

POTION DE SANTÉ

— FORCE TOTALE —

ENTRAÎNEMENT

PAR DAREBEE

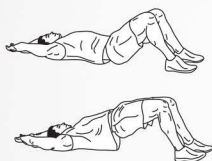
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Niveau I 3 séries

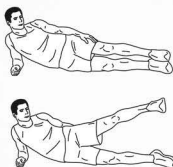
Niveau II 5 séries

Niveau III 7 séries

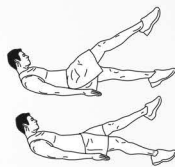
2 minutes de repos



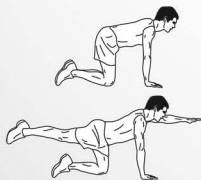
10 ponts



20 levées de jambe



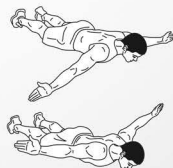
10 battements



20 levées bras / jambe
alternées



10 extensions superman



10 prone reverse flies