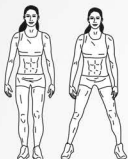


Graceling

HIT PAR DAREBEE @ darebee.fr

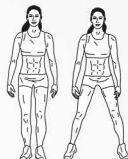
Niveau I 3 séries Niveau II 5 séries Niveau III 7 séries | 2 minutes repos



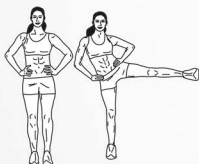
20sec sauts écarté-serré



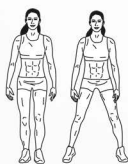
20sec torsions



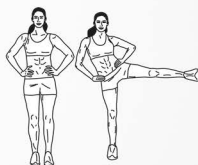
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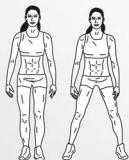
20sec levées de jambe



20sec sauts écarté-serré



20sec levées de jambe



20sec sauts écarté-serré



20sec torsions



20sec sauts écarté-serré