

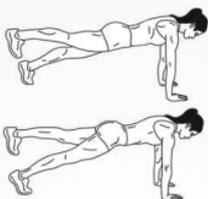
# DÉTRAQUÉ

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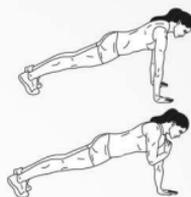
**NIVEAU I** 3 séries **NIVEAU II** 5 séries **NIVEAU III** 7 séries **REPOS** jusqu'à 2 min



10 levées de genoux



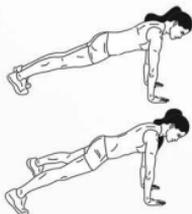
4 levées de jambe



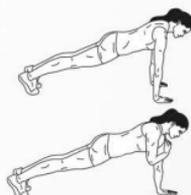
4 toucher-épaules



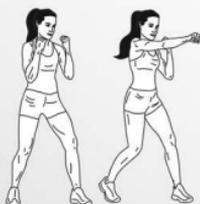
10 jumping jacks



4 écarté-serré en planche



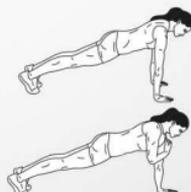
4 toucher-épaules



10 coups de poing



4 sauts en position planche



4 toucher-épaules