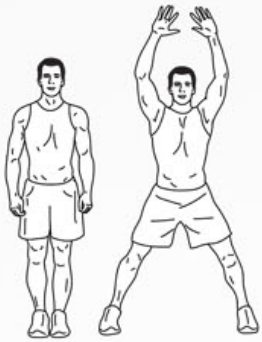
PLONGEUR DE L'ENFER

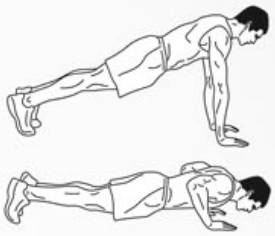
DAREBEE ENTRAÎNEMENT © darebee.com

Niveau I 3 séries **Niveau II** 5 séries **Niveau III** 7 séries **Repos** 2 minutes

40 levées de genoux

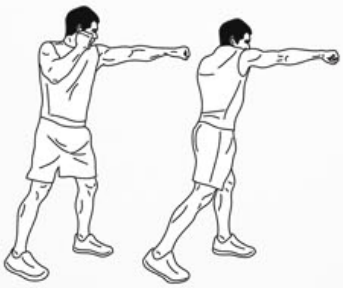


20 jumping jacks

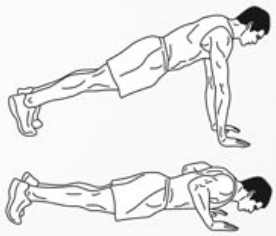


10 pompes

40 levées de genoux

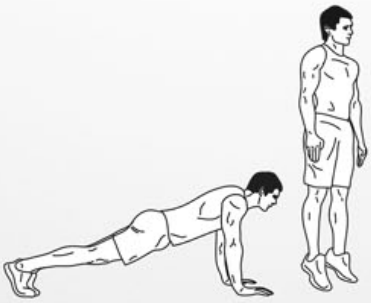


20 coups de poing

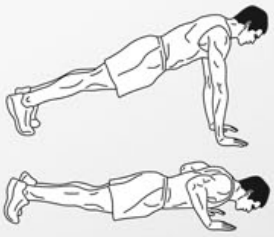


10 pompes

40 levées de genoux



20 burpees basiques



10 pompes