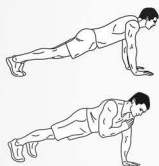


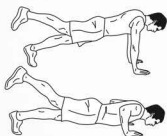
CHASSEUR DE MONSTRES

ENTRAÎNEMENT par DAREBEE @ darebee.fr

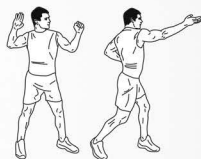
NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS jusqu'à 2 min



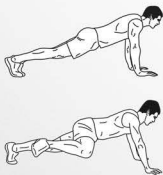
20 toucher-épaules



2 pompes jambe levée



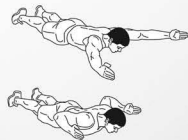
20 coups de couteau



6 flexions de genou



6 rotations en planche



20 extensions en W