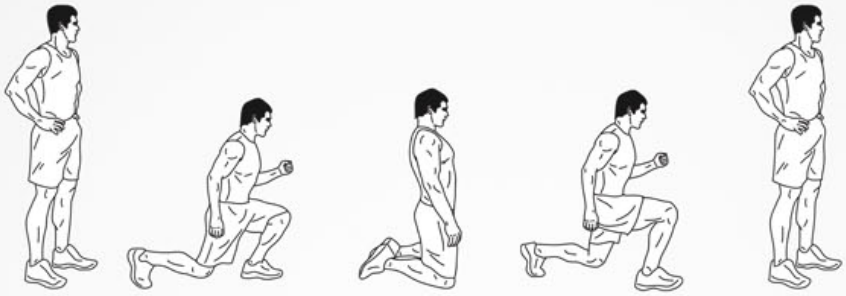
CHEVALIER

DAREBEE ENTRAÎNEMENT © darebee.com

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

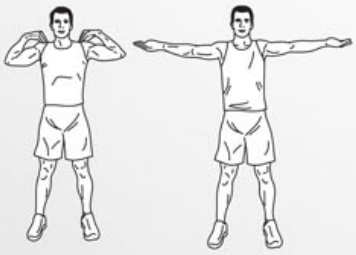


10 pas de chevalier

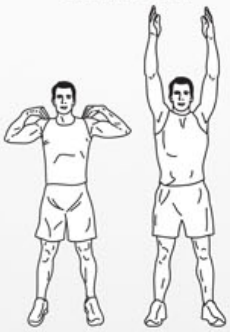
10 fentes laterales profondes

10-count squat maintenu

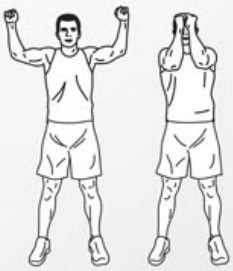
10-count squat plié maintenu



10 toucher-épaules



10 toucher-épaules



10 toucher-coudes