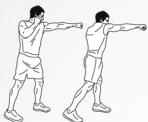


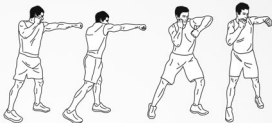
KNOCKOUT

DAREBEE ENTRAÎNEMENT © darebee.com

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



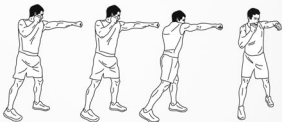
40 jab + cross



20combos jab + cross + coup de coude + hook



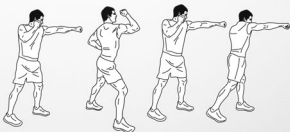
40 cercles rapides



20combos jab + jab + cross + hook



40 coups de poing



20combos jab + coup de coude + jab + cross