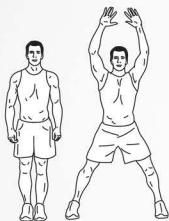


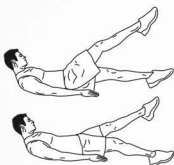
LE COMEBACK

ENTRAÎNEMENT par DAREBEE @ darebee.fr

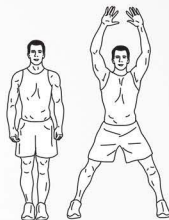
NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS jusqu'à 2 min



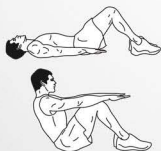
20 jumping jacks



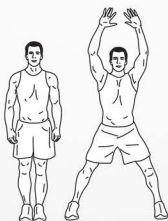
10 battements



20 jumping jacks



10 levées du buste



20 jumping jacks



10 coude-genou croisés