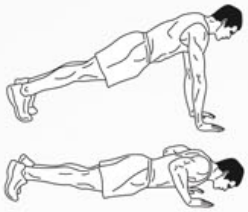
ÉCRASANT

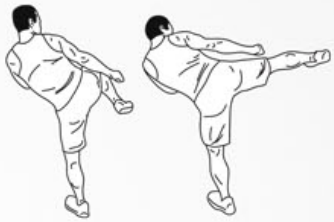
DAREBEE ENTRAÎNEMENT © darebee.com

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

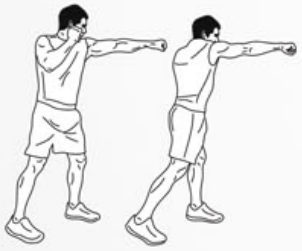
10 coups de pied de côté (gauche)



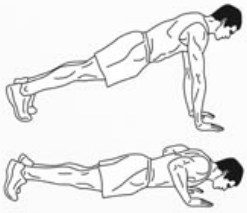
5 pompes



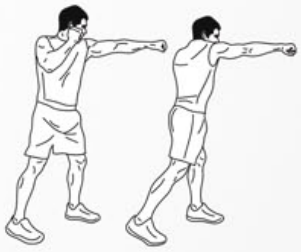
10 coups de pied de côté (droit)



20 coups de poing

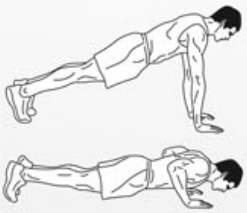


5 pompes

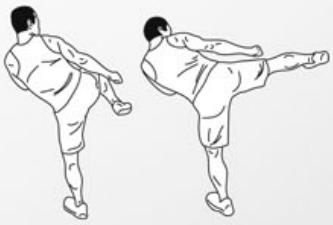


20 coups de poing

10 coups de pied de côté (gauche)



5 pompes



10 coups de pied de côté (droit)