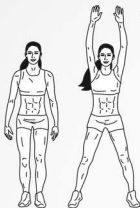


COOLH

HIT ENTRAÎNEMENT PAR DAREBEE © darebee.fr

Niveau I 3 séries **Niveau II** 5 séries **Niveau III** 7 séries

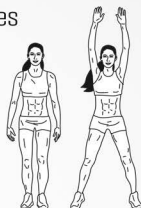
2 minutes de repos entre les séries



20sec jumping jacks



20sec planche



20sec jumping jacks



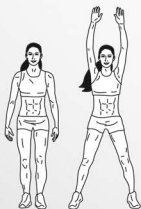
20sec planche



20sec burpees basiques



20sec planche



20sec jumping jacks



20sec planche



20sec jumping jacks