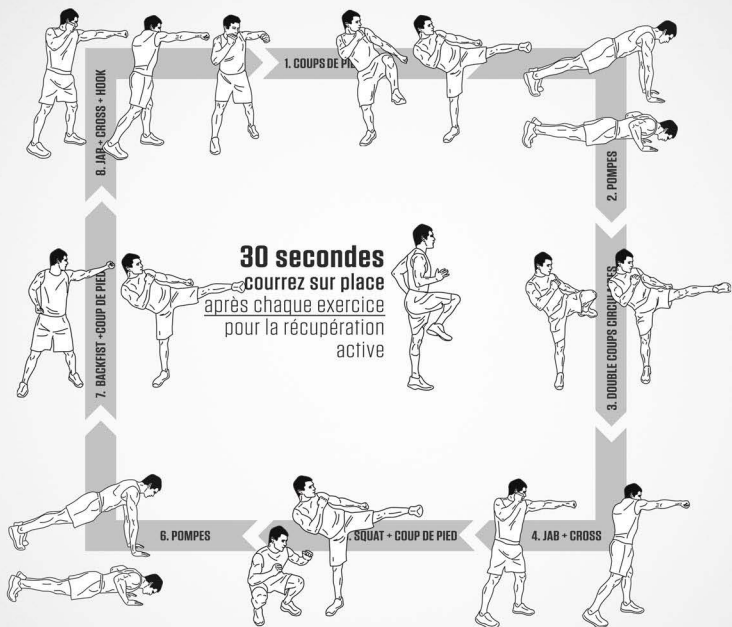


# CLIPPER

ENTRAÎNEMENT **HIIT** CIRCUIT COMPLET © [darebee.fr](http://darebee.fr)



**20**  
secondes

**ÉCHAUFFEMENT**

**25**  
secondes

**ROUND 1**

**30**  
secondes

**ROUND 2**

**35**  
secondes

**ROUND 3**

**20**  
secondes

**BONUS ROUND**