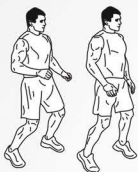


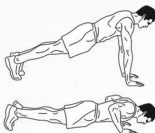
# CONCURRENT

ENTRAÎNEMENT PAR DAREBEE © [darebee.fr](http://darebee.fr)

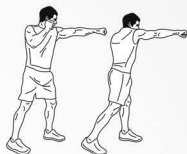
**NIVEAU I** 3 séries **NIVEAU II** 5 séries **NIVEAU III** 7 séries **REPOS** jusqu'à 2 min



**20** bounces



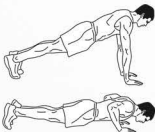
**2** pompes



**20** coups de poing



**20** cercles bras tendus



**2** pompes



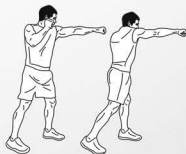
**2** squats



**20** levées de genoux



**2** pompes



**20** coups de poing