

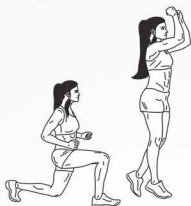
KORRA

ENTRAÎNEMENT © darebee.fr

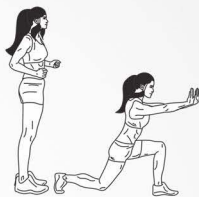
NIVEAU I 3 séries **NIVEAU II** 5 séries **NIVEAU III** 7 séries **REPOS** jusqu'à 2 min



20 levées de genoux



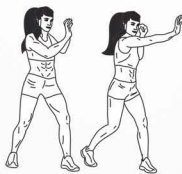
10 fentes sautées



10 fente + coup de paumes



20 squat + coup de pied



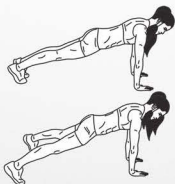
20 coups de paume



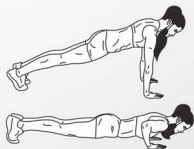
10 sauts en frappant les talons



20 grimpeurs



10 écarté-serré en planche



10 pompes