

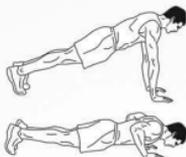
MELIODAS

ENTRAÎNEMENT par DAREBEE @ darebee.fr

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



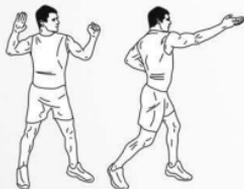
5 squats sautés



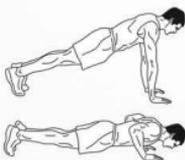
5 pompes



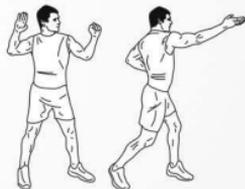
5 squats sautés



10 coups de couteau



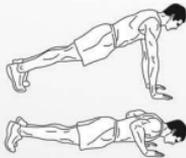
5 pompes



10 coups de couteau



10 toucher-épaules



5 pompes



10 toucher-épaules