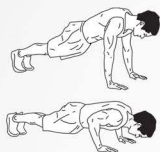


GRAVITÉ

ENTRAÎNEMENT par DAREBEE © darebee.fr

NIVEAU I 3 séries **NIVEAU II** 4 séries **NIVEAU III** 5 séries **REPOS** jusqu'à 2 minutes



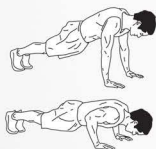
4 pompes



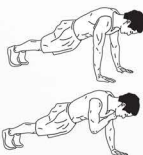
4 pompes prise large



2 pompes prise serrée



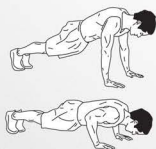
4 pompes



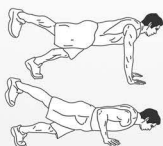
4 toucher-épaules



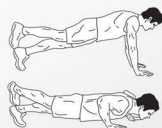
2 pompes mains décalées



4 pompes



4 pompes pied levé



2 pompes pieds croisés