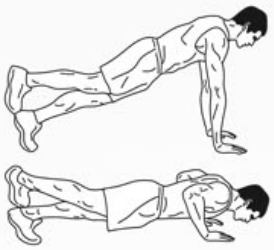
BÛCHERON

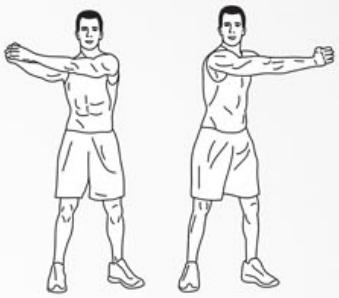
DAREBEE ENTRAÎNEMENT © darebee.com

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

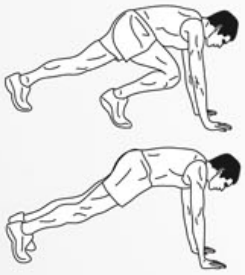
20 fentes



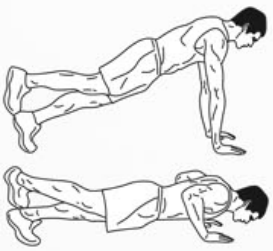
10 pompes pieds croisés



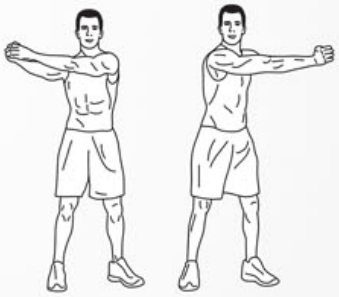
40 coups de mains serrées



20 grimpeurs lents

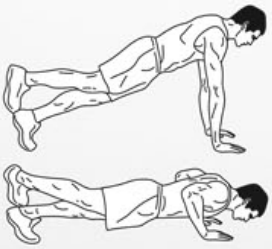


10 pompes pieds croisés

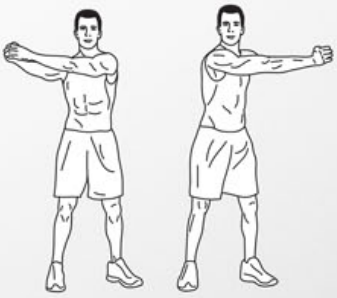


40 coups de mains serrées

20 squats



10 pompes pieds croisés



40 coups de mains serrées