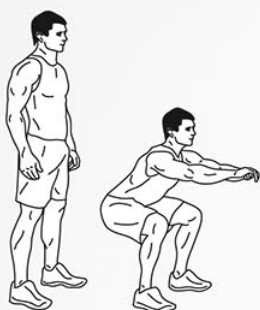


APPEL DU HÉROS

ENTRAÎNEMENT par DAREBEE @ darebee.fr

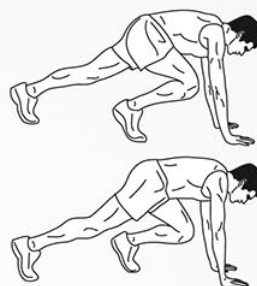
NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS jusqu'à 2 min



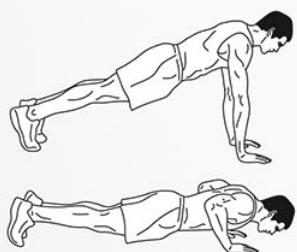
20 squats



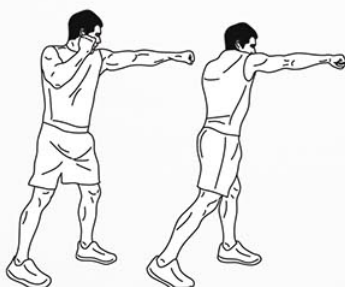
20 levées de genou



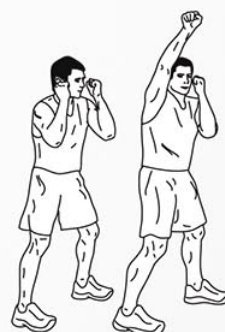
20 grimpeurs



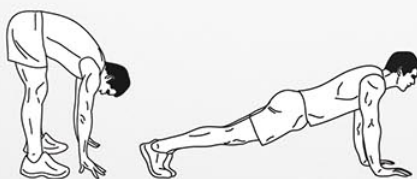
5 pompes



20 coups de poing



20 coups de poing
vers le haut



5 sorties en planche