

ENCORE PLUS D'ÉPICES

ENTRAÎNEMENT
PAR DAREBEE

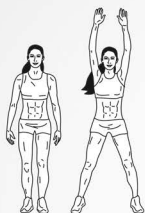
© darebee.fr

Niveau I 3 séries

Niveau II 5 séries

Niveau III 7 séries

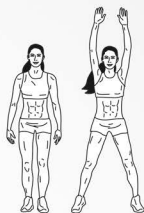
2 minutes de repos



10 jumping jacks



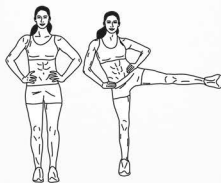
10 coude-genou croisés



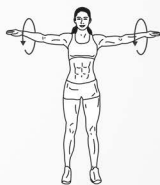
10 jumping jacks



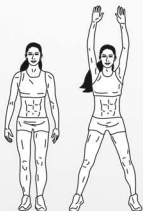
10 squats



10 levées de jambe



10 cercles bras tendus



10 jumping jacks