

# LA FORME FINALE

ENTRAÎNEMENT  
PAR DAREBEE

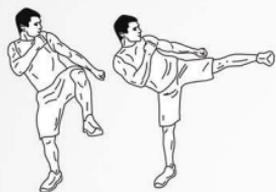
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NIVEAU I 3 séries

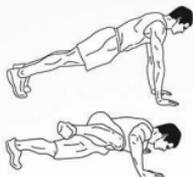
NIVEAU II 5 séries

NIVEAU III 7 séries

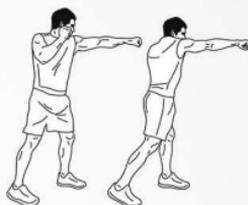
REPOS jusqu'à 2 minutes



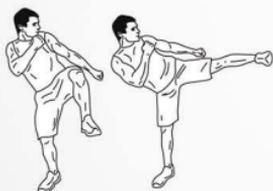
20 coups de pied de côté



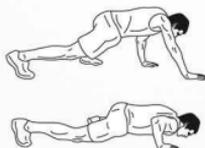
6 pompes flexion de genou



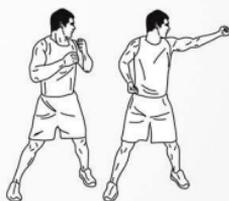
20 coups de poing directs



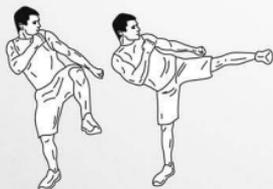
20 coups de pied de côté



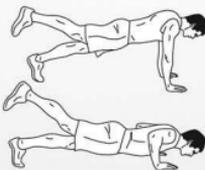
6 pompes Dragon



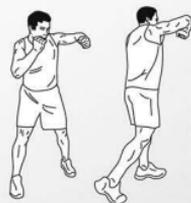
20 backfists



20 coups de pied de côté



6 pompes pied levé



20 crochets