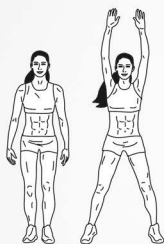


# Diabliesse

ENTRAÎNEMENT PAR DAREBEE © [darebee.fr](https://darebee.fr)

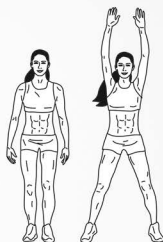
**NIVEAU I** 3 séries **NIVEAU II** 5 séries **NIVEAU III** 7 séries **REPOS** jusqu'à 2 min



**20** jumping jacks



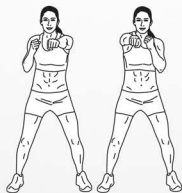
**4** sauts en frappant les talons



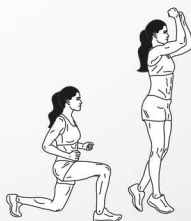
**20** jumping jacks



**4** fentes sautées



**20** coups de poing



**4** fentes sautées