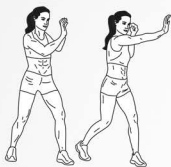


DRAGUE

ENTRAÎNEMENT PAR DAREBEE @ darebee.fr

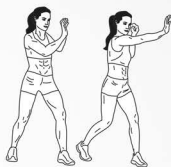
NIVEAU I 3 séries **NIVEAU II** 5 séries **NIVEAU III** 7 séries **REPOS** jusqu'à 2 min



20 coups de paume



8 fentes latérales



20 coups de paume



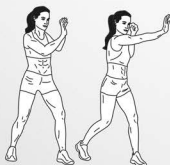
20 talons levés



8 squats



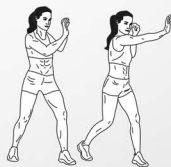
20 talons levés



20 coups de paume



8 fentes latérales



20 coups de paume