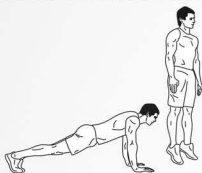


Changeur de Donne

ENTRAÎNEMENT **HIIT** PAR DAREBEE © darebee.fr

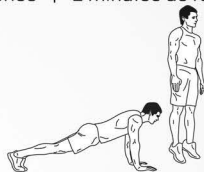
Niveau I 3 séries Niveau II 5 séries Niveau III 7 séries | 2 minutes de repos



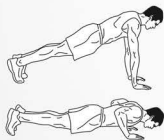
15sec burpees basiques



30sec levées de genou



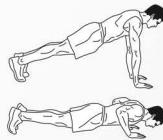
15sec burpees basiques



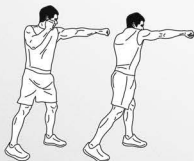
15sec pompes



30sec levées de genou



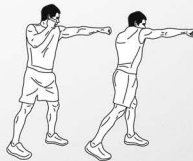
15sec pompes



15sec coups de poing



30sec levées de genou



15sec coups de poing