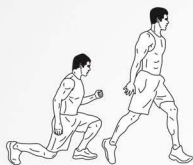


# PRIME

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

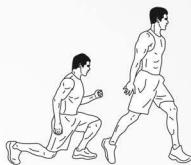
NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS jusqu'à 2 minutes



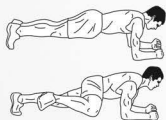
10 fentes sautées



10 talons levés



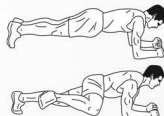
10 fentes sautées



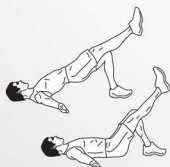
10 flexions de genou



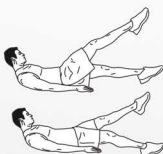
10 pompes sautées



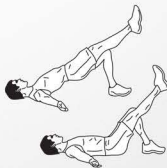
10 flexions de genou



10 ponts sur un pied



10 battements



10 ponts sur un pied