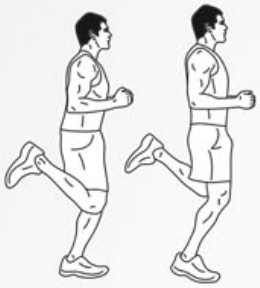
À TOUTE ALLURE

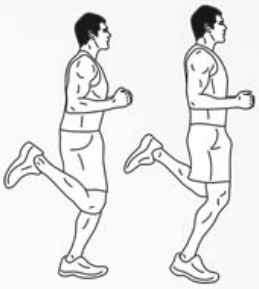
DAREBEE **HIIT** ENTRAÎNEMENT © darebee.com

Niveau I 3 séries **Niveau II** 5 séries **Niveau III** 7 séries | 2 min de repos



20sec talons fesses

20sec planche basse

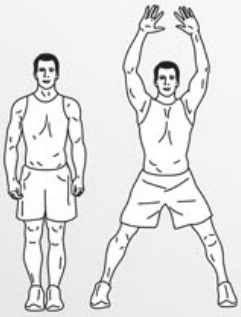


20sec talons fesses

20sec pas de marche

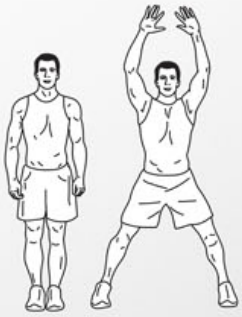
20sec levées de genoux

20sec pas de marche



20sec jumping jacks

20sec planche basse



20sec jumping jacks