

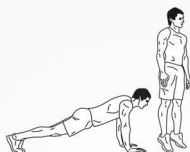
RAPIDITÉ ÉPIQUE

ENTRAÎNEMENT **HIIT** par DAREBEE © darebee.fr

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



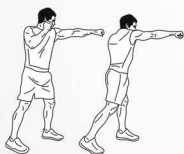
20sec levées de genoux



10sec burpees basiques



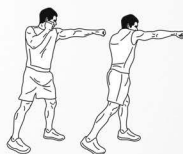
20sec levées de genoux



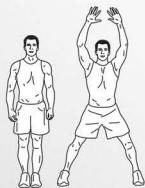
20sec coups de poing



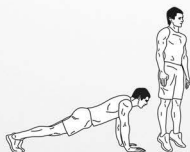
10sec pompes



20sec coups de poing



20sec jumping jacks



10sec burpees basiques



20sec jumping jacks