

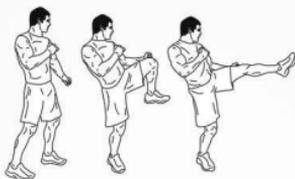
Comme L'éclair

ENTRAÎNEMENT **HIT** PAR DAREBEE © darebee.fr

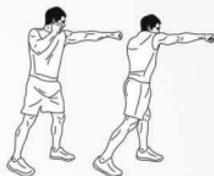
Niveau I 3 séries Niveau II 5 séries Niveau III 7 séries | 2 minutes repos



20sec coups de genou



20sec coups de pied de face



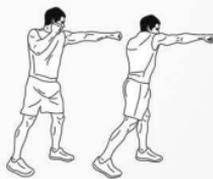
20sec coups de poing



20sec coups de genou



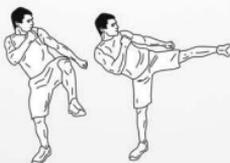
20sec sauts sur place
/ bounces



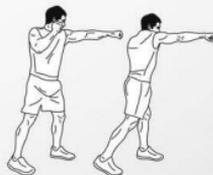
20sec coups de poing



20sec coups de genou



20sec coups de pied
de côté



20sec coups de poing