

CONCURRENT

ENTRAÎNEMENT PAR DAREBEE © darebee.fr

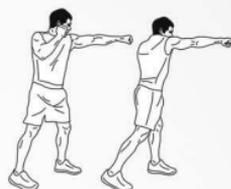
NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS jusqu'à 2 min



20 bounces



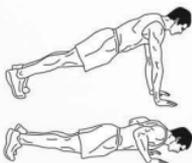
2 pompes



20 coups de poing



20 cercles bras tendus



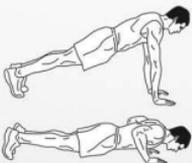
2 pompes



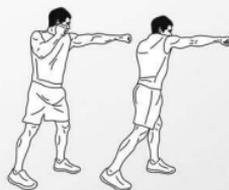
2 squats



20 levées de genoux



2 pompes



20 coups de poing