

# HÉRA

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

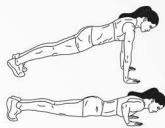
NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS jusqu'à 2 min



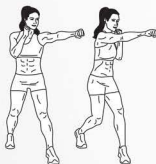
4 pompes



6 burpees basiques



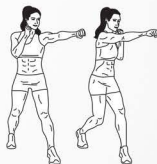
4 pompes



10 coups de poing



4 pompes



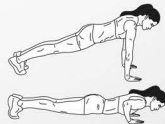
10 coups de poing



4 pompes



6 burpees basiques



4 pompes