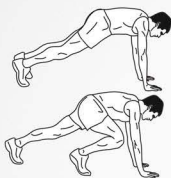


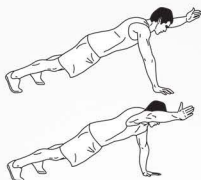
core fusion

ENTRAÎNEMENT par DAREBEE © darebee.fr

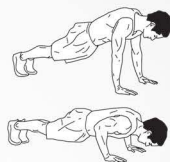
NIVEAU I 3 séries **NIVEAU II** 4 séries **NIVEAU III** 5 séries **REPOS** jusqu'à 2 minutes



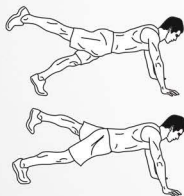
10 grimpeurs lents



10 levées de bras



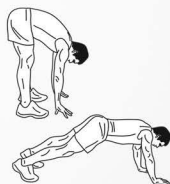
5 pompes



10 levées de jambe



10 rotations en planche



5 sorties en planche



5 planches dynamiques