

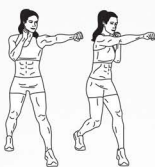
DÉDALÉ

ENTRAÎNEMENT PAR DAREBEE © darebee.fr

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



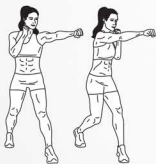
4 squats



20 coups de poing



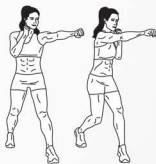
4 squats



20 coups de poing



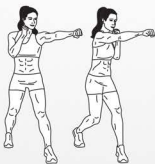
20 coups de pied



20 coups de poing



4 coups de genou



20 coups de poing



4 coups de genou