

# FULL HOUSE

ENTRAÎNEMENT **HIIT**

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Niveau I 3 séries

Niveau II 5 séries

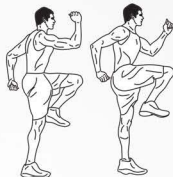
Niveau III 7 séries

2 min repos entre les séries

**3combos**

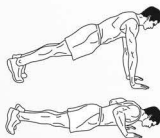


**10sec** levées de genoux

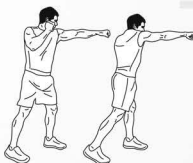


**10sec** pas de marche

**3combos**

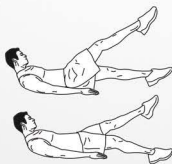


**10sec** pompes



**10sec** coups de poing

**3combos**



**10sec** battements



**10sec** rotations russes