

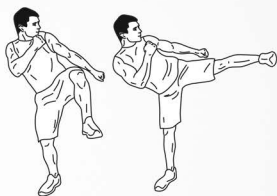
Goku

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

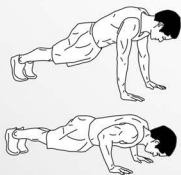
Niveau I 3 séries Niveau II 5 séries Niveau III 7 séries Repos | 2 minutes



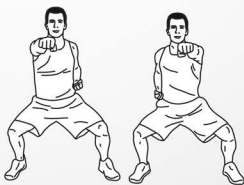
10sec squats



20sec coups de pied de côté



10sec pompes



20sec coups de poing en squat