LOKI

ENTRAÎNEMENT
PAR DAREBEE
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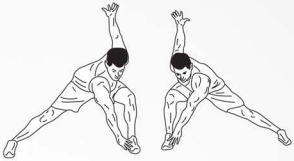
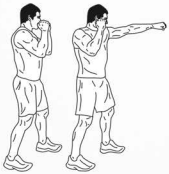
Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries
Repos jusqu'à 2 min

10 sauts patineur



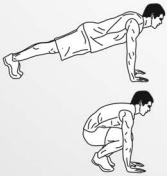
10 toucher-pied croisés

20 levées de genoux

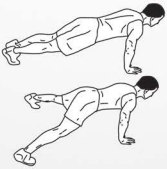


20 coups de poing

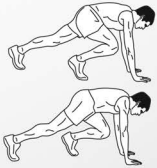
4 sauts avec torsions du buste



4 sauts en planche



4 écarté-serrés



10 grimpeurs