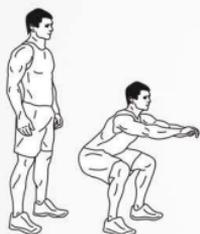


# VENDREDI

ENTRAÎNEMENT par DAREBEE @ [darebee.fr](https://darebee.fr)

**NIVEAU I** 3 séries **NIVEAU II** 5 séries **NIVEAU III** 7 séries

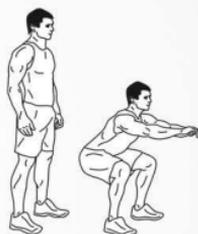
jusqu'à 2 minutes de repos entre les séries



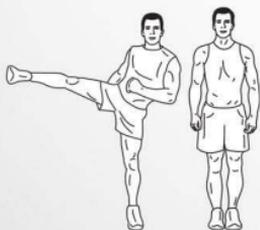
**5** squats



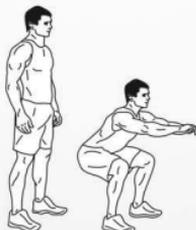
**5** talons levés



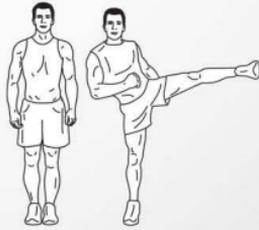
**5** squats



**20** levées de jambe droite



**5** squats



**20** levées de jambe gauche