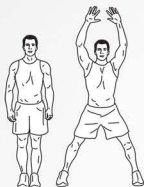


FAUCON

ENTRAÎNEMENT par DAREBEE @ darebee.fr

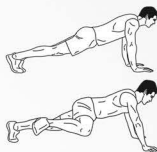
NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS jusqu'à 2 minutes



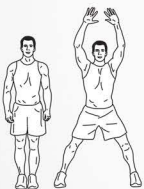
10 jumping jacks



6 rotations en planche



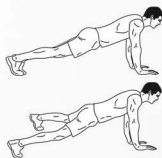
6 flexions de genou



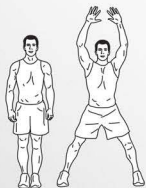
10 jumping jacks



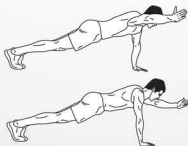
6 toucher-épaules



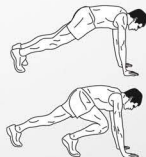
6 écarté-serrés



10 jumping jacks



6 élévations de bras



6 grimpeurs lents