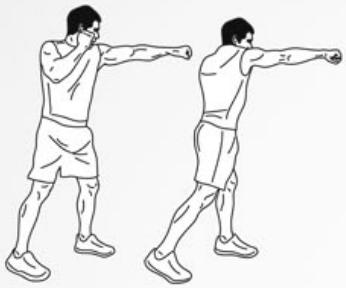
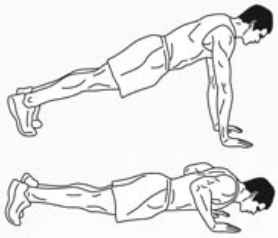
FRAPPE!

DAREBEE ENTRAÎNEMENT © darebee.com

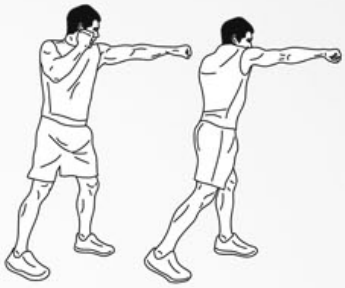
NIVEAU I 3 séries **NIVEAU II** 5 séries **NIVEAU III** 7 séries **REPOS** jusqu'à 2 min



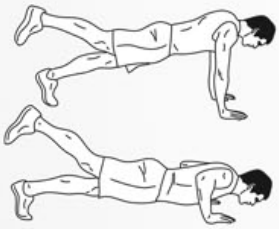
20 coups de poing



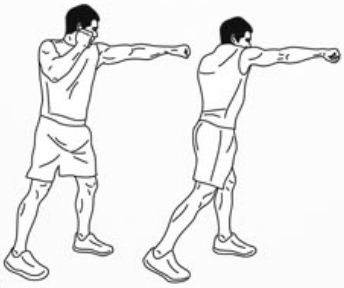
6 pompes



20 coups de poing

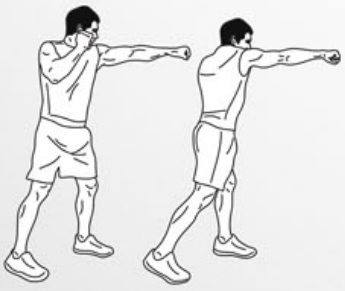


6 pompes jambe levée



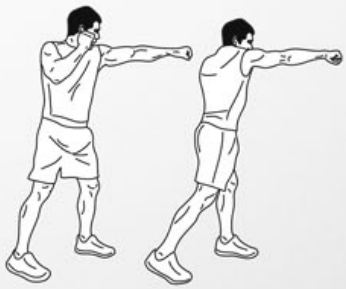
20 coups de poing

6 pompes mains décalées



20 coups de poing

6 pompe + rotation



20 coups de poing