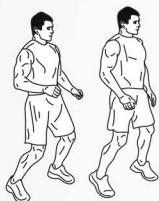
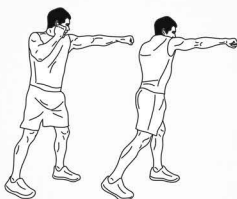


# ÉCHAUFFEMENT DU COMBATTANT

PAR DAREBEE @ [darebee.fr](https://darebee.fr) 30 secondes chacun



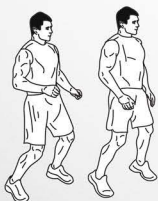
sauts sur place  
(bounces)



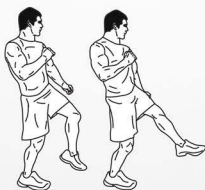
coups de poing légers



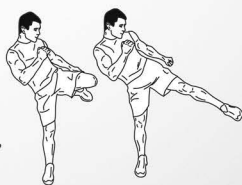
rotations du buste



sauts sur place  
(bounces)



coups de pieds bas



coups de pied circulaires bas

légers