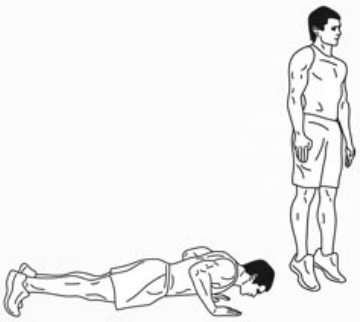
# UNE MINUTE
## ENTRAÎNEMENT

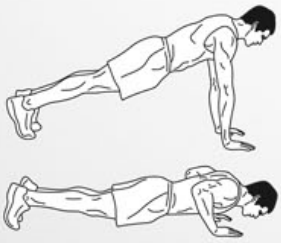
PAR DAREBEE © darebee.com

**10sec** levées de genoux



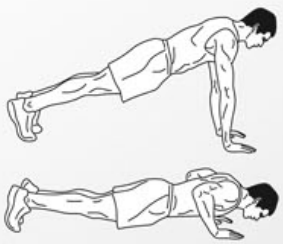
**10sec** burpees

**10sec** levées de genoux



**10sec** pompes

**10sec** levées de genoux



**10sec** pompes