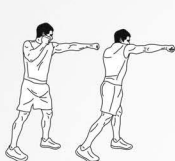


LE GONG FINAL

ENTRAÎNEMENT par DAREBEE @ darebee.fr

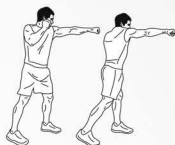
NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS jusqu'à 2 minutes



20 coups de poing



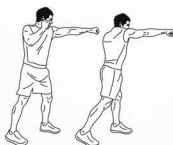
10 uppercuts



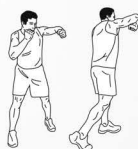
20 coups de poing



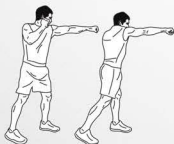
10 hooks



20 coups de poing



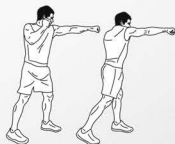
10 hooks



20 coups de poing



10 uppercuts



20 coups de poing