

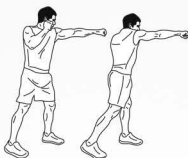
Hadès

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

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



20sec pompes



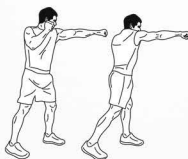
40sec coups de poing



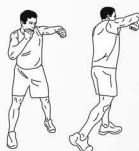
20sec uppercuts



20sec pompes



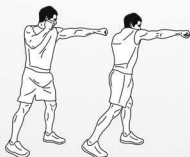
40sec coups de poing



20sec hooks



20sec pompes



40sec coups de poing



20sec cercles de poings