

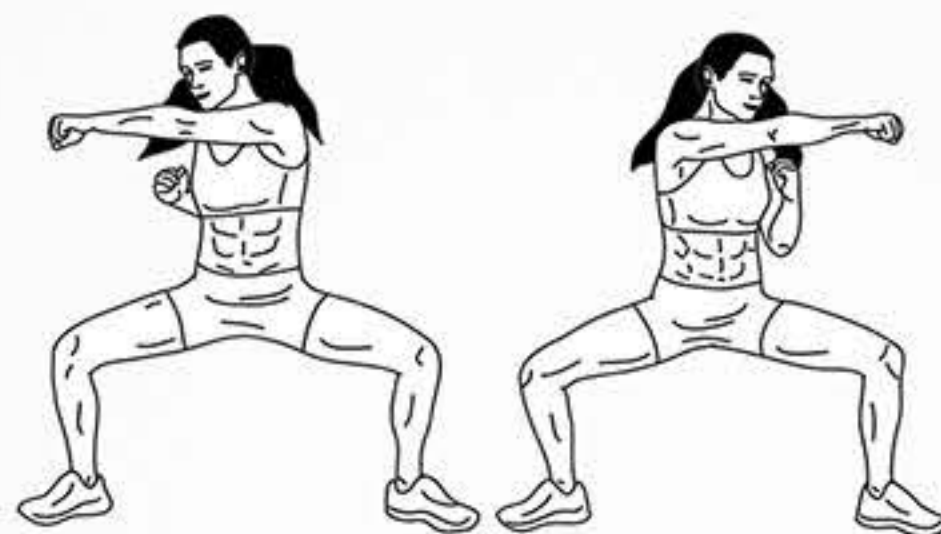
# DAMIE DE COEUR

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

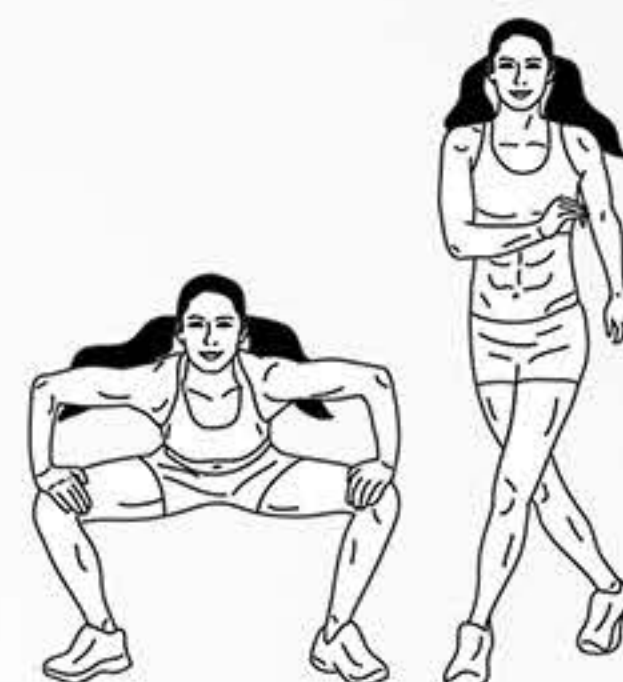
**NIVEAU I** 3 séries **NIVEAU II** 5 séries **NIVEAU III** 7 séries **REPOS** jusqu'à 2 min



