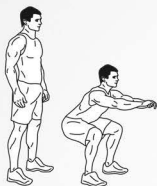
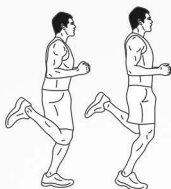


# SOUTIEN DES GENOUX

ENTRAÎNEMENT PAR DAREBEE @ [darebee.fr](https://darebee.fr)  
3 séries jusqu'à 2 minutes de repos entre les séries



20 squats



20 talons fesses



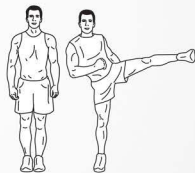
20 talons levés



20sec maintien



20 coups de pied circulaires (bas)



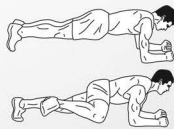
20 levées de jambe



10 ponts



10 butt-ups



10 flexions de côté