HORS-LA-LOI

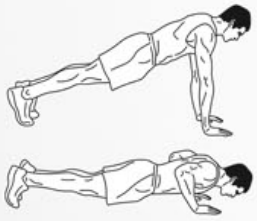
DAREBEE ENTRAÎNEMENT © darebee.com

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

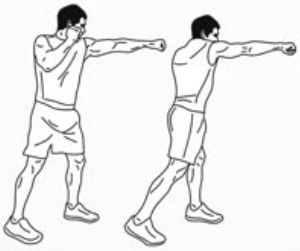
15 squats

30 coups de genoux

30 coups de pied de côté

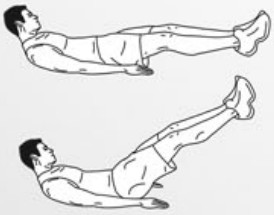


15 pompes

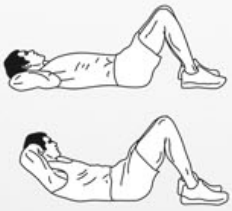


30 coups de poing

30 hooks



15 levées de jambes



30 crunchs

30 rotations russes