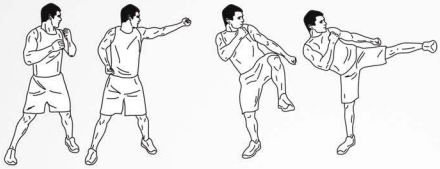
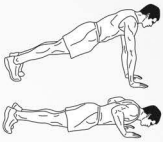
# COMBAT PRO

ENTRAÎNEMENT par DAREBEE © darebee.fr

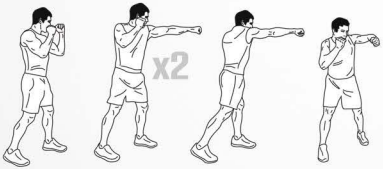
**NIVEAU I** 3 séries **NIVEAU II** 5 séries **NIVEAU III** 7 séries **REPOS** jusqu'à 2 min



**20combos** backfist + coup de pied

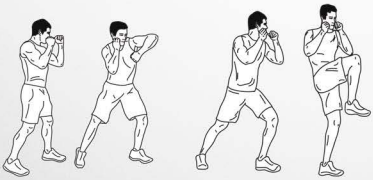


**12** pompes

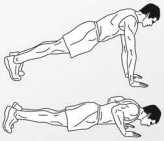



**20combos** jab + jab + cross + hook

**12** pompes



**20combos** coup de coude + coup de genou



**12** pompes