

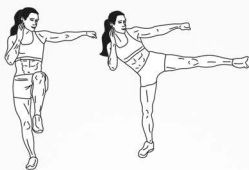
# VAILLANTE

**HIIT** ENTRAÎNEMENT PAR DAREBEE © [darebee.fr](https://darebee.fr)

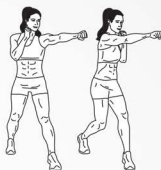
Niveau I 3 séries Niveau II 5 séries Niveau III 7 séries | 2 minutes repos



**20sec** levées de genoux



**20sec** coups de pied  
de côté



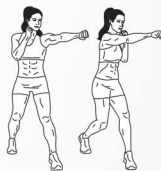
**20sec** coups de poing



**20sec** levées de genoux



**20sec** coups de genou



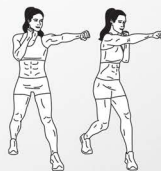
**20sec** coups de poing



**20sec** levées de genoux



**20sec** squats



**20sec** coups de poing