

maman

OURSE

ENTRAÎNEMENT
PAR DAREBEE

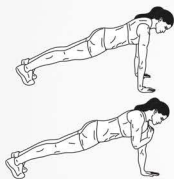
© darebee.fr

Niveau I 3 séries

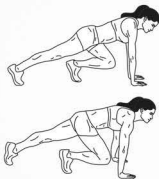
Niveau II 5 séries

Niveau III 7 séries

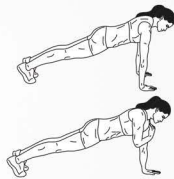
2 minutes repos



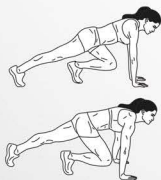
20 toucher-épaules



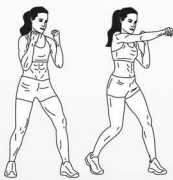
20 grimpeurs



20 toucher-épaules



20 grimpeurs



20 coups de poing



20 grimpeurs