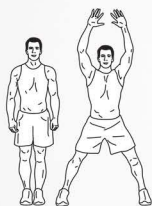


ORIGIN STORY

ENTRAÎNEMENT par DAREBEE @ darebee.fr

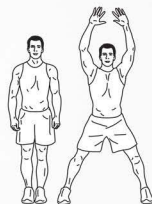
NIVEAU I 3 séries **NIVEAU II** 5 séries **NIVEAU III** 7 séries **REPOS** jusqu'à 2 minutes



20 jumping jacks



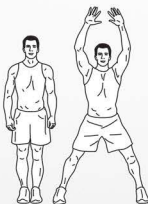
2 squats sautés



20 jumping jacks



2 rotations en planche



20 jumping jacks



2 rotations en planche