**2** squats sautés



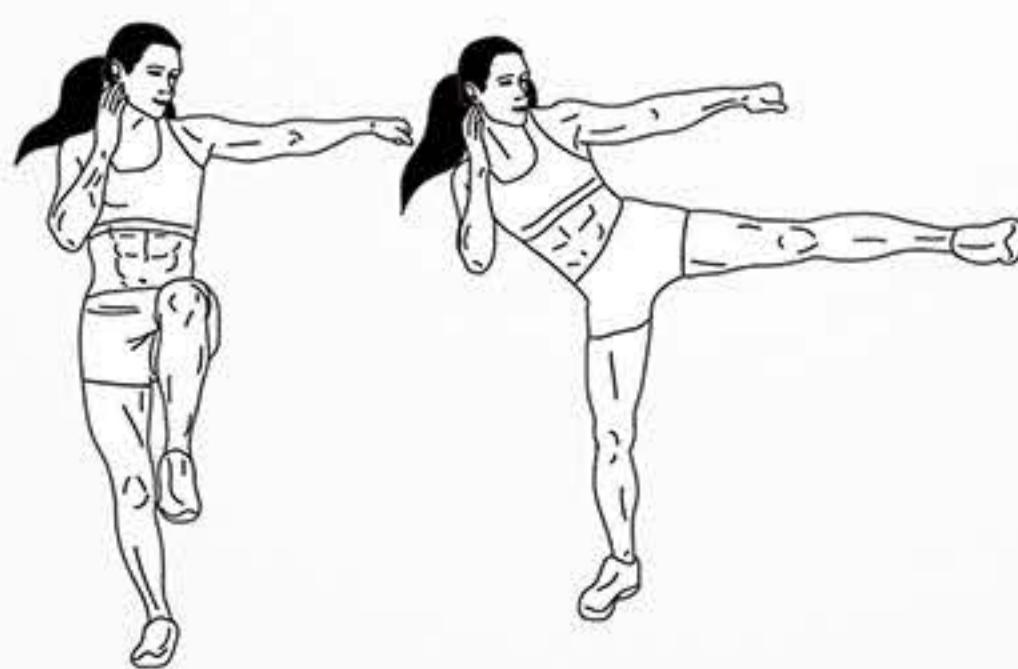
**10** coups de poing en squat



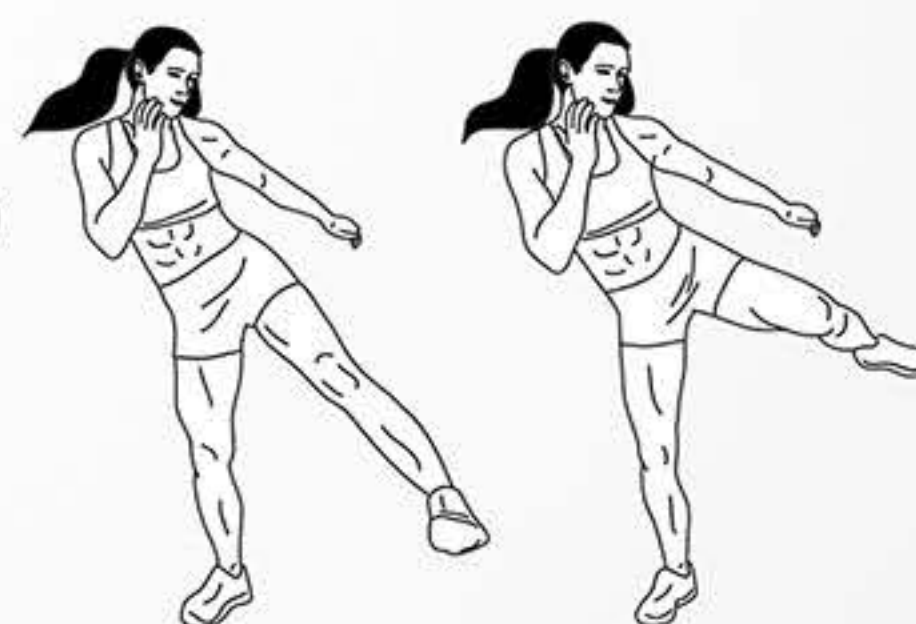
**2** squat + pas en arrière



**10** coups de poing



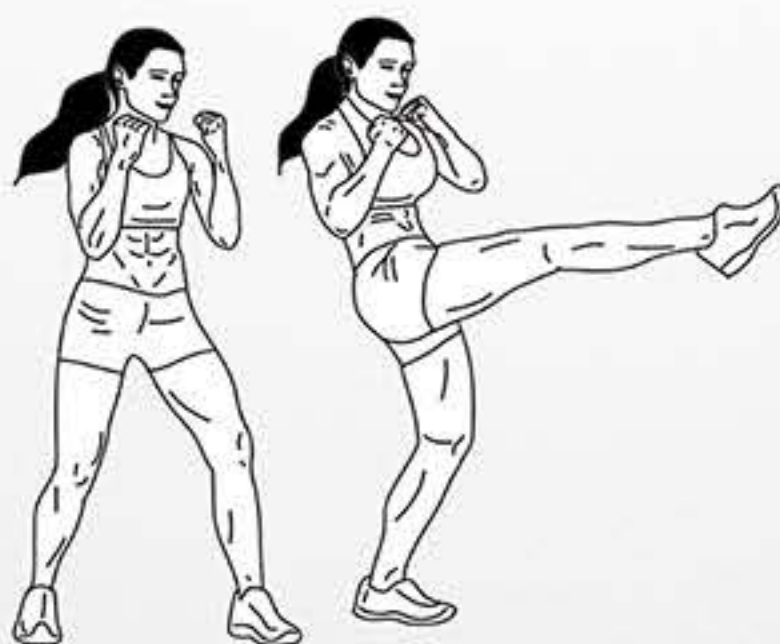
