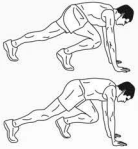
VITESSE DE NINJA

ENTRAÎNEMENT
PAR DAREBEE
© darebee.fr

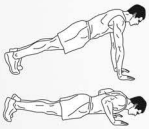
NIVEAU I 3 séries
NIVEAUII 5 séries
NIVEAU III 7 séries
REPOS jusqu'à 2 minutes

4 pompes

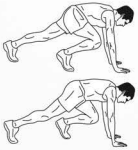


20 grimpeurs

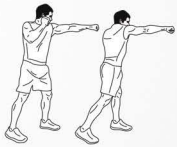
20 levées de genoux



4 pompes



20 grimpeurs



20 coups de poing

4 pompes

20 grimpeurs

20 coups de pied de côté