

# LINK

— LIFE —



ENTRAÎNEMENT

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NIVEAU I 3 séries

NIVEAU II 5 séries

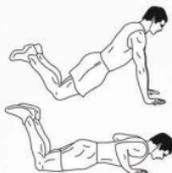
NIVEAU III 7 séries

jusqu'à 2 minutes

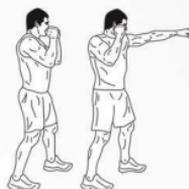
repos entre les séries



10 fentes



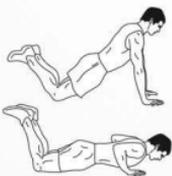
5 pompes



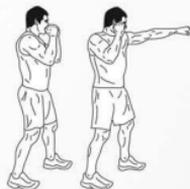
20 coups de poing



10 squats



5 pompes



20 coups de poing



10 battements



5 levées du buste



20 rotations russes