**10** coups de pied de côté



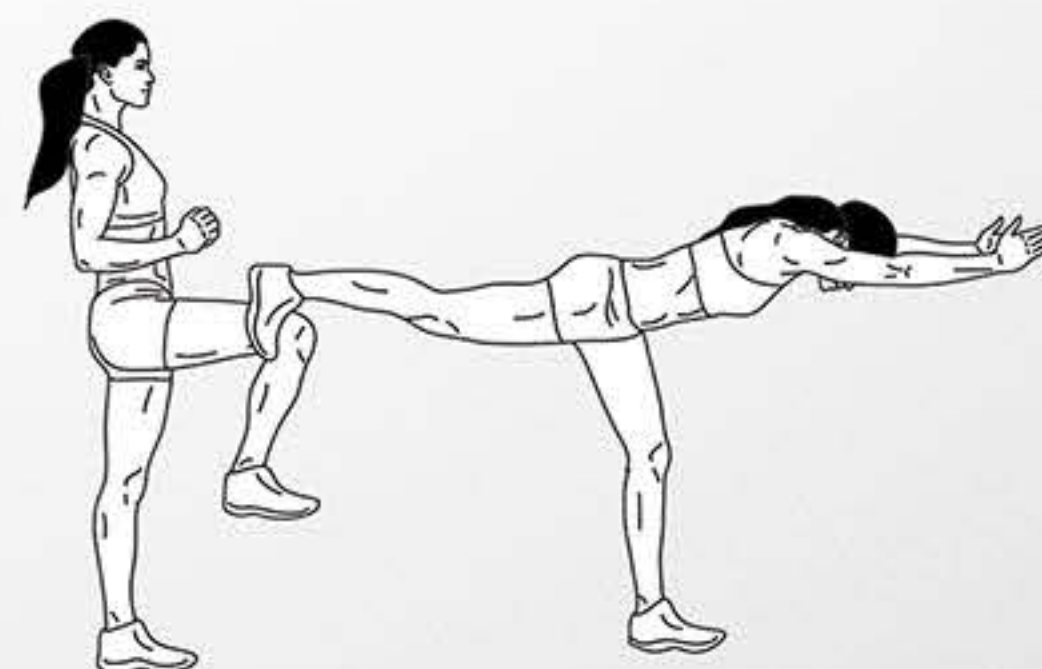
**2** coups de pied crochetés



**10** levées de genou



**10** coups de pied directs



**2** postures du Guerrier III