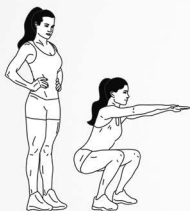


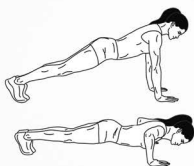
DAME DE FER

ENTRAÎNEMENT PAR DAREBEE © darebee.fr

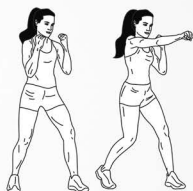
NIVEAU I 3 séries NIVEAU II 4 séries NIVEAU III 5 séries REPOS jusqu'à 2 min



20 squats



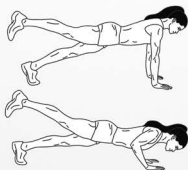
4 pompes



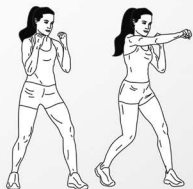
20 coups de poing



20 fentes avec
levée de genou



4 pompes jambe levée



20 coups de poing