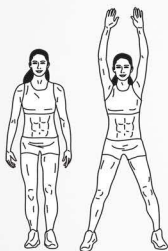


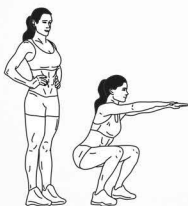
# 15 minutes MATINAL ENTRAÎNEMENT

par DAREBEE @ [darebee.fr](https://darebee.fr)

répétez 3 fois avec 2 minutes de repos entre les séries



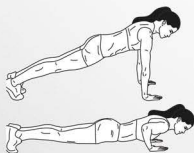
**20** jumping jacks



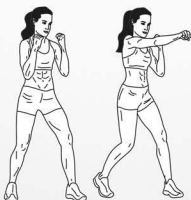
**20** squats



**20** fentes



**10** pompes



**40** coups de poing



**60sec** planche