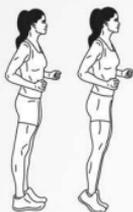


# guÉRISSEUSE

ENTRAÎNEMENT par DAREBEE @ [darebee.fr](https://darebee.fr)

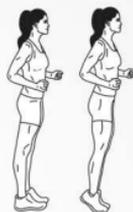
NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS jusqu'à 2 min



5 talons levés



10 fentes inversées



5 talons levés



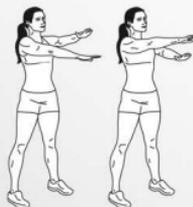
10 coude-genou croisés



5 squats hauts



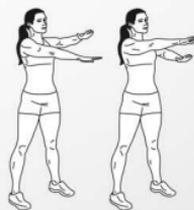
10 coude-genou croisés



10 ciseaux



10 cercles bras tendus



10 ciseaux